



Moorland Primary School – Progression of Knowledge and skills in PE

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skills (disciplinary knowledge)	Football, Gymnastics, Netball and Tag Rugby		Dance, Gymnastics, Hockey and OAA		Athletics, Cricket, Rounders and Tennis	
	<p>Lead group warm up showing understanding of need for strength and flexibility</p> <p>Demonstrate accuracy, consistency and clarity of movement</p> <p>Work independently and in small groups to make up own sequences</p> <p>Arrange own apparatus to enhance work and vary compositional ideas</p>	<p>Work as a team to improve group tactics and game play</p> <p>Play within the rules using blocking skills for shots and passes</p> <p>Develop defensive skills</p> <p>To choose and implement a range of strategies and tactics to attack and defend</p> <p>To combine and perform more complex skills at speed</p>	<p>Work collaboratively to include more complex compositional ideas</p> <p>Develop motifs and incorporate into self-composed dances as individuals, pairs & groups</p> <p>Talk about different styles of dance with understanding, using appropriate language & terminology</p> <p>Perform increasingly complex sequences</p> <p>Combine own ideas with others to build sequences</p>	<p>To choose and implement a range of strategies and tactics to attack and defend</p> <p>To combine and perform more complex skills at great speed</p> <p>To recognise and describe good individual and team performances</p> <p>To suggest, plan and lead a warm up as a small group</p> <p>Use information given by others to complete tasks and work collaboratively</p> <p>Undertake more complex tasks</p>	<p>Apply with consistency standard cricket rules in a variety of different styles of games</p> <p>Attempt a small range of recognised shots in isolation and in competitive scenarios</p> <p>Use a range of tactics for attacking and defending in role of bowler, batter and fielder</p> <p>Become confident and expert in a range of techniques and recognise their own success</p> <p>Apply strength and flexibility to a broad range of throwing, running and jumping activities</p>	<p>Apply consistently rounders rules in conditioned games</p> <p>Play small sided games using standard rounders pitch layout</p> <p>Use a range of tactics for attacking and defending in role of bowler, batter and fielder</p> <p>Develop backhand shots</p> <p>Introduce the lob</p> <p>Begin to use full tennis scoring systems</p>



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	Experience flight on and off high apparatus	To observe, analyse and recognise good individual and team performances To suggest, plan and lead a warm up as a small group	Compose and practise actions and relate to music Show a desire to improve competency across a broad range of gymnastics actions	Take responsibility for a role in a task Use knowledge of PE and physical activities to suggest design ideas & amendments to game	Work in collaboration and demonstrate improvement when working with self and others Accurately and confidently judge across a range of activities	Continue developing doubles play and tactics to improve
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Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge (Substantive)	Football, Gymnastics, Netball and Tag Rugby		Dance, Gymnastics, Hockey and OAA		Athletics, Cricket, Rounders and Tennis	
	<p>To know how to play effectively in a variety of positions and formations on the pitch using some attacking and defensive tactics to game play.</p> <p>To know which skills to use when performing movements at speed.</p> <p>To know how to create longer and more complex sequences and adapt performances.</p> <p>To know how to take the lead in group when preparing a sequence.</p>	<p>To know how to confidently use specific netball skills in games</p> <p>To know how to play effectively in different positions on the pitch both attack and defence</p> <p>To know how to increase power and strength of passes, moving the ball over longer distances</p> <p>To know how to combine basic tag rugby skills such as catching and quickly passing in one movement</p> <p>To know how to select and</p>	<p>To know how to perform different styles of dance fluently and clearly.</p> <p>To know how to refine & improves dances adapting them to include use of space rhythm & expression</p> <p>To know how to work collaboratively in groups to compose simple dances</p> <p>To know how to recognise and comment on dances suggesting ideas for improvement.</p> <p>To know how to lead group warm up showing understanding of need for strength and flexibility</p> <p>To know how to work independently and in</p>	<p>To know how to develop passing, dribbling and shooting skills.</p> <p>To know how to confidently select and apply basic skills in a game situation.</p> <p>To know how to demonstrate ways of marking and defending.</p> <p>To know how to communicate in a range of challenging activities.</p> <p>To know how to navigate and solve problems from memory.</p>	<p>To know how to link together a range of basic cricket skills and used in combination.</p> <p>To know how to collaborate as a team to choose, use and adapt rules in games.</p> <p>To know how to relate some aspects of fitness which apply to cricket e.g. power, flexibility and cardiovascular endurance.</p> <p>To know how to sustain pace over short and longer distances.</p> <p>To know how to run as part of a relay team working at their maximum speed.</p>	<p>To know how to link together a range of skills and use in combination.</p> <p>To know how to collaborate as part of a team to choose, use and adapt rules in games.</p> <p>To know how some aspects of fitness apply to rounders e.g. power, flexibility and cardiovascular endurance.</p> <p>To know that there are a variety of shots including: forehand, backhand, volley, and overhead</p> <p>To know how to begin games using</p>



