



Knowledge, Skills and Vocabulary Progression (KSV):

Teaching and Learning area

What should an age-related pupil know and be able to do in each year group?

Bold-Fundamental Knowledge
Highlight - Cross curricular link

EYFS

Year 1/2

Year 3/4

Year 5/6

Aesthetic

Dance

Explore space and how to use it safely.
Explore travelling movements, shapes and balances:

Choose their own actions in response to a stimulus.

Have the opportunity to copy, repeat and remember actions.

Introduce counting to help them keep in time with the music.

Combine different movements with ease and fluency

Progress towards a more fluent style of moving, with developing control and grace

Perform basic dance skills with control within a sequence/routine and be able to move safely as well as developing balance and coordination skills:

Follow and link movements together with music and understand beats of the music.

Understand unison

Perform actions to music and understand transition

Understand beats of the music

Can describe how the body feels before, during and after exercising

Can talk about different ways to keep healthy

Follow and link movements together with music and **understand beats of the music** to tell a story using contrasting speeds:

Create actions and link them together to the beat of the music

Perform elements of unison and canon

Use contrasting speeds of dance to music

Link actions together to create a story through dance

Can explain why it is important to warm up and cool down

Can recognise and describe the effects of exercise on the body

Can explain why exercise is good for your health

Follow and link movements together with music and **understand beats of the music** to tell a story using contrasting speeds:

Create actions and link them together, understand transition between movements to music and understand doing it to the beat

Perform routine in unison and understand canon

Perform imaginative and creative movements

Create dance to tell a story with contrasting speeds

Combine all skills to be able to create imaginative and creative routines and give self and peer feedback

Can explain some safety principles when preparing for and during exercise

Knows and understands the reasons for warming up and cooling down

Can talk about ways to become healthier

		Show good control and coordination in small and large movements. Watch and talk about dance and performance art, expressing their feelings and responses. Explore and engage in music making and dance, performing solo or ingroups Can describe how the body feels when still and exercising Know and talk about the different factors that support overall health and wellbeing – regular physical activity.			Understands why exercise is good for health, fitness and wellbeing
Vocabulary	Warm up, cool down, movement, space, safely, shapes, balances, copy, repeat, music, dance, join, perform.	Sequence, control, patterns, mood, rhythm, speed, level, direction, linking, feedback, routine, coordination, beats, unison, transition.	Repetition, cannon, create, remember, lead, observe, feedback.	Pace, timing, motifs, compose, creative, perform, fluency, develop, style, express, imaginative, creative, evaluate.	

