

# Physical Education curriculum

'Physically educated persons are those who have learned to arrange their lives in such a way that the habitual physical activities they freely engage in make a distinctive contribution to their wider flourishing.' (James MacAllister)

## Intent

At St John's we have developed a holistic approach to the teaching of P.E, which improves, fitness, develops subject-specific skills and deepens knowledge of health and wellbeing. We encourage every child to engage in a wide variety of regular physical activity as well as giving them the knowledge and information they need to make healthy choices to live well balanced lives. Children are encouraged to track their own health and fitness, setting individual goals to improve their personal fitness levels and sporting ability.

## Implementation

Children engage in deliberate practice to master knowledge and skills of Physical Education. Through the Champions sports curriculum, every child is supported to develop their gross motor skills and basic movements before developing and refining skills in preparation for applying them to competitive team games and/or to accomplish personal goals. Children engage in a range of sports supporting them to identify their own strength and preferences. The Champions fitness curriculum enables children to increase their fitness levels, with lessons designed to raise the heart rate, improving overall fitness, stamina and flexibility. A linked focus to our health curriculum, taught through PSHE, enables children to master the knowledge and skills required to combine, sport, health and fitness to lead a well balanced life.

Active engagement with The multi Coach team provide opportunities for every child to seize and value opportunities to compete in sport. Links with local sport and fitness establishments and organisations, including the local leisure centre, swimming pool and dance are maintained so that children understand where and how they can grow their interest in sport, health and fitness outside of school. Children are encouraged set their own personal goals linked to sport, health and fitness and are provided with opportunities to track their own progress and reflect on the required next steps to ensure they accomplish their goals. We have a variety of enrichment opportunities linked to sport, health and fitness. Our annual school sports event and linked competitions held have previously been well attended by parents and carers.

## Impact

Pupils are assessed regularly within Physical Education lessons, with immediate live feedback provided to further develop their skills and target key areas of development. Pupils are encouraged to assess their fitness levels and evaluate their performance, setting their own targets to increased stamina, flexibility and overall fitness. Progress towards 'Can I?' statements is tracked to ensure children master the specific knowledge and skills linked to Physical Education.

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## Breadth of study

### Key Stage 1

- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.
- Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.

### Key Stage 2

- Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.
- Take part in gymnastics activities.
- Take part in athletics activities.
- Perform dances.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.

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		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		How is it different, how is it the same?		How and why does that happen?		What did they leave behind?	What would happen if?
Milestone 1	Cycle A	Yoga Target Games	Tennis Dance	Gymnastics Tag Games	Fundamental Movements Gymnastics	Athletics Fine motor skills	Creativity Games Athletics
	Cycle B	Story time dances 1 Throwing and catching 1	Ugly Bug Ball 1(dance) Multi skills 1	Gym fit circuits 2 Brilliant Ball skills 2	Skip to the beat 2 (skipping) Mighty mover 2 (running)	Groovy gymnastics 1 Active athletics 1	Groovy gymnastics 2 Active athletics 2
Milestone 2	Cycle A	Yoga Golf	Cheerleading Hockey	Orienteering Swimming	Orienteering Swimming	Bootcamp Swimming	Netball Athletics
	Cycle B	Nibble nets 4 (tennis) Cole core 4 (dance)	Invader 4 (football) Step to the beat 4 (dance)	Striking and fielding 4(cricket) Swimming	Multi skills 3 Swimming	Gym fit circuits 4 Young Olympians (athletics)	Gym sequences 4 Boot camp 4
Milestone 3	Cycle A	Yoga Volleyball	Dance Football	Gymnastics Basketball	Leadership Fitness	Athletics Rounders	Rounders OAA Tasters
	Cycle B	Step to the beat 5 Invaders 6 (tag rugby)	Dynamic dance 6 Invaders 5(netball)	Gymnastic sequence 5 Boot camp 6	Gym sequences 6 Striking and fielding 6 (cricket)	Leaderships Young Olympians 6	OAA Tasters Nibble nets 6 (tennis)

Class teacher Dance Coach Multi Skills Coach

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	Cycle B	Nibble nets 4 (tennis) Cole core 4 (dance)	Invader 4 (football) Step to the beat 4 (dance)	Striking and fielding 4 (cricket) Swimming	Multi skills 3 Swimming		Gym fit circuits 4 Young Olympians (athletics)	Gym sequences 4 Boot camp 4

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	Cycle B	Step to the beat 5 Invaders 6 (tag rugby)	Dynamic dance 6 Invaders 5(netball)	Gymnastic sequence 5 Boot camp 6	Gym sequences 6 Striking and fielding 6 (cricket)	Leaderships Young Olympians 6	OAA Tasters Nibble nets 6 (tennis)

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# Physical Education skill progression