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	<p>To know how to develop symmetry individually, as a pair and in a small group.</p> <p>To know how to compare performances and judge strengths and areas for improvement.</p>	<p>implement appropriate skills in a game situation.</p> <p>To know how to begin to play effectively when attacking and defending.</p>	<p>small groups to make up own sequences.</p> <p>To know how to use music in sequences.</p> <p>To know how to take part in and remember longer sequences.</p>	<p>To know how to use trust to complete task and perform under pressure.</p>	<p>To know how to perform a range of jumps and throws demonstrating increasing power and accuracy.</p> <p>To know how to identify key strengths of a performer when running, jumping and throwing.</p>	<p>serves and appropriate service rules</p> <p>To know how to play in singles and doubles games.</p>
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Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge (Substantive)	Football, Gymnastics, Netball and Handball		Dance, Gymnastics, Hockey and OAA		Athletics, Cricket, Rounders and Tennis	
	<p>To know how to use some defensive skills.</p> <p>To know how to dribble in different directions using different parts of their feet.</p> <p>To know how to pass for distance.</p> <p>To know how to evaluate skills to aid improvement</p> <p>To know how to perform skills consistently.</p> <p>To know how to work to improve sequences and individual actions.</p> <p>To know how to work in groups and aim to</p>	<p>To know how to apply basic shooting techniques.</p> <p>To know how to demonstrate and implement some basic rules of high five.</p> <p>To know how to develop netball skill such as marking and footwork.</p> <p>To know how to develop 3 step rule incorporating bounce.</p> <p>To know how to defend and prevent attacks by blocking and intercepting.</p> <p>To know how to pass and move with the ball to set up attacks.</p>	<p>To know how to include freeze frames in routines.</p> <p>To know how to practise and perform a variety of different formations in dance.</p> <p>To know how to perform as a group with a set starting position.</p> <p>To know how to create longer and more complex sequences and adapt performances.</p> <p>To know how to compare performances and judge strengths and areas for improvement.</p> <p>To know how to select a component for</p>	<p>To know more about attacking as a team and moving toward a goal.</p> <p>To know how to follow the basic rules for modified/mini hockey games.</p> <p>To know how to pass, receive, control, dribble and shoot.</p> <p>To know how to work well in a team or group within defined and understood roles.</p> <p>To know how to plan and refine strategies to solve problems.</p>	<p>To know how to, jump and throw;</p> <p>To know how to use a variety of equipment, to measure, and time and compare the effectiveness of different styles of runs, jumps and throws.</p> <p>To know how to develop a range of striking, fielding & Cricket skills to apply in a competitive context.</p> <p>To know how to choose and use a range of simple tactics in isolation</p>	<p>To know how to develop a range of striking, fielding & rounders skills to apply in a competitive context.</p> <p>To know how to choose and use a range of simple tactics in isolation and in a game context.</p> <p>To know how to consolidate existing skills and apply with consistency.</p> <p>To know how to use forehand and backhand shots.</p> <p>To know how to serve and return serve.</p>



