



Progression Document for KS1 PE

Unit: Fundamentals					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we control our bodies when moving in different ways?	Master basic movements including running, jumping, throwing and catching, develop balance, agility and coordination, apply movement skills in a range of activities, develop competence and confidence in physical activity.	Our bodies can move in different ways, balance requires control and stability, coordination helps body parts work together, speed and direction can be changed when moving, practice helps movements become more controlled and accurate.	Run with control, change speed and direction, jump and land safely, balance in different positions, throw and catch with increasing accuracy, combine movements, observe and improve performance.	balance, coordination, agility, control, speed, direction, jump, land, throw, catch	Demonstrate increasing control, balance, coordination and agility when running, jumping, throwing, catching and combining movements.
Unit: Playing Games					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use our skills and work together when playing games?	Participate in team games, develop simple tactics for attacking and defending, apply running, throwing and catching skills, engage in competitive and cooperative physical activities, develop agility, balance and coordination.	Games have rules, players need to work together, attacking involves creating opportunities to score, defending involves stopping opponents from scoring, space can be used to help a team, fair play and respect are important when competing.	Move into space, send and receive a ball, throw and catch accurately, track opponents, work with teammates, apply simple attacking and defending tactics, follow rules, respond to game situations.	attack, defend, space, team, opponent, pass, receive, score, rules, tactics	Apply fundamental movement skills in simple team games, working cooperatively and using basic attacking and defending tactics.
Unit: Ball Skills					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we control a ball accurately and confidently?	Master basic movements including throwing and catching, develop balance, agility and coordination, apply movement skills in a range of activities, participate in team games, develop simple tactics for attacking and defending.	Balls can be controlled in different ways, hands and feet can send and receive a ball, body position affects accuracy, force affects speed and distance, watching the ball helps improve control.	Throw with accuracy, catch with control, roll towards a target, kick and receive a ball, dribble using hands and feet, aim accurately, vary force and direction, practise and improve technique.	throw, catch, roll, kick, dribble, aim, control, accuracy, receive, target	Demonstrate increasing control and accuracy when sending, receiving and travelling with a ball, applying these skills in simple activities and games.
Unit: Dance					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use movement to express ideas, feelings and music?	Perform dances using simple movement patterns, develop balance, agility and coordination, become increasingly competent and confident in movement, work individually and with others.	Dance uses movement to communicate ideas and feelings, movements can respond to music and rhythm, actions can be linked to create sequences, changes in speed, level and direction make dances more interesting.	Copy and repeat movements, move rhythmically, explore different levels and directions, link actions into sequences, perform with control and expression, work with a partner or group, observe and improve performances.	dance, movement, sequence, rhythm, level, direction, speed, expression, control, perform	Create and perform simple dance sequences, linking movements with control, rhythm and expression.