Physical Education progression across all milestones

Concept		Milestone 1	Milestone 2	Milestone 3
Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.	Games	<ul style="list-style-type: none"> <li>• Use the terms 'opponent' and 'team-mate'.</li> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> </ul>	<ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Strike a ball and field with control.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul>	<ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Strike a bowled or volleyed ball with accuracy.</li> <li>• Use forehand and backhand when playing racket games.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> <li>• Choose the most appropriate tactics for a game.</li> <li>• Uphold the spirit of fair play and respect in all competitive situations.</li> <li>• Lead others when called upon and act as a good role model within a team</li> </ul>

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# Physical Education skill progression

Physical Education progression across all milestones

Concept		Milestone 1	Milestone 2	Milestone 3
Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.	Dance	<ul style="list-style-type: none"> <li>• Copy and remember moves and positions.</li> <li>• Move with careful control and coordination.</li> <li>• Link two or more actions to perform a sequence.</li> <li>• Choose movements to communicate a mood, feeling or idea.</li> </ul>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Create dances and movements that convey a definite idea.</li> <li>• Change speed and levels within a performance.</li> <li>• Develop physical strength and suppleness by practising moves and stretching.</li> </ul>	<ul style="list-style-type: none"> <li>• Compose creative and imaginative dance sequences.</li> <li>• Perform expressively and hold a precise and strong body posture.</li> <li>• Perform and create complex sequences.</li> <li>• Express an idea in original and imaginative ways.</li> <li>• Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</li> <li>• Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</li> </ul>

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# Physical Education skill progression

Physical Education progression across all milestones

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Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.	<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Copy and remember actions.</li> <li>• Move with some control and awareness of space.</li> <li>• Link two or more actions to make a sequence.</li> <li>• Show contrasts (such as small/tall, straight/curved and wide/narrow).</li> <li>• Travel by rolling forwards, backwards and sideways.</li> <li>• Hold a position whilst balancing on different points of the body.</li> <li>• Climb safely on equipment.</li> <li>• Stretch and curl to develop flexibility.</li> <li>• Jump in a variety of ways and land with increasing control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Show changes of direction, speed and level during a performance.</li> <li>• Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</li> <li>• Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</li> <li>• Swing and hang from equipment safely (using hands).</li> </ul>	<ul style="list-style-type: none"> <li>• Create complex and well-executed sequences that include a full range of movements including:               <ul style="list-style-type: none"> <li>• travelling</li> <li>• balances</li> <li>• swinging</li> <li>• springing</li> <li>• flight</li> <li>• vaults</li> <li>• inversions</li> <li>• rotations</li> <li>• bending, stretching and twisting</li> <li>• gestures</li> <li>• linking skills.</li> </ul> </li> <li>• Hold shapes that are strong, fluent and expressive.</li> <li>• Include in a sequence set pieces, choosing the most appropriate linking elements.</li> <li>• Vary speed, direction, level and body rotation during floor performances.</li> <li>• Practise and refine the gymnastic techniques used in performances (listed above).</li> <li>• Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).</li> <li>• Use equipment to vault and to swing (remaining upright).</li> </ul>

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# Physical Education skill progression

Physical Education progression across all milestones

Concept		Milestone 1	Milestone 2	Milestone 3
<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>	Swimming	<ul style="list-style-type: none"> <li>Swim unaided up to 25 metres.</li> <li>Use one basic stroke, breathing correctly.</li> <li>Control leg movements.</li> </ul>	<ul style="list-style-type: none"> <li>Swim between 25 and 50 metres unaided.</li> <li>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</li> <li>Coordinate leg and arm movements.</li> <li>Swim at the surface and below the water.</li> </ul>	<ul style="list-style-type: none"> <li>Swim over 100 metres unaided.</li> <li>Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.</li> <li>Swim fluently with controlled strokes.</li> <li>Turn efficiently at the end of a length.</li> </ul>
	Athletics	<ul style="list-style-type: none"> <li>Athletic activities are combined with games in Years 1 and 2.</li> </ul>	<ul style="list-style-type: none"> <li>Sprint over a short distance up to 60 metres.</li> <li>Run over a longer distance, conserving energy in order to sustain performance.</li> <li>Use a range of throwing techniques (such as under arm, over arm).</li> <li>Throw with accuracy to hit a target or cover a distance.</li> <li>Jump in a number of ways, using a run up where appropriate.</li> <li>Compete with others and aim to improve personal best performances.</li> </ul>	<ul style="list-style-type: none"> <li>Combine sprinting with low hurdles over 60 metres.</li> <li>Choose the best place for running over a variety of distances.</li> <li>Throw accurately and refine performance by analysing technique and body shape.</li> <li>Show control in take off and landings when jumping.</li> <li>Compete with others and keep track of personal best performances, setting targets for imp</li> </ul>