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	<p>perform sequences in time with others.</p> <p>To know how to make changes to sequences using compositional ideas.</p>	<p>To know how to demonstrate and implement the rules of handball.</p>	<p>improvement, for example timing or flow.</p> <p>To know how to develop an increased range of body actions and shapes to include in a sequence.</p>	<p>To know how to identify the relevance of and use maps, compass and symbols.</p>	<p>and in a game context.</p> <p>To know how to consolidate existing skills and apply with consistency.</p>	<p>To know how to identify good positions to stand on the court.</p>
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Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skills (disciplinary knowledge)	Football, Gymnastics, Netball and Handball		Dance, Gymnastics, Hockey and OAA		Athletics, Cricket, Rounders and Tennis	
	<p>Play effectively in a variety of positions and formations on the pitch.</p> <p>Relate a greater number of attacking and defensive tactics to game play</p> <p>Become more skilful when performing movements at speed.</p> <p>Create longer and more complex sequences and adapt performances.</p> <p>Take the lead in a group when preparing a sequence.</p> <p>Develop symmetry individually, as a pair and in a small group.</p>	<p>Confidently use specific netball skills in games for example: pivoting, dodging, bounce pass and previously learnt skills.</p> <p>Play effectively in different positions on the pitch in both attack and defence.</p> <p>Increase power and strength of passes, moving the ball over longer distance.</p> <p>Confidently use specific handball</p>	<p>Perform different styles of dance fluently and clearly.</p> <p>Improve dances, adapting them to include use of space rhythm & expression.</p> <p>Work collaboratively in groups to compose simple dances.</p> <p>Recognise and comment on dances suggesting ideas for improvement.</p> <p>Take responsibility in own warm up including remembering and repeating a variety of stretches.</p>	<p>Combine basic hockey skills such as dribbling and push pass.</p> <p>Confidently select and apply skills in a game situation.</p> <p>Play effectively in different positions on the pitch including in defence.</p> <p>Increase power and strength of passes, moving the ball over longer distance.</p> <p>Explore ways of communicating in a range of challenging activities.</p>	<p>Sustain pace over short and longer distances such as running 100m and running for 2 minutes.</p> <p>Run as part of a relay team working at their maximum speed.</p> <p>Perform a range of jumps and throws demonstrating increasing power and accuracy.</p> <p>Link together a range of skills and use in combination.</p> <p>Collaborate as a team to choose, use</p>	<p>Link together a range of skills and use in combination.</p> <p>Collaborate as a team to choose, use and adapt rules in games.</p> <p>Recognise how some aspects of fitness apply to rounders e.g. power, flexibility and cardiovascular endurance.</p> <p>Introduce Volley shots and Overhead shots.</p>



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	Compare performances and judge strengths and areas for improvement. Select a component for improvement. For example—timing or flow.	skills in games for example: dribbling, blocking, shooting and keeping goal Use a wide range of handball rules consistently.	Perform more complex actions, shapes and balances with consistency. Use information given by others to improve performance. Remember and repeat longer sequences with more difficult actions	Navigate and solve problems from memory. Develop and use trust to complete task and perform under pressure.	and adapt rules in games. Recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance	Apply new shots into game situations. Play with others to score and defend points in competitive games. Further explore Tennis service rules.
Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge (Substantive)	Gymnastics, Football, Tag Rugby and Netball		Dance, Gymnastics, Hockey and OAA		Athletics, Cricket, Rounders and Tennis	
	To know how to identify similarities and differences in sequences. To know how to develop body management over a range of floor exercises. To know how to bring explosive movements	To know how to perform basic tag rugby skills, throwing and catching. To know how to run and create space whilst attacking.	To know how to practise different sections of a dance aiming to put together a performance. To know how to perform using facial expressions. To know how to perform with a prop.	To know some different types of small sided invasion games. To know how to send and receive balls. To know how to use a variety of techniques and tactics to play	To know how to use controlled movements and body actions in response to specific instructions. To know how to demonstrate agility and speed. To know how to jump for height and	To know some different types of striking and fielding games including rounders. To know how to throw and catch balls. To know how to strike a bowled ball



