

## Date Palm Primary PE Curriculum: Progression of Skills, Knowledge & Understanding

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Movement			<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>- Enter and exit water safely.</li> <li>- Move in the water in different directions for a distance of 5m.</li> <li>- Blow bubbles in water with mouth and nose submerged.</li> </ul> <p><b>Running &amp; Jumping</b></p> <ul style="list-style-type: none"> <li>- Run at different speeds, recognising the difference between walking, jogging and sprinting;</li> <li>- Move along a wide range of different pathways;</li> <li>- Jump as high and as far as possible using correct technique;</li> <li>- Use different ways of jumping;</li> <li>- Land safely with control;</li> <li>- Create a sequence of jumps and show it to a partner.</li> </ul> <p><b>Throwing &amp; Catching</b></p> <ul style="list-style-type: none"> <li>- Roll a ball along a line or to a target, track it and pick it up as it slows down;</li> <li>- Use a simple overarm throw;</li> <li>- Use an underarm sling;</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>- Enter and exit water safely.</li> <li>- Move in the water in different directions for a distance of 5m.</li> <li>- Blow bubbles in water with mouth and nose submerged.</li> </ul> <p><b>Circuit Training</b></p> <ul style="list-style-type: none"> <li>- Use a pivot movement to change direction;</li> <li>- Identify which activities they need to improve;</li> <li>- Perform different types of jumps with control and use more than one type of jump in an activity;</li> <li>- Explain how they feel after exercise;</li> <li>- Show some control and accuracy when rolling a ball and aiming for a target;</li> <li>- Identify similarities and differences between their own performance and that of someone else;</li> <li>- Combine skills within an activity;</li> <li>- Identify which skills are needed for a particular activity;</li> <li>- Complete activities independently and record their scores;</li> <li>- Suggest some ways that a partner can improve their</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>- Enter and exit water safely without support.</li> <li>- Swim unaided for 5m.</li> <li>- Use 3 strokes with aids: front paddle, back paddle, basic breaststroke, butterfly leg kick.</li> <li>- Perform a shout &amp; signal rescue.</li> <li>- Float on front or back and tread water for 10 seconds.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>- Enter and exit water safely without support.</li> <li>- Swim unaided for 5m.</li> <li>- Use 3 strokes with aids: front paddle, back paddle, basic breaststroke, butterfly leg kick for a 5m swim with aids.</li> <li>- Perform a shout &amp; signal rescue.</li> <li>- Float on front or back and tread water for 10 seconds.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>- Enter and exit water safely without steps.</li> <li>- Swim unaided for 10m.</li> <li>- Use 3 strokes with aids: front paddle, back paddle, basic breaststroke, butterfly leg kick for a 5m swim without aids.</li> <li>- Perform a shout &amp; signal rescue.</li> <li>- Float on front or back and tread water for 15 seconds.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>- Enter and exit water safely without steps in deep water.</li> <li>- Swim unaided for 25m.</li> <li>- Use 3 strokes with aids: front paddle, back paddle, basic breaststroke, butterfly leg kick for a 10m swim unaided.</li> <li>- Perform a shout &amp; signal rescue without aids.</li> <li>- Float on front or back and tread in deep water for 30 seconds.</li> </ul>

			<ul style="list-style-type: none"> <li>- Catch a ball thrown by a partner, with two hands;</li> <li>- Throw a ball into a hoop;</li> <li>- Say how we could warm our bodies up before exercising;</li> <li>- Run, walk, jog, hop, skip, leap, gallop or jump in different directions, including sideways and along a diagonal or curved projection.</li> </ul>	<p>performance;</p> <ul style="list-style-type: none"> <li>- Identify improvements shown on their scorecard.</li> </ul> <p><b>Throwing &amp; Catching</b></p> <ul style="list-style-type: none"> <li>- Stop a rolling ball with two hands.</li> <li>- Bounce a ball whilst moving.</li> <li>- Use an opposition overarm throw.</li> <li>- Pitch a quoit sideways.</li> <li>- Jump to catch a ball.</li> <li>- Get into position to catch a ball.</li> <li>- Say how their bodies feel different after exercising.</li> <li>- Walk along a line.</li> <li>- Keep their balance when pushed.</li> <li>- Dodge.</li> </ul>				