# Physical Education skill progression

Physical Education progression across all milestones

Concept		Milestone 1	Milestone 2	Milestone 3
<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Outdoor and adventurous activities</p>	<ul style="list-style-type: none"> <li>• Not applicable.</li> </ul>	<ul style="list-style-type: none"> <li>• Arrive properly equipped for outdoor and adventurous activity.</li> <li>• Understand the need to show accomplishment in managing risks.</li> <li>• Show an ability to both lead and form part of a team.</li> <li>• Support others and seek support if required when the situation dictates.</li> <li>• Show resilience when plans do not work and initiative to try new ways of working.</li> <li>• Use maps, compasses and digital devices to orientate themselves.</li> <li>• Remain aware of changing conditions and change plans if necessary.</li> </ul>	<ul style="list-style-type: none"> <li>• Select appropriate equipment for outdoor and adventurous activity.</li> <li>• Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li> <li>• Embrace both leadership and team roles and gain the commitment and respect of a team.</li> <li>• Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</li> <li>• Remain positive even in the most challenging circumstances, rallying others if need be.</li> <li>• Use a range of devices in order to orientate themselves.</li> <li>• Quickly assess changing conditions and adapt plans to ensure safety comes first.</li> </ul>

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# Physical Education knowledge progression

Physical Education knowledge progression across EYFS

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Intro to PE</b> Keep healthy Describe changes in body Travel in different ways Stand on one foot Catch a large ball	<b>Fundamentals</b> Run skilfully around obstacles Manage some personal hygiene- washing hands Use equipment safely and with increasing control	<b>Gymnastics</b> Experiment with moving Jump off objects and land appropriately Eat a healthy range of food Shows some understanding of health and safety Anti-clockwise movements	<b>Dance</b> Negotiate space Travel over under and around equipment Control over object Uses Tools and malleable with control and safely  Practise safety measures without adult supervision	<b>Ready Set Ride</b> Good control of large and small movements Manage basic hygiene Talk about ways to keep healthy and safe	<b>Games</b> Move confidently in a range of ways Negotiate space effectively Know the importance of eating healthily and keeping active

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# Physical Education knowledge progression

# Physical Education knowledge progression across milestone 1

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Milestone 1	<p><b>Multi -skills 1</b></p> <p>Can I explore static balancing and understand the concept of bases?                  Can I combine a number of co-ordination drills, using upper and lower body movements?                  Can I aim a variety of balls and equipment accurately?                  Can I time running to stop[ or intercept the path of a ball?                  Can I travel in different ways, showing clear transitions between movements?                  Can I travel in different directions with control and fluency?                  Can I practise agility, balance and co-ordination?</p>	<p><b>Dance 1</b></p> <p>Can I change direction during travelling moves?                  Can I link travelling moves that change direction and level?                  Can I link moves together and use a variety of moves?                  Can I explore basic body patterns and movements to music?                  Can I use a variety if moves that change speed and direction?                  Can I link together dance moves with gestures and changing direction in time to music?</p>	<p><b>Gymnastics 1</b></p> <p>Can I explore movement actions with control and link them together with flow?                  Can I explore gymnastic actions and shapes?                  Can I explore travelling on benches?                  Can I explore movement actions with control, and to link them together with flow?                  Can I choose and use simple compositional ideas by creating and performing sequences?                  Can I repeat and link combinations of gymnastic actions?                  Can I link combinations of movements and shapes with control?</p>	<p><b>Ball skills 1</b></p> <p>Can I master basic sending and receiving techniques?                  Can I develop balance, agility and co-ordination?                  Can I make use of co-ordination, accuracy and weight transfer?                  Can I develop receiving skills?                  Can I use ball skills in game-based activities?</p>	<p><b>Throwing and Catching 1</b></p> <p>Can I learn skills for striking and fielding games?                  Can I practise basic striking, sending and receiving?                  Can I use throwing and catching skills in a game?                  Can I practise accuracy of throwing and consistent catching?                  Can I strike with a racket or bat?                  Can I play a game fairly and in a sporting manner?                  Can I use fielding skills to play a game?</p>	<p><b>Athletics 1</b></p> <p>Can I use varying speeds when running?                  Can I explore footwork patterns?                  Can I explore arm mobility?                  Can I explore different methods of throwing?                  Can I practise short distance running?                  Can I practise taking off from different positions?                  Can I complete an obstacle course with control and agility?</p>
	<p><b>Multi skills 2</b></p> <p>Can I explore static balancing?                  Can I understand concepts of bases?                  Can I combine a number of co-ordination drills, using upper and lower body movements?                  Can I aim a variety of balls and equipment accurately?                  Can I travel in different ways, showing clear transitions between movements?                  Can I maintain balance when changing direction?                  Can I used skills learned in a game?</p>	<p><b>Dance 2</b></p> <p>Can I explore different levels and speeds of movement?                  Can I compose and perform simple dance phases?                  Can I show contrasts in simple dances with good body shape and position?                  Can I develop a range of dance movements and improve timing?                  Can I work to music, creating movements that show rhythm and control?</p>	<p><b>Gymnastics 2</b></p> <p>Can I remember and repeat simple gymnastic actions with control?                  Ca I balance on isolated parts of the body using the floor and hold balance?                  Can I develop a range of gymnastic moves, particularly balancing?                  Can I link together a number of gymnastic actions into a sequence?                  Can I explore ways of travelling around on large apparatus?                  Can I choose and use a variety of gymnastic actions to make a sequence?</p>	<p><b>Ball skills 2</b></p> <p>Can I use hand-eye co-ordination to control a ball?                  Can I catch a variety of objects?                  Can I vary types of throw?                  Can I kick and move with a ball?                  Can I develop catching and dribbling skills?                  Can I use ball skills in a mini festival?</p>	<p><b>Throwing and catching 2</b></p> <p>Can I learn skills for striking and fielding games?                  Can I position the body to strike a ball?                  Can I practise striking a small ball?                  Can I develop catching skills?                  Can I throw a ball for distance?                  Can I practise throwing skills?                  Can I play a game fairly and in a sporting manner?                  Can I use fielding skills to play a game?</p>	<p><b>Athletics 2</b></p> <p>Can I run with agility and confidence?                  Can I learn the best jumping techniques for distance?                  Can I throw different objects in a variety of ways?                  Can I hurdle an obstacle and maintain an effective running style?                  Can I run for distance?                  Can I complete an obstacle course with control and agility?</p>