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	<p>into floor work through jumps & leaps.</p> <p>To know how to show increasing flexibility in shapes and balance.</p> <p>To know how to show basic control skills including sending and receiving the ball.</p> <p>To know how to send the ball with some accuracy to maintain possession and build attacking play.</p> <p>To know how to implement the basic rules of football.</p>	<p>To know how to implement basic rules of tag rugby.</p> <p>To know how to perform basic netball skills including passing and catching using recognised throws.</p> <p>To know how to use space effectively to build attacking play.</p> <p>To know how to implement the basic rules of netball.</p>	<p>To know how to identify similarities and differences in sequences.</p> <p>To know how to develop body management over a range of floor exercises.</p> <p>To know how to bring explosive moves into floorwork through jumps and leaps.</p> <p>To know how to show increasing flexibility in shapes and balance.</p>	<p>competitively both attacking and defending.</p> <p>To know how to work with others to solve problems.</p> <p>To know how to describe their work and use different strategies to solve problems.</p> <p>To know how to differentiate between when a task is competitive and when it is collaborative.</p>	<p>distance with control and balance.</p> <p>To know how to throw with speed and power and apply appropriate force.</p> <p>To know some different types of striking and fielding games including pairs cricket.</p> <p>To know how to throw and catch balls.</p> <p>To know how to strike a bowled ball and apply the rules of a game.</p>	<p>and apply the rules of a game.</p> <p>To know how to play some tennis rules.</p> <p>To know how to serve in tennis.</p> <p>To know how to play with a racquet to hit using some shot.</p>
Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skills (disciplinary knowledge)	Gymnastics, Football, Tag Rugby and Netball		Dance, Gymnastics, Hockey and OAA		Athletics, Cricket, Rounders and Tennis	
	Be competent and confident to perform skills more consistently.	Perform basic tag rugby skills.	Work to include freeze frames in routines	Perform basic hockey skills such as dribbling and push pass.	Use running, jumping and throwing workstations.	Develop the range of rounders skills that can apply in a competitive context.



