Knowledge Progression – P.E

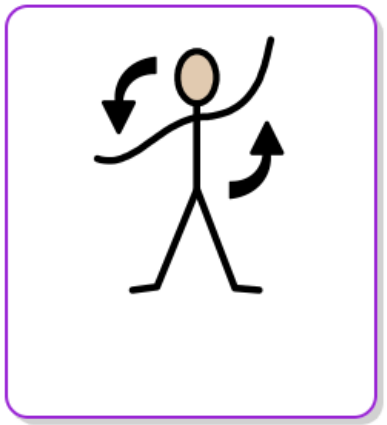
At Owston Park Primary Academy, Physical Education is organised around five key concepts: Movement and Control, Games and Competition, Performance and Expression, and Health, Fitness and Wellbeing. These concepts provide a framework through which pupils develop physical competence, confidence and a lifelong appreciation of physical activity. Through these concepts, pupils learn how to move effectively, apply skills in competitive situations, express themselves through movement, maintain healthy and active lifestyles, and work collaboratively to solve challenges. These concepts are revisited and developed throughout the curriculum, enabling pupils to build increasingly secure and transferable physical knowledge and skills.
Alongside this, pupils develop their disciplinary knowledge through Working Physically, learning how to apply movement, techniques, tactics, cooperation, challenge, evaluation and healthy participation across a broad range of physical activities.

Pupils develop disciplinary knowledge through:

- Physical (Agility, Balance, Coordination, Control)
- Social (Communication, Cooperation, Leadership, Responsibility)
- Cognitive (Decision-Making, Tactics, Reflection, Improvement)

These strands are developed progressively through all areas of PE and underpin successful participation across Movement & Control, Games & Competition, Performance & Expression, and Health, Fitness & Wellbeing.

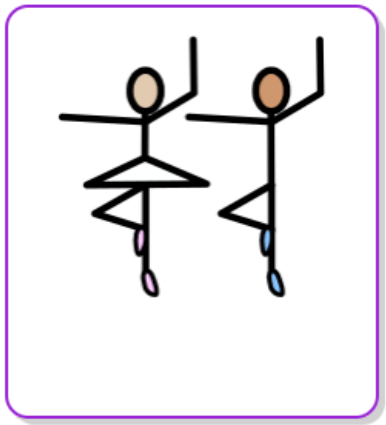
Our P.E Concepts



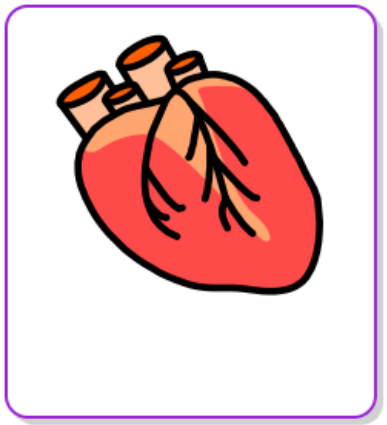
Movement & Control:
How we move our bodies with balance, coordination, agility and control



Games & Competition:
How we apply skills, tactics and teamwork in competitive and cooperative situations



Performance & Expression:
How we create, perform and express ideas through movement



Health, Fitness & Well-being
How physical activity supports healthy lifestyles, fitness and positive wellbeing