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# Physical Education knowledge progression

# Physical Education knowledge progression across milestone 1

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Milestone 1	<p><b>Boot camp 1</b>                      Can I complete a range of circuit-based activities and understand the reason for doing them?                      Can I understand what happens to the heart rate during exercise?                      Can I complete a circuit with balance and co-ordination?</p>	<p><b>Mighty Movers 1</b>                      Can I explore running at a variety of speeds and in a variety of styles?                      Can I run at different speeds and in different directions with control?                      Can I understand the purpose of a circuit and how it can improve fitness?</p>	<p><b>Step to the Beat 1</b>                      Can I develop foot patterns that aid skipping?                      Can I develop skipping skills?                      Can I improve agility, balance and co-ordination?</p>	<p><b>Gym fit circuits 1</b>                      Can I identify techniques to improve balance?                      Can I practise a range of gymnastic skills through a series of circuits?                      Can I perform a range of gymnastic skills with increased accuracy?                      Can I perform a sequence of moves within a circuit with increased accuracy?                      Can I evaluate my performance of gymnastic moves?</p>	<p><b>Cool Core Strength 1</b>                      Can I identify techniques to improve core strength and agility?                      Can I identify techniques to improve core strength and agility?</p>	<p><b>Fitness Frenzy 1</b>                      Can I complete a circuit that includes activities learned throughout the year?&gt;                      Can I explore running at different speeds?                      Can I improve agility, balance and co-ordination?                      Can I evaluate performance of gymnastic moves in a circuit?                      Can I identify techniques to improve core strength and agility?                      Can I use techniques already learned to improve performance?</p>
	<p><b>Boot camp 2</b>                      Can I understand how to prepare the body for exercise?                      Can I understand what fitness means?                      Can I complete a range of circuit-based activities and understand the reasons for doing them?                      Can I understand what happens to the heart rate during exercise?                      Can I complete a circuit with balance and co-ordination?</p>	<p><b>Mighty Movers 2</b>                      Can I run efficiently using the arms?                      Can I demonstrate running with balance and co-ordination?                      Can I understand the purpose of a circuit and how it can improve fitness?</p>	<p><b>Step to the beat 2</b>                      Can I perform skipping moves with agility, balance and co-ordination?                      Can I explore different ways of jumping/hopping with balance and accuracy?                      Can I skip with control and balance?</p>	<p><b>Gym circuits 2</b>                      Can I identify techniques to improve balance?                      Can I practise a range of gymnastic skills through a series of circuits?                      Can I perform a range of gymnastic skills with increased accuracy?                      Can I perform a sequence of gymnastic moves within a circuit?, with increased accuracy?                      Can I evaluate my performance of gymnastic moves?</p>	<p><b>Cool core strength 2</b>                      Can I develop and improve core strength and agility?</p>	<p><b>Fitness Frenzy 2</b>                      Can I complete a circuit of activities?                      Can I understand the purpose of a circuit and how it can improve fitness?                      Can I skip with control and balance?                      Can I evaluate my performance of gymnastic moves within a circuit?                      Can I improve core strength, Balance and agility?                      Can I evaluate my performance of gymnastic moves within a circuit?</p>