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	<p>Perform in time with a partner and group.</p> <p>Use compositional ideas in sequences such as changes in height, speed and direction.</p> <p>Introduce some defensive skills</p> <p>Dribbling in different directions using different parts of their feet.</p> <p>Passing for distance.</p> <p>Evaluating skills to aid improvement.</p>	<p>Implement rules and develop tactics in competitive situations</p> <p>Increase speed and develop endurance during game play.</p> <p>Introduce high five netball positions.</p> <p>Acquire and apply basic shooting techniques.</p> <p>Demonstrate and implement some basic rules of high five.</p> <p>Develop netball skill such as marking and footwork.</p>	<p>Practise and perform a variety of different formations in dance</p> <p>Develop a dance to perform as a group with a set starting position</p> <p>Develop an increased range of body actions and shapes to include in a sequence</p> <p>Know muscles groups needed to support the core of their body.</p>	<p>Implement the basic rules of hockey.</p> <p>Develop tactics and apply them in competitive situations.</p> <p>Increase speed and endurance during game play.</p> <p>Work well in a team or group within defined and understood roles.</p> <p>Plan and refine strategies to solve problems.</p> <p>Identify the relevance of and use maps, compass and symbols.</p> <p>Identify what they do well and suggest what they could do to improve</p>	<p>Use a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.</p> <p>Develop the range of Cricket skills to apply in a competitive context.</p> <p>Choose and use a range of simple tactics in isolation and in a game context.</p> <p>Consolidate existing skills and apply with consistency.</p>	<p>Choose and use a range of simple tactics in isolation and in a game context.</p> <p>Identify different positions in rounders and the roles of those position.</p> <p>Explore different shots (forehand, backhand)</p> <p>Work to return serve</p>
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Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge (Substantive)	Gymnastics, Football, Dance and Netball		Handball, OAA and Gymnastics		Athletics, Cricket, Tennis and Rounders	
	<p>To know how to develop body management through a range of floor exercises.</p> <p>To know how to used core strength to link recognised gymnastics elements.</p> <p>To know how to attempt to use rhythm whilst performing a sequence.</p> <p>To know how to develop strength and flexibility.</p> <p>To know how to send and receive balls.</p>	<p>To know how to describe and explain how performers can transition and link shapes and balances.</p> <p>To know how to perform with control and consistency basic actions at different speeds and on different levels.</p> <p>To know how to move imaginatively responding to music.</p> <p>To know how to work as part of a group to create and perform short movement sequences to music.</p> <p>To know how to throw and catch in a variety of ways.</p>	<p>To know how to send and receive balls.</p> <p>To know how to use a variety of skills and techniques to defend and attack.</p> <p>To know how to take part in a range of PE games and activities.</p> <p>To know how to follow simple instructions and know and apply rules.</p> <p>To know how to work collaboratively as a pair and in a small group.</p> <p>To know how to use and apply simple diagrams with pictures and symbols.</p>	<p>To know how to modify actions independently using different pathways, directions and shapes.</p> <p>To know how to improve the quality of movements and gymnastics actions.</p> <p>To know how to use basic compositional ideas to improve sequence work— unison</p>	<p>To know how to link running and jumping movements.</p> <p>To know how to move safely and appropriately around, between and over apparatus.</p> <p>To know how to work with a variety of equipment including balls, hoops, beanbags, quoits.</p> <p>To know how to join activities where throwing and catching skills are used.</p> <p>To know how to hit and strike a ball with racquets and bats.</p>	<p>To know there are different types of hitting with hands or racquets.</p> <p>To know how to recognise boundaries on courts/playing areas.</p> <p>To know how to score points in a game.</p> <p>Experienced different games and activities where throwing and catching skills were used</p> <p>To know how to hit and strike a ball with racquets and bats.</p>



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	To know how to use a variety of techniques and tactics to play competitively both attacking and defending.	To know how to work with others in small teams.			To know how to join in with simple striking and fielding game.	p To know how to play simple striking and fielding game.
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Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skills (disciplinary knowledge)	Gymnastics, Football, Dance and Netball		Handball, OAA and Gymnastics		Athletics, Cricket, Tennis and Rounders	
	<p>Modify actions independently using different pathways, directions and shapes.</p> <p>Consolidate and improve quality of movements and gymnastics actions.</p> <p>Use basic compositional ideas to improve sequence work.</p> <p>Show basic control skills including sending and receiving the ball.</p> <p>Send the ball with some accuracy to maintain possession and build attacking play.</p>	<p>Practise different sections of a dance aiming to put together a performance.</p> <p>Perform using facial expressions.</p> <p>Perform with a prop</p> <p>Perform basic netball skills such as passing and catching using recognized throws.</p> <p>Use space effectively to build attacking play</p> <p>Implement the basic rules of netball</p>	<p>Show basic passing and catching skills.</p> <p>Demonstrate basic defensive techniques.</p> <p>Implement the rules of handball</p> <p>Work with others to solve problems.</p> <p>Describe their work and use different strategies to solve problems.</p> <p>Lead others and be led</p> <p>Differentiate between when a task is competitive and when it is collaborative.</p>	<p>Identify similarities and differences in sequences.</p> <p>Develop body management over a range of floor exercises.</p> <p>Attempt to bring explosive moves into floor work through jumps and leaps.</p> <p>Show increasing flexibility in shapes and balance.</p>	<p>Control movements and body actions in response to specific instructions.</p> <p>Demonstrate agility and speed.</p> <p>Jump for height and distance with control and balance.</p> <p>Throw with speed and power and apply appropriate force.</p> <p>Adhere to some of the basic rules of cricket.</p> <p>Develop a range of skills to use in isolation and in a competitive context.</p>	<p>Identify and describe some rules of tennis.</p> <p>Serve to begin a game.</p> <p>Explore forehand hitting.</p> <p>Play simple rounders games.</p> <p>Apply some rules to games.</p> <p>Develop and use simple rounders skills.</p>



