



Progression Document for KS2 PE

Unit: Tag Rugby					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use teamwork and tactics effectively in tag rugby?	Use running, throwing and catching in isolation and combination, play competitive games, apply basic principles of attacking and defending, communicate and collaborate with others, compare performances and demonstrate improvement.	Tag rugby is a non-contact invasion game, players pass the ball to maintain possession, attackers use space to move towards the try line, defenders tag opponents to stop attacks, teamwork and communication support successful play.	Pass and receive accurately, run with the ball, evade defenders, move into space, tag safely, support teammates, apply attacking and defending tactics, follow rules, evaluate and improve performance.	tag, pass, receive, possession, attack, defend, evade, space, try, tactics	Apply passing, receiving, movement and tagging skills effectively in competitive games, using teamwork and simple attacking and defending tactics.
Unit: Netball					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use passing, movement and teamwork effectively in netball?	Use running, throwing and catching in isolation and combination, play competitive games including netball, apply basic principles of attacking and defending, communicate and collaborate with others, compare performances and demonstrate improvement.	Netball is an invasion game, players pass to maintain possession, players move into space to receive the ball, marking helps prevent opponents receiving passes, different passes suit different situations, teamwork and communication support successful play.	Pass and receive accurately, use chest and bounce passes, move into space, mark opponents, pivot with control, maintain possession, apply attacking and defending tactics, follow rules, evaluate and improve performance.	pass, receive, pivot, possession, attack, defend, mark, space, intercept, shoot	Apply passing, receiving and movement skills effectively in competitive netball games, using teamwork and appropriate attacking and defending tactics.
Unit: Football					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use ball control, teamwork and tactics effectively in football?	Use running, throwing and catching in isolation and combination, play competitive games including football, apply basic principles of attacking and defending, communicate and collaborate with others, compare performances and demonstrate improvement.	Football is an invasion game, dribbling helps maintain possession, passing moves the ball between teammates, players create space when attacking, defenders protect space and try to regain possession, teamwork and communication support successful play.	Dribble with control, pass and receive accurately, move into space, shoot towards a target, maintain possession, defend and intercept, apply attacking and defending tactics, evaluate and improve performance.	dribble, pass, receive, possession, attack, defend, intercept, space, shoot, tactics	Apply dribbling, passing, receiving and shooting skills effectively in competitive football games, using teamwork and appropriate attacking and defending tactics.
Unit: Gymnastics					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we combine movements to create controlled and fluent gymnastics sequences?	Develop flexibility, strength, technique, control and balance, link actions to create sequences of movement, communicate and collaborate with others, compare performances with previous ones and demonstrate improvement.	Gymnastics combines balances, jumps, rolls and travelling movements, body tension supports control and balance, movements can vary in level, speed and direction, transitions link actions smoothly, sequences can include individual, partner and group work.	Perform balances with control, travel in different ways, jump and land safely, perform rolls, link actions fluently, use apparatus safely, create increasingly complex sequences, evaluate and refine performances.	balance, sequence, transition, rotation, travel, control, tension, flexibility, strength, fluency	Create and perform increasingly complex gymnastics sequences, combining balances, travelling, jumps and rotations with control, strength and fluency.

Unit: Hockey					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use stick skills, teamwork and tactics effectively in hockey?	Use running, throwing and catching in isolation and combination, play competitive games including hockey, apply basic principles of attacking and defending, communicate and collaborate with others, compare performances and demonstrate improvement.	Hockey is an invasion game, players use a stick to control and pass the ball, attackers create and use space, defenders try to regain possession, accurate passing helps maintain possession, teamwork and communication support successful play.	Dribble with control, pass and receive accurately, move into space, shoot towards a target, maintain possession, tackle safely, apply attacking and defending tactics, evaluate and improve performance.	dribble, pass, receive, possession, attack, defend, tackle, space, shoot, tactics	Apply dribbling, passing, receiving and shooting skills effectively in competitive hockey games, using teamwork and appropriate attacking and defending tactics.
Unit: Dance					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use movement creatively to communicate ideas and perform with expression?	Perform dances using a range of movement patterns, link actions to create sequences of movement, develop flexibility, strength, technique, control and balance, collaborate with others, compare performances and demonstrate improvement.	Dance uses movement to communicate ideas and emotions, actions can be combined into sequences, dynamics change the quality of movement, space and levels add variety, rhythm and timing support effective performance.	Create and link movements, vary speed, level and direction, move rhythmically, perform with control and expression, work individually and collaboratively, use transitions effectively, evaluate and refine performances.	sequence, dynamics, rhythm, levels, direction, expression, transition, unison, canon, choreography	Create, rehearse and perform a dance sequence using varied movement patterns, demonstrating control, expression, rhythm and effective collaboration.
Unit: Basketball					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use ball control, teamwork and tactics effectively in basketball?	Use running, throwing and catching in isolation and combination, play competitive games including basketball, apply basic principles of attacking and defending, communicate and collaborate with others, compare performances and demonstrate improvement.	Basketball is an invasion game, dribbling helps maintain possession, passing moves the ball between teammates, attackers create and use space, defenders mark opponents and try to regain possession, teamwork and communication support successful play	Dribble with control, pass and receive accurately, move into space, shoot towards a target, mark opponents, maintain possession, apply attacking and defending tactics, evaluate and improve performance.	dribble, pass, receive, possession, attack, defend, mark, space, shoot, pivot	Apply dribbling, passing, receiving and shooting skills effectively in competitive basketball games, using teamwork and appropriate attacking and defending tactics.
Unit: Invasion Games					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use skills, teamwork and tactics to outwit an opponent?	Use running, throwing and catching in isolation and combination, play competitive games, apply basic principles of attacking and defending, communicate and collaborate with others, compare performances and demonstrate improvement.	Invasion games involve attacking an opponent's area, possession helps teams create scoring opportunities, attackers create and use space, defenders protect space and regain possession, effective decision-making and teamwork improve performance.	Send and receive accurately, move into space, maintain possession, mark and intercept, create scoring opportunities, defend effectively, communicate with teammates, apply and adapt tactics, evaluate performance.	possession, attack, defend, space, mark, intercept, pass, receive, tactics, opponent	Apply movement and ball skills effectively in a range of invasion games, using teamwork and appropriate attacking and defending tactics.