# Physical Education knowledge progression

# Physical Education knowledge progression across milestone 2

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Milestone 2	<p><b>Multi -skills 3</b></p> <p>Can I change and maintain centre of balance?                  Can I develop coordination whilst moving an object?                  Can I demonstrate agility by being able to twist and turn and change direction?                  Can I practise coordination and moving with others?                  Can I use coordination skills to move an object?                  Can I use all agility, balance and coordination skills learned so far to the best of my ability?</p>	<p><b>Dance 3</b></p> <p>Can I explore African dance movements and create patterns of movement?                  Can I work with a partner to create African dance patterns?                  Can I perform a dance with rhythm and expression?                  Can I use knowledge of African dance to create a story in small groups?                  Can I develop precision of movement?                  Can I work cooperatively with a group to create a dance piece?                  Can I perform in front of others with confidence?</p>	<p><b>Gymnastics 3</b></p> <p>Can I explore jumping techniques and link them with other gymnastic actions?                  Can I select and adapt gymnastics actions to meet the task?                  Can I work with a partner or a small group to create a sequence that develops jumping skills?                  Can I improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music?</p>	<p><b>Ball skills 3</b></p> <p>Can I be aware of others when playing games?                  Can I choose the correct skills to meet a challenge?                  Can I perform a range of actions, maintaining control of the ball?                  Can I perform a range of catching and gathering skills with control?                  Can I master the basic catching technique?                  Can I catch with increasing control and accuracy?                  Can I master the basic throwing technique?                  Can I throw and hit a ball in different ways (e.g. high, low, fast or slow)?                  Can I apply skills and tactics in small-sided games?                  Can I identify and follow the rules of games?                  Can I choose and use simple tactics to suit different situations?                  Can I react to situations in ways that make it difficult for opponents to win?</p>	<p><b>Throwing and Catching 3</b></p> <p>Can I consolidate and develop a range of skills in striking and fielding?                  Can I develop and investigate different ways of throwing and to know when it is appropriate to use them?                  Can I practice the correct technique for catching a ball and use it in a game?                  Can I practise the correct batting technique and use it in a game situation?                  Can I practise the correct technique for fielding and use it in a game situation?                  Can I consolidate the throwing, catching and batting skills already learned?                  Can I strike the ball for distance?                  Can I play a striking and fielding game competitively and fairly?</p>	<p><b>Athletics 3</b></p> <p>Can I run in different directions and at different speeds using a good technique?                  Can I improve throwing technique?                  Can I reinforce jumping techniques?                  Can I understand the relay and passing the baton?                  Can I choose and understand appropriate running techniques?                  Can I compete in a mini-competition and record scores?</p>
	<p><b>Multi skills 4</b></p> <p>Can I keep possession of a ball?                  Can I use agility, balance and coordination techniques to keep control of a ball in a competitive situation?                  Can I use accurate passing and dribbling in a game?                  Can I identify and apply ways to move the ball towards an opponent's goal?                  Can I learn concepts of attack and defense?                  Can I play in a mini football competition?</p>	<p><b>Dance 4</b></p> <p>Can I identify and practise the patterns and actions of line dancing?                  Can I demonstrate awareness of the music's rhythm and phrasing when improvising?                  Can I create an individual dance that reflects the line dancing style?                  Can I create partnered dances that reflect the line dancing style and apply the key components of dance?                  Can I perform a line dance using a range of movement patterns?                  Can I perform and evaluate my own and others' work?</p>	<p><b>Gymnastics 4</b></p> <p>Can I identify and practise body shapes?                  Can I identify and practice symmetrical and asymmetrical body shapes?                  Can I construct sequences using balancing and linking movements?                  Can I use counterbalances and incorporate them into a sequence of movements?                  Can I perform movements in canon and in unison?                  Can I perform and evaluate my own and others' sequences?</p>	<p><b>Ball skills 4</b></p> <p>Can I develop and investigate different ways of throwing, and to know when each is appropriate?                  Can I use agility, balance and coordination to field a ball well?                  Can I use agility, balance and coordination to move into good positions for catching and apply it in a game situation?                  Can I use hand-eye coordination to strike a moving and a stationary ball?                  Can I develop fielding skills and understand their importance when playing a game?                  Can I play in a competitive situation, and demonstrate sporting behaviour?</p>	<p><b>Throwing and catching 4</b></p> <p>Can I become familiar with balls and short tennis rackets?                  Can I get the ball into play?                  Can I accurately serve underarm?                  Can I build up a rally?                  Can I build a rally, focusing on accuracy of strokes?                  Can I play a variety of shots in a game situation and explore when different shots should be played?                  Can I play a competitive tennis game?</p>	<p><b>Athletics 4</b></p> <p>Can I select and maintain a running pace for different distances?                  Can I practice throwing with power and accuracy?                  Can I throw safely and with understanding?                  Can I demonstrate good running technique in a competitive situation?                  Can I explore different footwork patterns?                  Can I understand which technique is most effective when jumping for distance?                  Can I utilize all the skills learned in this unit in a competitive situation?</p>