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	Implement the basic rules of football.				Use basic skills with more consistency including striking a bowled ball.	
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Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge (Substantive)	Multi Skills – Attack, Defend, Shoot, Dance, Gymnastics		Multi Skills – Send and Receive, Dance		Multi Skills – Hit, Catch, Run and Multi Skills – Run, Jump and Throw	
	<p>To know how to recognise rules and apply them in competitive and cooperative games.</p> <p>To know how to use and apply simple strategies for invasion games.</p> <p>To know why we take part in exercise and why we enjoy it.</p>	<p>To know how to respond to a range of stimuli and types of music.</p> <p>To know how to explore space, direction, levels and speeds.</p> <p>To know how to create actions and perform movements with different body parts.</p> <p>To know how to describe and explain how performers transition and link gymnastic elements.</p> <p>To know how to perform basic actions with control and consistency at different speeds and on different levels.</p>	<p>To know how to develop sending skills with a variety of balls.</p> <p>To know how to track, intercept and stop a variety of objects such as balls and beanbags.</p> <p>To know how to select and apply skills to beat opposition.</p>	<p>To know how to describe and explain how performers can transition and link shapes and balances.</p> <p>To know how to perform with control and consistency basic actions at different speeds and on different levels.</p> <p>To know how to move imaginatively responding to music.</p> <p>To know how to work as part of a group to create and perform short movement sequences to music.</p>	<p>To know how to develop sending and receiving skills to benefit fielding as a team.</p> <p>To know how to distinguish between the roles of batters and fielders.</p> <p>To know the concept of simple tactics.</p>	<p>To know how to link running and jumping, and have practice some simple throwing techniques.</p> <p>To know how to increase stamina, strength, balance, agility and coordination in a variety of activities and exercises.</p> <p>To know how to participate in cooperative activities in run, jump and throwing games.</p>



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		<p>To know how to develop strength and flexibility.</p> <p>To know how to create and perform simple sequences that are judged using simple gymnastic scoring.</p>				
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Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skills (disciplinary knowledge)	Multi Skills – Attack, Defend, Shoot, Dance, Gymnastics		Multi Skills – Send and Receive, Dance		Multi Skills – Hit, Catch, Run and Multi Skills – Run, Jump and Throw	
	<p>Send and receive a ball using feet.</p> <p>Demonstrate ways to control bodies and a range of equipment.</p> <p>Recall and link combinations of skills, e.g. dribbling and passing.</p>	<p>Describe and explain how performers can transition and link shapes and balances.</p> <p>Perform with control and consistency basic actions at different speeds and on different levels.</p> <p>Move imaginatively responding to music.</p> <p>Work as part of a group to create and perform short movement sequences to music</p> <p>Develop body management through a range of floor exercises.</p> <p>Use core strength to link recognized gymnastics</p>	<p>Be able to track the path of ball over a net and move towards it.</p> <p>Begin to hit and return a ball using a variety of hand and racquet with some consistency.</p> <p>Play modified net/wall games throwing, catching and sending over a net.</p>	<p>Perform using more sophisticated formations as well as an individual.</p> <p>Explore relationships through different dance formations.</p> <p>Explain the importance of emotion and feeling in dance.</p> <p>Use the stimuli to copy, repeat and create dance actions and motifs.</p>	<p>Develop hitting skills with a variety of bats.</p> <p>Practice feeding/bowling skills.</p> <p>Hit and run to score points in games.</p>	<p>Develop power, agility, coordination and balance over a variety of activities.</p> <p>Throw and handle a variety of objects including quoits, beanbags, balls, hoops.</p> <p>Negotiate obstacles showing increased control of body and limbs.</p>