Athletics					<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- Apply and try to improve existing running, throwing and jumping skills;</li> <li>- Demonstrate increasing control and coordination when running and performing a jump or throw;</li> <li>- Identify and demonstrate how different running techniques can affect their performance and focus on improving their sprinting technique.</li> <li>- Demonstrate some rhythm and technique when running over obstacles;</li> <li>- Perform the standing long jump using the correct technique to achieve</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- Recognise and name a variety of different athletic events and techniques;</li> <li>- Apply and try to improve existing running, throwing and jumping skills;</li> <li>- Show increasing control and co-ordination when running and performing a jump or throw;</li> <li>- Follow step-by-step instructions, copy actions and learn new techniques with some accuracy, control and fluency;</li> <li>- Combine and apply new skills and techniques with increasing success, control and fluency when</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- Identify and know about a variety of athletic events and techniques;</li> <li>- Apply and develop existing running, throwing and jumping skills;</li> <li>- Practise and improve reaction times and identify an effective sprint start;</li> <li>- Demonstrate a sound technique for a sprint start to improve the acceleration phase;</li> <li>- Develop and improve their running technique for sprinting, showing good coordination and control;</li> <li>- Demonstrate stamina in order to maintain a</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- Demonstrate an improvement in reaction speed through repetition;</li> <li>- Execute the underarm throw with accuracy and success in isolation and sometimes in a game situation;</li> <li>- Understand what an effective springing technique involves and work hard to improve theirs;</li> <li>- Work well with team members to pass and receive the baton using the learned technique;</li> <li>- Demonstrate some endurance and stamina to be able to run for longer distances;</li> <li>- Run at an appropriate pace to suit the</li> </ul>

				<p>the furthest possible distance;</p> <ul style="list-style-type: none"> <li>- Perform the underarm, overarm and push throws with control and accuracy and develop their technique;</li> <li>- Follow step-by-step instructions and copy actions to learn new techniques with some accuracy, control and fluency;</li> <li>- Perform learnt skills and techniques with increasing success, control and confidence when participating in running, jumping and throwing activities and games;</li> <li>- Compete against self and others in a controlled manner and demonstrate noticeable improvements to achieve their personal best;</li> <li>- Watch, describe and evaluate the effectiveness of a performance.</li> </ul>	<p>participating in running, jumping and throwing activities and games;</p> <ul style="list-style-type: none"> <li>- Identify aspects of how a skill or technique has been performed and suggest ways to improve performance;</li> <li>- Work effectively as part of a team.</li> </ul>	<p>sustained run;</p> <ul style="list-style-type: none"> <li>- Show good control, coordination and power when performing the standing vertical jump and measure the height jumped with accuracy;</li> <li>- Follow step-by-step instructions to learn and develop a range of throwing techniques with increasing control, accuracy, fluency and success;</li> <li>- Compete against self and others with confidence and demonstrate noticeable improvements to achieve their personal best.</li> <li>- Evaluate the effectiveness of a performance, offering suggestions of how to improve a skill or technique.</li> </ul>	<p>activity, including speeding up at the end;</p> <ul style="list-style-type: none"> <li>- Mostly use their preferred leg to lead with over the obstacles and maintain a consistent stride pattern;</li> <li>- Demonstrate increasing coordination, speed and rhythm when hurdling;</li> <li>- Demonstrate an effective technique for the three different jumps and gain good height and distance with them.</li> <li>- Lead jumping activities effectively;</li> <li>- Demonstrate an effective technique for the overhead heave throw technique and gain good distance with it;</li> <li>- Effectively use different throwing techniques for distance and accuracy.</li> </ul>