# Physical Education knowledge progression

## Physical Education knowledge progression across milestone 2

'Physically educated persons are those who have learned to arrange their lives in such a way that the habitual physical activities they freely engage in make a distinctive contribution to their wider flourishing.' (James MacAllister)

Milestone 2	<p><b>Boot camp 3</b></p> <p>Can I understand how to prepare the body for exercise?                  Can I understand what fitness means?                  Can I complete a range of circuit-based activities and understand the reason for doing them?                  Can I understand what happens to the heart rate during exercise?                  Can I complete a circuit using specific activities (with balance and coordination)?</p>	<p><b>Mighty Movers 3</b></p> <p>Can I explore running at different speeds?                  Can I work as a team in a running situation?                  Can I understand the value of running-based circuit and the impact it can have on health?                  Can I improve fitness by raising the heart rate?</p>	<p><b>Step to the Beat 3</b></p> <p>Can I develop skipping techniques with control and balance?</p>	<p><b>Gym fit circuits 3</b></p> <p>Can I identify techniques to improve balance?                  Can I practice a range of gymnastic skills through a series of circuits?                  Can I perform a range of gymnastic skills with increased accuracy?                  Can I perform a sequence of gymnastic moves within a circuit?                  Can I perform a sequence of moves at each station within a circuit with increased accuracy?                  Can I evaluate my performance of gymnastic moves within a circuit?</p>	<p><b>Cool Core Strength 3</b></p> <p>Can I improve my core strength and agility, and understand why they are important?</p>	<p><b>Fitness Frenzy 3</b></p> <p>Can I develop skipping techniques with control and balance?                  Can I evaluate my performance e of gymnastic moves within a circuit?                  Can I improve core strength and agility, and understand why they are important?                  Can I perform a sequence of moves at each station within a circuit with increased accuracy?</p>
	<p><b>Boot camp 4</b></p> <p>Can I understand how to prepare the body for exercise?                  Can I understand what fitness means?                  Can I complete a range of circuit-based activities and understand the reason for doing them?                  Can I understand what happens to the heart rate during exercise?                  Can I improve a circuit with balance and coordination?                  Can I improve a circuit that includes activities practised with balance a coordination?</p>	<p><b>Mighty Movers 4</b></p> <p>Can I learn footwork movement patterns showing coordination?                  Can I understand the value of boxercise moves?                  Can I learn how to build an aerobic exercise routine, including skilled moves?                  Can I create and perform a boxercise sequence with increased accuracy?                  Can I perform a boxercise routine with precision?</p>	<p><b>Step to the beat 4</b></p> <p>Can I understand the importance of a warm-up?                  Can I improve fitness, particularly strength and stamina?                  Can I complete a step routine to music to improve fitness?                  Can I develop coordination and balance?</p>	<p><b>Gym circuits 4</b></p> <p>Can I understand that a fitness circuit can be sport-specific?                  Can I complete a hockey-based circuit with understanding and accuracy?                  Can I complete a netball/basketball circuit with understanding and accuracy?                  Can I complete a football-based circuit with accuracy and understanding?                  Can I complete a cricket-based circuit with accuracy and understanding?                  Can I complete an athletics-based circuit with control and accuracy?</p>	<p><b>Cool core strength 4</b></p> <p>Can I improve balance and coordination?                  Can I consolidate and improve the moves learned so far?                  Can I develop balance techniques when performing moves?                  Can I sustain balance and concentration when performing a variety of moves?                  Can I develop moves using balancing techniques?</p>	<p><b>Fitness Frenzy 4</b></p> <p>Can I complete a circuit that includes different aerobic activities?                  Can I perform a boxercise routine with precision?                  Can I develop coordination and balance?                  Can I complete an athletics-based circuit with control and accuracy?                  Can I develop 'Cool Core' moves using balance techniques?                  Can I perform a sequence of moves at each station with a circuit with increased accuracy?</p>

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# Physical Education knowledge progression

# Physical Education knowledge progression across milestone 3

'Physically educated persons are those who have learned to arrange their lives in such a way that the habitual physical activities they freely engage in make a distinctive contribution to their wider flourishing.' (James MacAllister)