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		<p>elements, e.g., back support and half twist.</p> <p>Attempt to use rhythm whilst performing a sequence.</p>				
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Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge (Substantive)	Multi Skills – Attack, Defend, Shoot, Dance, Gymnastics		Multi Skills – Send and Receive, Dance, Gymnastics		Multi Skills – Hit, Catch, Run and Multi Skills – Run, Jump and Throw	
	<p>To know how to join in a variety of games playing with beanbags and hoops.</p> <p>To know how to throw and catch and demonstrate the basics of these skills</p>	<p>To know how to follow simple instructions.</p> <p>To know how to move using simple rhythms and actions.</p> <p>To know how to copy and repeated simple actions.</p> <p>To know how to take off, jump and land.</p> <p>To know how to be confident in fundamental movements.</p>	<p>To know how to use a variety of balls, beanbags, bats and markers.</p> <p>To know how to perform movements in different directions.</p>	<p>To know how to respond to a range of stimuli and types of music.</p> <p>To know how to explore space, direction, levels and speeds.</p> <p>To know how to experiment creating actions and performing movements with different body parts.</p> <p>To know how to identify and use simple gymnastics actions and shapes.</p> <p>To know how to apply basic strength</p>	<p>To know how to use a variety of balls, beanbags, bats and markers.</p> <p>To know how to roll and follow a rolling ball.</p> <p>To know how to move confidently - walking, running and jumping.</p>	<p>To know how to send a variety of balls, quoits and beanbags.</p> <p>To know how to use a range of gross motor skills, e.g. jumping, hopping, stepping, and changing direction.</p> <p>To know how to walk, run and travel at a variety of speeds.</p>



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				to a range of gymnastics actions. To know how to carry and move gymnastics apparatus.		
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Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Skills (disciplinary knowledge)	Multi Skills – Attack, Defend, Shoot, Dance, Gymnastics		Multi Skills – Send and Receive, Dance, Gymnastics		Multi Skills – Hit, Catch, Run and Multi Skills – Run, Jump and Throw	
	<p>Practice basic movements including running, jumping, throwing and catching.</p> <p>Engage in competitive activities.</p> <p>Experience opportunities to improve agility, balance and co-ordination.</p>	<p>Respond to a range of stimuli and types of music.</p> <p>Explore space, direction, levels and speeds.</p> <p>Experiment creating actions and performing movements with different body parts.</p> <p>Identify and use simple gymnastics actions and shapes.</p> <p>Apply basic strength to a range of gymnastics actions.</p> <p>Begin to carry basic apparatus such as mats and benches.</p>	<p>Send an object with increased confidence using hand or bat.</p> <p>Move towards a moving ball to return.</p> <p>Send and return a variety of balls.</p>	<p>Build simple movement patterns from given actions.</p> <p>Compose and link actions to make simple movement phrases.</p> <p>Respond appropriately to supporting concepts such as canon and level.</p> <p>Perform a variety of basic gymnastics actions showing control.</p> <p>Introduce turn, twist, spin, rock and roll and link these into movement patterns.</p>	<p>Hit objects with hand or bat.</p> <p>Track and retrieve a rolling ball.</p> <p>Throw and catch a variety of balls and objects.</p>	<p>Link running and jumping.</p> <p>Refine a range of running which includes varying pathways and speeds.</p> <p>Develop throwing techniques to send objects over long distances.</p>



Moorland Primary School – Progression of Knowledge and skills in PE

				Perform longer movement phrases and link with confidence		
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