Unit: Net and Wall Games					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use accuracy, control and tactics to outwit an opponent?	Use running, jumping, throwing and catching in isolation and combination, play competitive games including badminton and tennis, apply basic principles of attacking and defending, communicate and collaborate with others, compare performances and demonstrate improvement.	Net and wall games involve sending an object into an opponent's space, accuracy and control help maintain a rally, positioning helps players respond effectively, force and direction affect the movement of the ball or shuttle, tactics can make it difficult for an opponent to return.	Send and receive with control, strike accurately, maintain a rally, move into an effective position, vary direction and power, serve accurately, apply simple tactics, anticipate opponents' actions, evaluate and improve performance.	rally, serve, strike, return, court, accuracy, control, space, opponent, tactics	Apply striking and movement skills effectively in net and wall games, maintaining rallies and using accuracy, positioning and tactics to challenge an opponent.
Unit: Cricket					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use striking, fielding and tactics effectively in cricket?	Use running, throwing and catching in isolation and combination, play competitive games including cricket, apply basic principles of attacking and defending, communicate and collaborate with others, compare performances and demonstrate improvement.	Cricket is a striking and fielding game, batters strike the ball to score runs, fielders work together to retrieve and return the ball, bowlers aim accurately towards the wicket, positioning and tactics help teams prevent or score runs.	Strike with accuracy and control, bowl towards a target, throw and catch accurately, field and retrieve efficiently, communicate with teammates, select appropriate tactics, apply rules, evaluate and improve performance.	bat, bowl, wicket, batter, fielder, runs, strike, retrieve, accuracy, tactics	Apply batting, bowling and fielding skills effectively in competitive cricket games, using teamwork and appropriate tactics.
Unit: Rounders					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use striking, fielding and tactics effectively in rounders?	Use running, throwing and catching in isolation and combination, play competitive games including rounders, apply basic principles of attacking and defending, communicate and collaborate with others, compare performances and demonstrate improvement.	Rounders is a striking and fielding game, batters strike the ball to score rounders, fielders work together to retrieve and return the ball, accurate bowling supports effective play, positioning and tactics help teams score or prevent rounders.	Strike with accuracy and control, bowl accurately, throw and catch effectively, field and retrieve efficiently, run between posts, communicate with teammates, apply tactics and rules, evaluate and improve performance.	batter, bowler, fielder, posts, rounder, strike, retrieve, catch, accuracy, tactics	Apply batting, bowling, fielding and running skills effectively in competitive rounders games, using teamwork and appropriate tactics.
Unit: Golf					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we use accuracy, control and technique effectively in golf?	Develop strength, technique, control and balance, participate in competitive activities, apply skills in different ways, compare performances with previous ones and demonstrate improvement to achieve a personal best.	Golf is a target game, different shots are used for different distances, putting is used for controlled short shots, chipping can lift the ball towards a target, force affects distance, accuracy and control are important for successful play.	Grip and hold equipment correctly, putt with control, chip towards a target, vary force and direction, judge distance, aim accurately, select appropriate shots, compete fairly, evaluate and improve technique.	golf, putt, chip, target, accuracy, control, grip, power, distance, technique	Apply putting and chipping skills with increasing accuracy and control, selecting appropriate techniques and evaluating performance in golf-based challenges.

Unit: Swimming					
Big Question	National Curriculum Links	Core Knowledge	Disciplinary Knowledge	Key Vocabulary	Outcomes
How can we swim confidently, efficiently and safely?	Swim competently, confidently and proficiently over at least 25 metres, use a range of strokes effectively, perform safe self-rescue in different water-based situations.	Effective swimming requires coordinated arm and leg actions, breathing and body position affect efficiency, different strokes suit different situations, water safety knowledge helps reduce risk, self-rescue skills are essential in an emergency.	Swim with increasing stamina, coordinate breathing and movement, develop front crawl, backstroke and breaststroke, improve efficiency and technique, float and tread water, perform safe self-rescue, evaluate and improve performance.	stroke, streamline, breathing, front crawl, backstroke, breaststroke, stamina, float, rescue, safety	Swim confidently and proficiently over increasing distances, use a range of effective strokes and demonstrate safe self-rescue skills.