

Progression of Knowledge



Figure 3: Strands of the PE Curriculum

	Performance	Physical and mental wellbeing	Evaluate and improve	Decision making	Skill and knowledge development
Aquatics	Swim competently, confidently and proficiently over a distance of at least 25 metres Perform safe self-rescue in different scenarios	Understand the importance of staying safe around and in water	Having knowledge to reflect on the application of the strokes Understanding where to improve and how to improve strokes	Use the correct range of strokes where appropriate Select the appropriate self-rescue method	Understanding the different skills that are required for performing the 4 strokes (front crawl, back stroke, breast stroke and butterfly) I can name a minimum of 3 swimming events at the Olympics I can name a minimum of 3 famous aquatic sportspeople
Gymnastics	Understand what constitutes a good gymnastics routine including different timing, transitions, heights and balances. How to apply skills and techniques consistently using precision and control	Understand the main parts of the body which needs to stretch Understand the importance of conditioning, endurance and stretching	Knows and can state which aspects of own performances were particularly strong and which they could improve on	Choose appropriate moves to create a sequence How to move safely around and with different pieces of equipment	Understand differences between leaps and jumps I can name a minimum of 3 different elements of Gymnastics I can name a minimum of 3 famous gymnastics.
Games	Can confidently perform activities and final products across a variety of sports.	Know how to describe how the body feels before, during and after different games. Understands the importance of different games and how they impact the body differently.	Can identify where tactics have broken down in different games and why these haven't worked. Can then put this learning into practise across a wide range of sports.	Understands the needs for different tactics and how these vary across sports and situations. Understands the basic rules of different games and the importance of following these. Uses knowledge to find the best space during games.	I can name a minimum of 3 significant individuals within the game I am being taught I can name a minimum of 3 significant places that is associated to my game I can name a minimum of 1 event which I can watch which features my game
Athletics	Independently perform different activities over selected distances and events safely	When and why the heart rate increases and decreases Know how to co-ordinate different parts of the body	Appropriate knowledge to explain how to run, jump and throw	Having knowledge of applying rules and tactics to successfully achieve a personal best in each activity (eg selecting the	Have a knowledge of different running, jumping and throwing techniques (eg standing jump, sprinting and javelin)

	Pupils have a knowledge of how to apply skills to successfully perform	Knowledge of appropriate warm up and stretches to reduce injury	Have a knowledge of a range of athletic events and being able to identify my strengths and weaknesses	appropriate jump , selecting running speed over a distance and how to successfully hand over in a relay)	I can name a minimum of 3 significant Athletes I can name 3 events at the Olympics that athletes can compete in.
Dance	Remember and repeat dance perform phases Knows how to compose own dances in creative way Perform dances to a variety of music	Knows the importance of warming up specific muscle groups in preparation for dance, as well as cooling down. Choose own music and style	Knows and can state which aspects of own performance were particularly strong and which they could improve on	Shows increased knowledge of different dance routine and moves and when to use these	Demonstrates the impact of increased poise, balance and co-ordination can make to a dance performance and apply this when moving and stopping a sequence. I can name at least 3 famous dancers. I can name at least 3 different types of dances.
Outdoor and Adventure	Read a map and follow the directions	Understand the importance of map knowledge	Designing and having the knowledge to build and follow a map	Choosing correct symbols on map and directions when required Understanding north, south, east and west.	Know how to follow a map in a familiar context Know how to use clues to follow a route Know how to follow a route safely I can name 3 different explorers and where they explored.