<b>Gymnastics</b>			<p><b>Gymnastics – Traditional Tales</b></p> <ul style="list-style-type: none"> <li>- Adapt star, straight and tuck shapes to create balances showing some control;</li> <li>- Choose and perform two contrasting balances showing some control;</li> <li>- Travel and balance in different ways, showing changes in speed and direction;</li> <li>- Create a sequence using a range of controlled balances</li> </ul>	<p><b>Gymnastics - Movement</b></p> <ul style="list-style-type: none"> <li>- Describe how to perform the new movements learnt in the unit;</li> <li>- Perform movements that show good understanding and control of the key skills needed;</li> <li>- Describe what they have done or changed in order to improve their performance during a lesson;</li> </ul>		<p><b>Gymnastics - Movement</b></p> <ul style="list-style-type: none"> <li>- Describe how to perform the new movements learnt in the unit;</li> <li>- Perform movements that show good understanding and control of the key skills needed;</li> <li>- Describe what they have done or changed in order to better their performance during a lesson;</li> <li>- Link a series of</li> </ul>	

			<p>and different ways of travelling;</p> <ul style="list-style-type: none"> <li>- Maintain a clear body shape when performing a log and egg roll;</li> <li>- Perform a controlled straight jump on the floor, landing safely;</li> <li>- Create their own sequence using a variety of rolls and balances;</li> <li>- Watch and describe a partner's sequence using prompt questions;</li> <li>- Perform a front support wheelbarrow and support their partner in this position;</li> <li>- Identify examples of quality balances and controlled rolls in a sequence that they have watched and identify some skills needed for effective teamwork;</li> <li>- Create an interesting sequence using a range of skills that they have practised;</li> <li>- Talk about their learning by identifying which skills they need to practise further.</li> </ul>		<ul style="list-style-type: none"> <li>- Link a series of movements together to create a longer sequence;</li> <li>- Practise and refine their own movements and 'spot' and advise others around them.</li> </ul>		<p>movements together to create a routine with a theme or style;</p> <ul style="list-style-type: none"> <li>- Practise and refine their own movements and 'spot' and advise others around them.</li> </ul>	
<b>Dance</b>				<p><b>The Gunpowder Plot</b></p> <ul style="list-style-type: none"> <li>- Act and react with a partner and a group.</li> <li>- Use expressions, gestures and movement to communicate ideas and feelings.</li> <li>- Dance simple motifs, remember and repeat them.</li> <li>- Dance in unison and canon.</li> <li>- Improvise movement.</li> <li>- Put several motifs</li> </ul>		<p><b>Dance - Water</b></p> <ul style="list-style-type: none"> <li>- Demonstrate a range of dance techniques, such as unison, canon, repetition etc;</li> <li>- Combine and link an increasing number of movement phrases and patterns;</li> <li>- Respond and react accordingly to their partner's/group member's dance movements.</li> </ul>	<p><b>Dance – Electricity</b></p> <ul style="list-style-type: none"> <li>- Demonstrate a range of dance techniques, such as isolation, tempo, repetition etc;</li> <li>- Combine and link an increasing number of movement phrases and patterns, both individually and within a pair or group;</li> <li>- Create movements in response to different sounds;</li> <li>- Respond and react</li> </ul>	<p><b>Dance – Electricity</b></p> <ul style="list-style-type: none"> <li>- Demonstrate a range of dance techniques, such as isolation, tempo, repetition etc;</li> <li>- Combine and link an increasing number of movement phrases and patterns, both individually and within a pair or group;</li> <li>- Create movements in response to different sounds;</li> <li>- Respond and react</li> </ul>