	Gym Explore basic movements, creating shapes, balances, rolls and jumps. Begin to develop an awareness of space and how to use it safely. Confidently and safely use a range of large and small equipment. They copy, create, remember and repeat short sequences. Safely negotiate space Combine different movements with ease and fluency Progress towards a more fluent style of moving, with developing control and grace Develop overall body strength, balance, coordination and agility Can describe how the body feels when still and exercising Know and talk about the different factors that support overall health and wellbeing – regular physical activity.	Perform basic gymnastic with control within a sequence/routine and be able to move safely as well as developing balance and coordination skills: Developing rolls, jumps, shapes (5) and movement safely in a sequence. Know the 5 basic shapes Perform basic rolls Perform a range of jumps Move around safely Perform basic gymnastic skills in a sequence Can describe how the body feels before, during and after exercising Can talk about different ways to keep healthy	Perform gymnastic skills with control and begin to be creative to create a gymnastic routine that is controlled, balanced and showing good technique: Develop rolls, jumps, shapes (7) counter tension and balance as well as movement safely in a sequence. Know 7 basic shapes Perform counter balance and counter tension Can explain why it is important to warm up and cool down Can recognise and describe the effects of exercise on the body Can explain why exercise is good for your health	Perform high quality gymnastic skills with control and creativity as well as been able to give feedback using key words on elements of one another's gymnastic routine and to develop communication and competition: Develop rolls, imaginative jumps, shapes (7), counter tension and balances as well as movement safely in a sequence and give self and peer feedback. Know and perform 7 basic shapes with control Perform imaginative and creative movements Combine all skills to be able to create imaginative and creative routines and give self and peer feedback Can explain some safety principles when preparing for and during exercise Knows and understands the reasons for warming up and cooling down Can talk about ways to become healthier Understands why exercise is good for health, fitness and wellbeing
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Vocabulary	Warm up, cool down, balance, equipment, shapes, roll, travel, stretch, jump, space, safely, copy, remember, repeat, sequence, under, over, through	Patterns, control, perform, follow, movement, improve, feedback, travelling, relaxed, stretch, tense, apparatus, routine, coordination.	Performance, speed, direction, strength, sequence, adapt, partner, create, control, observe, feedback, creative, technique, counter tension.	Audiences, complex, cannon, extended, sequence, timing, combine, action, agree, explain, transitions, flexibility, unison, suppleness, evaluate, creativity, imaginative.
Athletics	Begin to develop fundamental movement skills of balancing, running, stopping, hopping, jumping, changing direction and changing speed. Develop fine and gross motor skills through handling equipment: Confidently move in a range of ways Safely negotiate space Show good control and coordination in small and large movements Handle equipment effectively Can describe how the body feels when still and exercising Know and talk about the different factors that support overall health and wellbeing – regular physical activity.	Continue to develop basic throwing, jumping, and running technique, in order to develop balance, agility and co-ordination: Know and perform basic throwing technique for both underarm and overarm Perform throwing skills with control Perform jumping technique with control for long jump and high jump Perform the correct running technique understanding arm and leg movements and applying them to races Can describe how the body feels before, during and after exercising Can talk about different ways to keep healthy	Perform throwing and jumping with power and control and begin to measure and record. Perform the correct running technique to improve performance of both short and long distance running: Know and perform basic throwing technique for overarm throw for javelin Perform throwing skills with control and power Perform jumping technique with control and power for long jump and high jump Perform the correct running technique understanding arm and leg movements and applying them to races Start to apply feedback on peer and self-performance. Record scores of performances of jumps, throws and running events Can explain why it is important to warm up and cool down Can recognise and describe the effects of exercise on the body Can explain why exercise is good for your health	Perform throwing and jumping with power and control and be able to measure and record performance, as well as adapting technique in order to improve accuracy and distance. Perform the correct running technique to improve performance of both short and long distance running and understand pacing to demonstrate stamina: To know and perform throwing technique for overarm throw for javelin and shotput Perform throwing skills with control and power consistently Perform jumping technique with control and power for long jump, triple and high jump Perform the correct running technique understanding arm and leg movements and applying them to races Be able to give detailed feedback on peer and self-performance Record scores of performances of jumps, throws and running events Use the correct running technique and know how to perform in relay races and collecting the baton Can explain some safety principles when preparing for and during exercise

				Knows and understands the reasons for warming up and cooling down Can talk about ways to become healthier Understands why exercise is good for health, fitness and wellbeing
Vocabulary	Warm up, cool down, run, jump, roll, throw, space, safely, control, target, underarm, speed, direction, balancing, stopping, starting, hopping, equipment.	Pace, underarm, overarm, distance, aim, stride, control, coordination, javelin, long, high.	Team work, relay, sprint, stamina, slow, medium, fast, power, measure, record, improve, performance, baton, feedback.	Take-off, landing, combine, sequence, timing, technique, accuracy, shot put, triple, evaluate.
Games	Develop an increased confidence with working with a bat and ball, improving hand-eye coordination. Develop the skill of aiming at a target. Develop the ability to dribble, roll, throw and catch a ball. Develop the ability to take turns and develop the ability to listen to instructions to play simple games with rules. Safely negotiate space Travel in different ways, including	Can describe how the body feels before, during and after exercising Can talk about different ways to keep healthy Striking and Fielding Beginning to understand how to hold a bat/club correctly and explore striking a ball. Use skills within small games. Develop fielding skills with control as an isolated skill. Explore under and over arm throwing techniques, and develop an understanding of when to use each within a game. Explore catching techniques, specifically the ready position for catching Net and Wall Beginning to hold the racket correctly Beginning to control the racket / ball	Can explain why it is important to warm up and cool down Can recognise and describe the effects of exercise on the body Can explain why exercise is good for your health Striking and Fielding Explore various levels of throwing and catching at various distances. Know and perform the ready position for catching when fielding Develop and understanding of basic throwing and catching skills within some control and accuracy Understand rules to be able to play a competitive game Holds the bat / club correctly	Can explain some safety principles when preparing for and during exercise Knows and understands the reasons for warming up and cooling down Can talk about ways to become healthier Understands why exercise is good for health, fitness and wellbeing Striking and Fielding Develop throwing with power, various levels, speeds and distances and accuracy as well as developing hand eye co-ordination to catch consistently and developing evasive skills within games Explore and refine batting skills Understanding how to block/stop batters from scoring. Know and perform the ready position for catching when fielding consistently