Unit: Team Building					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we work together to solve challenges and achieve a goal?	Develop fundamental movement skills, develop balance, agility and coordination, work individually and with others, engage in cooperative physical activities, participate in increasingly challenging situations and team games.	Teams work towards a shared goal, communication helps teams succeed, listening is important when working together, different people can contribute different ideas, cooperation and trust help solve problems.	Communicate clearly, listen to others, cooperate with a partner or group, share ideas, take turns, follow instructions, solve simple movement challenges, reflect on and improve teamwork.	teamwork, cooperate, communicate, listen, trust, challenge, partner, support, problem, solution	Work cooperatively with others to complete physical challenges, communicating effectively and using teamwork to solve problems.
Unit: Jumping					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we jump safely, accurately and with control?	Master basic movements including jumping and running, develop balance, agility and coordination, apply movement skills in a range of activities, develop competence and confidence in physical activity.	Jumping involves taking off and landing, arms can help create power and balance, bending the knees supports safe landing, different jumps are used for height and distance, balance and control are important when landing.	Jump from one and two feet, land safely with control, jump for height and distance, use arms effectively, link jumps together, aim for targets, compare performances and improve technique.	jump, take-off, landing, balance, control, height, distance, power, target, technique	Perform a range of jumps with increasing balance, control and accuracy, demonstrating safe take-off and landing techniques.
Unit: Target Games					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we improve our accuracy when aiming for a target?	Master basic movements including throwing and catching, develop balance, agility and coordination, apply movement skills in a range of activities, engage in competitive and cooperative physical activities, participate in increasingly challenging situations.	Target games involve aiming towards a target, accuracy is important when sending an object, force affects distance and speed, body position affects accuracy, different techniques suit different targets and equipment.	Aim towards a target, throw underarm and overarm, roll with accuracy, vary force and direction, select appropriate techniques, keep score, compete fairly, evaluate and improve performance.	target, aim, accuracy, throw, roll, underarm, overarm, force, score, technique	Apply throwing and rolling skills with increasing accuracy and control in a range of target games.
Unit: Gymnastics					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use our bodies to create and perform controlled movement sequences?	Develop fundamental movement skills, develop balance, agility and coordination, master basic movements including running and jumping, apply movements in a range of activities, become increasingly competent and confident when moving individually and with others.	Gymnastics combines different ways of travelling, balancing and jumping, body tension helps maintain balance and control, movements can be linked to form sequences, safe take-off and landing are important, movements can vary in level, speed and direction.	Travel in different ways, hold balances with control, jump and land safely, perform simple rolls, link movements smoothly, use different levels and directions, create sequences, observe and improve performances.	balance, travel, sequence, roll, jump, landing, control, level, direction, tension	Create and perform a simple gymnastics sequence combining travelling, balancing, jumping and rolling with increasing control and coordination.
Unit: Striking and Fielding					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we strike, send and receive a ball effectively in games?	Master basic movements including running, throwing and catching, develop balance, agility and coordination, apply movement skills in a range of activities, participate in team games, develop simple tactics for attacking and defending.	Striking sends an object into space, fielders work to retrieve and return the ball, body position affects accuracy and control, players need to watch and track a moving ball, simple tactics help teams score or prevent points.	Strike a stationary and moving ball, throw and catch accurately, track and retrieve a ball, aim into space, vary force and direction, work as a team, apply simple tactics.	strike, field, throw, catch, aim, retrieve, target, space, accuracy, control	Apply striking, throwing, catching and fielding skills with increasing accuracy and control in simple competitive games.

Unit: Running					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we run with speed, control and confidence?	Master basic movements including running, develop balance, agility and coordination, apply movement skills in a range of activities, engage in competitive and cooperative physical activities, develop competence and confidence in physical activity.	Running involves coordinated arm and leg movements, body position affects speed and control, pace can be changed for different activities, looking ahead supports safe movement, practice helps improve running technique.	Run with control, change speed and pace, accelerate and decelerate, change direction safely, run over different distances, respond quickly to signals, compete against self and others, improve technique.	run, speed, pace, control, direction, accelerate, decelerate, sprint, distance, technique	Run with increasing speed, control and coordination, adapting pace and direction for different activities and distances.
Unit: Athletics					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we develop our running, jumping and throwing skills?	Master basic movements including running, jumping and throwing, develop balance, agility and coordination, apply movement skills in a range of activities, engage in competitive and cooperative physical activities, develop competence and confidence.	Athletics includes running, jumping and throwing, different events require different techniques, body position affects performance, force helps us jump and throw further, pace should change depending on distance.	Run at different speeds, maintain an appropriate pace, jump for height and distance, land safely, throw using different techniques, aim accurately, compete fairly, compare and improve performances.	athletics, sprint, pace, distance, jump, landing, throw, accuracy, speed, technique	Apply running, jumping and throwing skills with increasing control and accuracy in a range of athletic activities.
Unit: Swimming					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we move confidently and safely through the water?	Develop competence and confidence in the water, swim competently and proficiently, use a range of swimming strokes effectively, develop water safety awareness and perform safe self-rescue in different water-based situations.	Water safety rules help keep swimmers safe, body position affects movement through water, breathing should be controlled when swimming, different strokes use different arm and leg actions, floating is an important water-safety skill.	Enter and exit the water safely, float with increasing confidence, control breathing, travel through water, coordinate arm and leg movements, develop recognised strokes, practise safe self-rescue.	swim, float, stroke, breathing, kick, glide, front crawl, backstroke, rescue, safety	Develop confidence and independence in the water, using effective swimming techniques and demonstrating an understanding of water safety and self-rescue.