				<p>together to make a dance;</p> <ul style="list-style-type: none"> <li>- Move fluently;</li> <li>- Say how they would improve a movement or dance.</li> <li>- Change the tempo and rhythm of your movement.</li> <li>- March in single file or side by side.</li> <li>- Know why it is important to stretch after exercise.</li> <li>- Know why we cool down after exercise.</li> <li>- Remember and repeat their pathway.</li> <li>- Move between personal and wider space.</li> </ul>			<p>accordingly to their partner's/group member's dance movements;</p> <ul style="list-style-type: none"> <li>- Clearly create movements to represent an idea;</li> <li>- Assess their own and other's performances and begin to suggest improvements.</li> </ul>	<p>accordingly to their partner's/group member's dance movements;</p> <ul style="list-style-type: none"> <li>- Clearly create movements to represent an idea;</li> <li>- Assess their own and other's performances and begin to suggest improvements.</li> </ul>
<b>Games</b>			<p><b>Games - Bat &amp; Ball</b></p> <ul style="list-style-type: none"> <li>- Hold a racket correctly;</li> <li>- Balance a beanbag on their racket while walking and throw and catch it a short distance into the air;</li> <li>- Hit a beanbag forwards into a target with some control;</li> <li>- Use a racket to hit a ball into the air, gradually improving control;</li> <li>- Watch a partner and give feedback using prompt questions;</li> <li>- Cooperate with a partner and follow rules to play a target game;</li> <li>- Hold a cricket bat correctly and use it to control a ball along a line and around cones;</li> <li>- Use a cricket bat to hit a ball towards a</li> </ul>	<p><b>Games – Bat &amp; Ball</b></p> <ul style="list-style-type: none"> <li>- Hold a racket correctly and use it to hit a ball with control.</li> <li>- Hit a ball to a target with increasing accuracy.</li> <li>- Throw a ball underarm showing some accuracy when aiming for a partner's racket.</li> <li>- Hit a ball that has been thrown to them, showing some control of the direction.</li> <li>- Combine their skills to play a competitive game against a partner.</li> <li>- Apply a practised tactic to help them to win a competitive game.</li> <li>- Hold a cricket bat correctly and use it to control and hit a ball to a target.</li> <li>- Use the correct technique to roll a ball accurately to a partner.</li> <li>- Use a cricket bat to</li> </ul>	<p><b>Games – Invasion Games - Football</b></p> <ul style="list-style-type: none"> <li>- Know some of the basic principles of invasion games;</li> <li>- Recognise and begin to apply basic attacking skills such as dodging, with some success;</li> <li>- Recognise and begin to apply basic defending skills such as marking and intercepting, with some success;</li> <li>- Pass, receive and travel with a ball in a variety of ways with increasing control and accuracy;</li> <li>- Identify and use tactics to help themselves and their team keep possession of the ball;</li> <li>- Use space well to pass and receive a ball.</li> </ul> <p><b>Games – Striking &amp; Fielding</b></p> <ul style="list-style-type: none"> <li>- Strike a bowled ball in</li> </ul>	<p><b>Games – Invasion Games</b></p> <ul style="list-style-type: none"> <li>- Show knowledge and understanding of the reasons for warming up and cooling down;</li> <li>- Move in multiple directions at speed and with some success in a game situation;</li> <li>- Change direction quickly (dodge) and feint a move, using a low body position, and apply this with some success in a game situation;</li> <li>- Dribble with the ball using different techniques, demonstrating control and speed;</li> <li>- Look up when dribbling while keeping good control of the ball;</li> <li>- Pass the ball with control and accuracy over a range</li> </ul>	<p><b>Games - Rounders</b></p> <ul style="list-style-type: none"> <li>- Hit a bowled ball out into the field;</li> <li>- Control the speed and direction of the ball when bowling;</li> <li>- Move into the correct position or space to catch a ball that is thrown or hit into the field;</li> <li>- Accurately throw a ball overarm or underarm to reach a designated target;</li> <li>- Choose and apply relevant tactics during a game according to an agreed strategy.