	sideways and backwards. Can describe how the body feels when still and exercising Know and talk about the different factors that support overall health and wellbeing – regular physical activity.	Beginning to use appropriate footwork to move around and speed up and slow down Know the ready stance and how to show control to be safe Know the basic shots used Perform a forehand shot. Developing different ways of passing – kicking / dribbling. Aims to hit a target – rolling, throwing, kicking. Perform movements with some elements of control Begin to use the terms attacking and defending Team Games Perform movements with some elements of control Develop throwing/catching skills. Developing passing, shooting and dribbling skills. Beginning to understand how to beat the defender Develop understanding of basic rules and working as a team. Beginning to hold the hockey stick correctly Begin to develop passing and dribbling skills safely with the hockey stick Begin to use space in a game.	Develop fielding and batting techniques with control and accuracy Demonstrate an increasing awareness of space in a game Net and Wall Holds the racket correctly and uses it safely with some control. Use appropriate footwork to speed up slow down and move side to side Know and perform the ready stance and show control to be safe consistently Be able to perform varied shots Perform forehand and back hand shots with increasing control and accuracy. Serve underarm Build a rally with a partner. Team Games Develop throwing with power and catching skills Perform evasion and dodging skills for a variety of team games with control Understand beating defenders and passing ball control. Develop dribbling, passing, receiving and shooting skills with control Develop passing techniques as well as developing receiving skills and developing shooting techniques.	Show fielding and batting techniques with control and accuracy consistently in games to score points Combine all skills to be able to play a competitive game Net and Wall Know how to control the racket consistently Use appropriate footwork to speed up slow down and move side to side effectively at the correct time Know and perform the ready stance and know how to control the racket to be safe consistently in a game situation Be able to perform varied shots within game situations to outwit performances. Uses both forehand and backhand with control and able to hit to partner with control or aims for certain areas with accuracy. Be able to aim the ball when hitting it to score points Understand how to serve in order to start a game. Team Games Perform different movements for a range of sports. Develop throwing with power and accuracy as well as developing hand eye co-ordination to catch consistently and developing evasive skills within games
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			Develop understanding of basic rules, of different games and apply them in small team games Continue to develop passing and dribbling skills safely with the hockey stick. Able to hold the hockey stick correctly Start to show tactics within teams	Develop passing and receiving, dribbling and shooting skills with control and consistency Develop understanding of rules within different sports and apply them in games effectively. Understand how to beat defenders effectively and as a team. Develop an understanding of defensive strategies Develop passing, shooting, tackling with safety with the hockey stick Show effective tactics and communication for game situations. Understand rules of games and apply to games Work effectively as a team in attack and defence using tactics Combine all skills to be able to play a competitive game. Communicate plans to others during a game. Lead others during a game.
Vocabulary	Warm up, cool down, bat, aim, target, ball, catch, throw, dribble, game, team, hit, roll, underarm, kick, travel, chasing, rules, space, safely, sideways, backwards.	Co-ordination, defending, underarm, attacking, fielding, underarm, over arm, ready position, racket, speed up, slow down, forehand, passing, shooting, hockey stick.	Opposition, possession, opposition, control, aware, competitively, tactics, score, receiving, dodging, backhand, side to side, rally, serve.	Techniques, plan, communicate, explain, lead, levels, distances, block, accuracy, tackling.