Milestone 3	<p><b>Multi -skills 5</b></p> <p>Can I demonstrate basic passing and receiving skills using a netball?                  Can I develop an understanding and knowledge of the basic footwork rule of netball?                  Can I use good hand/eye coordination to pass and receive a ball successfully?                  Can I develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel?                  Can I understand the importance of 'getting free' in order to receive a pass?                  Can I understand how to make space by moving away, coming back and by dodging?                  Can I demonstrate a range of defending skills and understand how to mark an opponent?                  Can I understand how to intercept a pass?                  Can I learn how to shoot?                  Can I understand the different position in a netball team (five-a-side).                  Can I recognise which positions are attacking and which are defending?</p>	<p><b>Dance 5</b></p> <p>Can I identify and practise the patterns and actions of the Bollywood dance style?                  Can I demonstrate an awareness of the music's rhythm and phrasing when improvising?                  Can I create and perform an individual dance that reflects the Bollywood dance style?                  Can I create partnered dance that reflects the Bollywood dancing style and apply the key components of dance?                  Can I create group dances that reflect the Bollywood dance style?                  Can I perform a Bollywood dance using a range of movement patterns?                  Can I perform and evaluate my own and others' work?</p>	<p><b>Gymnastics 5</b></p> <p>Can I identify and practise body shapes and balances?                  Can I identify and practise symmetrical and asymmetrical body shapes?                  Can I use and refine the following skills: flexibility, strength, balance power and mental focus?                  Can I develop skills for movement, including rolling, bridging and dynamic movement?                  Can I use counterbalances and incorporate them into a sequence of movements?                  Can I perform movements in canon and in unison?                  Can I perform and evaluate my own and others' sequences?</p>	<p><b>Ball skills 5</b></p> <p>Can I develop skills in batting and fielding?                  Can I choose fielding techniques?                  Can I run between the wickets?                  Can I run, throw and catch?                  Can I develop a safe and effective overarm throw?                  Can I learn batting control?                  Can I use all the skills learned by playing in a mini tournament?</p>	<p><b>Throwing and Catching 5</b></p> <p>Can I identify and apply techniques for hitting a tennis ball?                  Can I develop the techniques for ground strokes and volleys?                  Can I develop a backhand technique and use it in a game?                  Can I practise techniques for all strokes?                  Can I use the scoring system and court for singles tennis?                  Can I play a tennis game using an overhead serve and the correct selections of shots?                  Can I understand and use doubles scoring in a tennis game?</p>	<p><b>Athletics 5</b></p> <p>Can I use correct technique to run at speed?                  Can I develop the ability to run for distance?                  Can I throw with accuracy and power?                  Can I identify and apply techniques of relay running?                  Can I explore different footwork patterns?                  Can I understand which technique is most effective when jumping for distance?                  Can I learn how to use skills to improve the distance of a pull throw?                  Can I demonstrate good techniques in a competitive situation?</p>
	<p><b>Multi skills 6</b></p> <p>Can I understand the basic rules of tag rugby?                  Can I work as a team, using ball-handling skills?                  Can I pass and carry a ball using balance and coordination?                  Can I use skills learned to play a game of tag rugby?                  Can I apply rules and skills learned to play a game?                  Can I play in a mini tag rugby competition?</p>	<p><b>Dance 6</b></p> <p>Can I identify and practice the patterns and actions in a street dance style?                  Can I demonstrate an awareness of the music's rhythm and phrasing when improvising?                  Can I create a dance that represents a street dance style?                  Can I create a dance as a group, using any street dance moves?                  Can I perform and analyse my own and others' performance?</p>	<p><b>Gymnastics 6</b></p> <p>Can I identify and practise gymnastic shapes and balances?                  Can I identify and practice symmetrical and asymmetrical body shapes?                  Can I construct sequences using balancing and linking movements?                  Can I use counterbalances and incorporate them into a sequence of movements?                  Can I perform movements in canon and in unison?                  Can I perform and evaluate my own and others' sequences?</p>	<p><b>Ball skills 6</b></p> <p>Can I throw and catch under pressure?                  Can I use fielding skills to stop the ball effectively?                  Can I learn batting control?                  Can I learn the role of backstop?                  Can I play in a tournament and work as a team, using tactics in order to beat another team?</p>	<p><b>Throwing and catching 6</b></p> <p>Can I demonstrate and use the correct grip of the racket and understand how to get into the ready position?                  Can I use good hand/eye coordination to be able to contact the shuttle with the face of the racket?                  Can I understand how to serve the shuttle in order to start the game?                  Can I recognise the difference between the low serve and the high serve?                  Can I develop children's ability to perform and understand the 'overhead clear' shot and the impact that playing the overhead clear can have on winning points during game play?                  Can I understand that the drop shot is an attacking shot and why?                  Can I understand where the drop should be aimed for to be productive and explain why? Can I understand how to use different shots to outwit an opponent in a game?                  Can I develop knowledge, understand and principles within a doubles game, including tactics and strategies used?</p>	<p><b>Athletics 6</b></p> <p>Can I investigate running styles and changes of speed?                  Can I practise throwing with power and accuracy?                  Can I throw safely and with understanding?                  Can I demonstrate good running technique in a competitive situation?                  Can I explore different footwork patterns?                  Can I understand which technique is most effective when jumping for distance?                  Can I utilize all the skilled learned in this unit in a competitive situation?</p>