</li> </ul> <p><b>Games – Basketball</b></p> <ul style="list-style-type: none"> <li>- Dribble with the ball using the correct technique, varying their speed and changing direction;</li> <li>- Look up when dribbling while keeping the ball</li> </ul>	<p><b>Games – Invasion Games</b></p> <ul style="list-style-type: none"> <li>- Lead and take part in warm-ups and cool-downs safely and effectively;</li> <li>- Move with the ball using the correct technique in at least two invasion games with speed and control, including changing direction;</li> <li>- Pass and receive the ball in a variety of ways using the correct technique in at least two invasion games with control and accuracy;</li> <li>- Link dribbling and passing skills together with success and fluency;</li> <li>- Use space well to pass and receive a ball;</li> <li>- Follow complicated rules to play a new game successfully;</li> <li>- Create a new game to include certain criteria</li> </ul>

			<p>target with some accuracy;</p> <ul style="list-style-type: none"> <li>- Use a cricket bat to hit a ball that has been rolled to them;</li> <li>- Take on different roles within a game and understand their purpose;</li> <li>- Use a cricket bat to hit a ball that has been rolled to them, showing control of its path;</li> <li>- Roll a ball accurately.</li> </ul> <p><b>Games – Attacking &amp; Defending</b></p> <ul style="list-style-type: none"> <li>- Begin to use space well to pass and receive a ball.</li> <li>- Mark a player by staying close to them.</li> <li>- Attempt to intercept a ball between other players.</li> <li>- Use eye contact to indicate their intentions to their teammates.</li> <li>- Evade defenders by quickly changing direction.</li> </ul>	<p>hit a ball that has been rolled to them, controlling the direction of the hit.</p> <ul style="list-style-type: none"> <li>- Use the correct overarm technique to throw a ball forwards.</li> <li>- Watch a partner, describe what they are doing well and identify an area for improvement.</li> <li>- Cooperate with others to play a team game, taking on different roles within the game.</li> </ul> <p><b>Games – Invasion Games</b></p> <ul style="list-style-type: none"> <li>- Recognise and describe how the body feels during and after physical activity.</li> <li>- Begin to use and understand the terms attacking and defending.</li> <li>- Throw and catch a ball with a partner using different techniques and begin to choose the best pass to make in a game;</li> <li>- Kick a ball, using the correct technique whilst moving, with some control and fluency;</li> <li>- Pass a ball in different ways, using the correct technique, with some control and accuracy.</li> <li>- Use throwing, catching and kicking skills in a game with increasing confidence and success.</li> <li>- Begin to apply a range of attacking and defending skills in a</li> </ul>	<p>an intended direction;</p> <ul style="list-style-type: none"> <li>- Stop a ball using a range of techniques;</li> <li>- Play cooperatively with teammates, making decisions about when to run for points and when to not;</li> <li>- Choose and use a range of simple tactics and strategies when striking and fielding;</li> <li>- Invent rules for striking and fielding games.</li> </ul>	<p>of distances;</p> <ul style="list-style-type: none"> <li>- Move to receive a ball that is passed to them with good control;</li> <li>- Mark an opposition player with success in a game and position oneself to allow them to see both the ball and their opponent at the same time;</li> <li>- At times, anticipate where and when the ball will be passed and get into a position to be able to intercept it;</li> <li>- Show an understanding of the job and some of the skills needed to be a goalkeeper and use different techniques to prevent a goal from being scored at different heights;</li> <li>- Regularly contribute to the success of their team in attack and defence;</li> <li>- Show an understanding of teamwork and demonstrate being part of a team;</li> </ul> <p><b>Games - Hockey</b></p> <ul style="list-style-type: none"> <li>- Pass, dribble and shoot with control;</li> <li>- Identify and use tactics to help themselves and their team keep possession of the ball;</li> <li>- Tackle opponents with success and intercept the ball to win back possession;</li> </ul>	<p>under control;</p> <ul style="list-style-type: none"> <li>- Use a range of techniques to pass the ball with some accuracy and control over a range of distances;</li> <li>- Combine dribbling and passing with some fluency, accuracy and