# Physical Education knowledge progression

# Physical Education knowledge progression across milestone 3

'Physically educated persons are those who have learned to arrange their lives in such a way that the habitual physical activities they freely engage in make a distinctive contribution to their wider flourishing.' (James MacAllister)

Milestone 3	<p><b>Boot camp 5</b></p> <p>Can I understand how to prepare the body for exercise?                  Can I understand what fitness means?                  Can I complete a range of circuit-based activities and understand the reason for doing them?                  Can I understand what happens to the heart rate during exercise?                  Can I complete a circuit that includes practised activities with balance and coordination?</p>	<p><b>Mighty Movers5</b></p> <p>Can I perform a boxercise routine demonstrating good technique?                  Can I understand the principles of dynamic stretching?                  Can I improve fitness by raising the heart rate and strengthening the legs and arms?                  Can I create and apply compositional ideas to the sequence?                  Can I perform actions and moves fluently to music in order to improve personal fitness?                  Can I explain how boxercise moves can be adapted and used in a different format?</p>	<p><b>Step to the beat 5</b></p> <p>Can I understand the importance of a warm-up?                  Can I develop coordination and balance?                  Can I develop coordination, balance and timing?                  Can I improve general fitness levels?                  Can I understand the benefits of improving muscle tone in the abdominals and legs?                  Can I learn new strength-based moves?                  Can I develop understanding of the value of this type of exercise?                  Can I construct my own moves from knowledge gained?                  Can I perform a sequence of steps in time with the music?                  Can I understand the benefits of improving muscle tone and aerobic fitness (strength and stamina)?</p>	<p><b>Gym Fit Circuits 5</b></p> <p>Can I understand why fitness is good for health and wellbeing?                  Can I develop consistency in technique?                  Can I develop personal fitness in an obstacle-style circuit?</p>	<p><b>Cool core strength 5</b></p> <p>Can I identify techniques to improve balance and core strength?                  Can I improve coordination?</p>	<p><b>Fitness Frenzy 5</b></p> <p>Can I complete a circuit that includes a range of activities?                  Can I explain how boxercise moves can be adapted and used in different formats?                  Can I perform a sequence of steps in time with the music?                  Can I understand the benefits of improving muscle tone and aerobic fitness (strength and stamina)?                  Can I understand why fitness is good for health and wellbeing?                  Can I identify techniques to improve balance and core strength?                  Can I improve coordination?                  Can I perform a sequence of moves at each station within a circuit with increased accuracy?</p>
	<p><b>Boot camp 6</b></p> <p>Can I understand how to prepare the body for exercise?                  Can I understand what fitness means?                  Can I complete a range of circuit-based activities and understand the reason for doing them?                  Can I understand what happens to heart rate during exercise?                  Can I complete a circuit that includes activities practised, with balance and coordination?</p>	<p><b>Mighty Movers 6</b></p> <p>Can I know and understand the basic principles of a good warm-up?                  Can I understand how moves can be linked together to perform more complex and challenging moves?                  Can I perform and devise a sequence of movements to music?</p>	<p><b>Step to the beat 6</b></p> <p>Can I understand the value of aerobic exercise?                  Can I measure heart rate and note any changes?                  Can I perform aerobic activity to music?                  Can I practise and apply a sequence of step moves to the beat of the music?                  Can I devise a sequence of step moves to the beat of the music?</p>	<p><b>Gym Fit circuits 6</b></p> <p>Can I plan a personal fitness programme?</p>	<p><b>Cool core strength 6</b></p> <p>Can I identify exercises that will improve core strength and stability?                  Can I apply balance techniques when performing core exercises?                  Can I perform core exercises with increased difficulty and balance?                  Can I create original core moves?                  Can I demonstrate balance and coordination?                  Can I perform others' sequences with control and balance?</p>	<p><b>Fitness Frenzy 6</b></p> <p>Can I complete a circuit that includes different aerobic activities?                  Can I perform and devise a sequence of movements to music?                  Can I understand the value of aerobic exercise?                  Can I devise a sequence of step-based activities to music?                  Can I plan a personal programme?                  Can I perform others' sequences with control and balance?                  Can I perform a sequence of moves at each station within a circuit with increased accuracy?</p>

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