control;</li> <li>- Generally, demonstrate a good technique to move around the court with and without a ball;</li> <li>- Stop in different ways and pivot using the correct footwork;</li> <li>- Use more than one technique while dribbling to protect the ball from a defender and keep possession;</li> <li>- Generally, adopt the defensive stance when marking an opposition player in possession of the ball (including closing them down) and sometimes with success;</li> <li>- Use man-to-man marking successfully to prevent an opposition player from receiving a pass;</li> <li>- Use a change of pace or direction to get free from a defender, usually with success;</li> <li>- Use a range of attacking and defending skills and tactics to contribute towards the success of their team;</li> <li>- Understand and</li> </ul>	<p>and explain it to others successfully;</p> <ul style="list-style-type: none"> <li>- Begin to choose and apply appropriate skills and techniques for attacking and defending in a range of invasion games;</li> <li>- Evaluate their own and others' work, suggesting appropriate improvements.</li> </ul> <p><b>Games - Netball</b></p> <ul style="list-style-type: none"> <li>- Consistently move to meet the netball to catch it with two hands, bringing it safely into the chest;</li> <li>- Execute the chest pass with control and accuracy;</li> <li>- Execute the shoulder pass with control and power;</li> <li>- Catch a netball with both one and two hands, bringing it safely into the chest;</li> <li>- Execute the bounce pass with control and accuracy;</li> <li>- Execute the overhead pass with control and power;</li> <li>- Effectively use a range of passes in a game situation;</li> <li>- Land with one or two feet with or without the ball;</li> <li>- Use the correct footwork to pivot in a range of situations and scenarios;</li> <li>- Understand the footwork rule and demonstrate their understanding in a game situation;</li> <li>- Move at a range of speeds and in different</li> </ul>
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				<p>game successfully, including dodging and marking.</p> <ul style="list-style-type: none"> <li>- Choose and use the best space in a game, including passing to a player who is in space.</li> <li>- Perform learnt skills with increasing control.</li> <li>- Follow rules to play different games and understand the importance of having them.</li> <li>- Show good teamwork in competitive situations.</li> </ul>		<ul style="list-style-type: none"> <li>- Use space well to pass and receive a ball;</li> <li>- Identify areas and suggest ways that performances and games could be improved.</li> </ul>	<p>demonstrate being part of a team;</p> <ul style="list-style-type: none"> <li>- Evaluate their own performance.</li> </ul>	<p>directions in specific drills to practise this and apply this with success in a game scenario;</p> <ul style="list-style-type: none"> <li>- Effectively execute the movement skills of dodging and leading to outwit a defender in specific drills to practise these skills;</li> <li>- Apply a range of attacking movement skills they have learnt to outwit a defender with success in a game;</li> <li>- Know how to mark an opposition player who is in possession of the ball (marking the ball) and does this with some success in a game;</li> <li>- Know how to mark an opposition player who is not in possession of the ball (marking the player) and do this with some success in a game;</li> <li>- Perform all or most elements of the shooting technique in isolation and sometimes in a competitive game with success;</li> <li>- Use a range of attacking and defending skills to contribute towards the success of their team;</li> <li>- Understand and demonstrate being part of a team in a range of ways;</li> <li>- Evaluate their own and other's performance, sometimes suggesting appropriate improvements.</li> </ul>
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<b>Outdoor and Adventurous Activities</b>					<b>OAA – Canoeing, High Ropes, Wall Climbing, Kayaking</b> <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.</li><li>- 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 including maps, compasses and digital devices.</li><li>- Quickly assess changing conditions and adapt plans to ensure safety comes first.</li></ul>
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