	Key Concepts Covered	Vocabulary	Substantive Knowledge	Disciplinary Knowledge
EYFS	Movement & Control; Performance & Expression; Health, Fitness & Wellbeing	balance, catch, dance, jump, move, obstacle, run, space, throw	Children know that movement helps them stay healthy and strong. They understand how to move safely in different ways and begin to develop balance, coordination and control. They know that physical activity can be enjoyable and can be completed independently and with others.	Move confidently in different ways, negotiate space safely, develop balance and coordination and participate in simple games, dance and movement activities.
Y1	Movement & Control; Games & Competition; Performance & Expression	agility, balance, control, coordination, direction, jump, roll, send, space, target, throw, travel	Children know that different activities require different movements and that skills improve through practice. They understand how to balance, travel and control a ball and begin to perform simple movement sequences.	Master basic movements including running, jumping, throwing and catching. Develop agility, balance and coordination and participate in simple competitive and cooperative activities.
Y2	Movement & Control; Games & Competition; Performance & Expression; Health, Fitness & Wellbeing	attack, balance, defend, dribble, partner, perform, sequence, shoot, sprint, stamina, teamwork	Children know that skills can be linked together to improve performance in games, gymnastics and dance. They understand that successful participation requires cooperation, control and decision-making and that exercise helps improve fitness.	Apply fundamental movement skills in a range of activities, develop simple tactics for attacking and defending and perform sequences with increasing control and confidence.
Y3	Movement & Control; Games & Competition; Performance & Expression; Health, Fitness & Wellbeing	accuracy, coordination, flexibility, invasion, pace, possession, rhythm, strategy, technique	Children know that successful performance requires control, accuracy and technique. They understand that games involve attacking and defending strategies and that fitness contributes to performance across activities.	Apply a broader range of skills, develop simple tactics, create and perform sequences and evaluate performance to identify successes and areas for improvement.
Y4	Movement & Control; Games & Competition; Performance &	defend, evaluate, formation, possession, precision, rhythm,	Children know that tactics influence the outcome of games and that performances can be improved through evaluation and practice. They understand	Combine skills with increasing accuracy and control, apply tactics within games, create more complex

	Expression; Health, Fitness & Wellbeing	stamina, strategy, teamwork	how physical activity develops strength, stamina and coordination.	sequences and begin to evaluate their own and others' performances.
Y5	Movement & Control; Games & Competition; Performance & Expression; Health, Fitness & Wellbeing	cooperation, leadership, opponent, performance, resilience, responsibility, tactics, technique, transition	Children know that effective participation depends on communication, teamwork and tactical awareness. They understand how physical activity benefits physical and mental wellbeing and can explain how training improves performance.	Select and apply skills and tactics appropriately, demonstrate leadership and teamwork and evaluate performance using appropriate vocabulary.
Y6	Movement & Control; Games & Competition; Performance & Expression; Health, Fitness & Wellbeing	analyse, agility, cardiovascular, decision-making, evaluate, leadership, performance, resilience, tactics, wellbeing	Children know how physical activity supports lifelong health and wellbeing and understand how tactics, teamwork and technique influence success in a range of activities. They recognise how physical, social and cognitive skills combine to improve performance.	Apply and adapt skills confidently across a range of activities, analyse performance critically, make informed tactical decisions and demonstrate leadership, cooperation and resilience in competitive and non-competitive situations.

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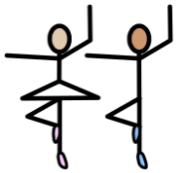
Concept development over time

Key Focus	 Movement & Control	 Games & Competition	 Performance & Expression	 Health, Fitness & Well-being
EYFS Fundamental Movement	Developing balance, coordination, agility and body control through basic movement patterns.	Taking turns and participating in simple games.	Exploring movement in a variety of ways.	Understanding that movement helps us stay healthy and active.
EYFS Dance	Travelling and moving with control.		Expressing ideas, stories and feelings through movement.	Building confidence and enjoyment through movement.
EYFS Ball Skills	Developing throwing, catching and control skills.	Introduction to sharing equipment and simple game play.		Physical activity promotes health and wellbeing.
Y1 Fundamental Skills	Balance, coordination, agility and movement control.	Applying skills in simple games.		Understanding how practice improves performance.
Y1 Gymnastics	Travelling, balancing, rolling and body control.		Creating and performing simple sequences.	Developing confidence and resilience.
Y1 Dance	Moving with control and coordination.		Performing movements and responding to music.	Enjoying movement and physical activity.
Y1 Ball Skills	Control of objects using hands and feet.	Sending and receiving equipment.		Developing coordination through physical activity.
Y2 Gymnastics	Linking movements and improving control and balance.		Performing increasingly complex sequences.	Building strength and flexibility.

Y2 Dance	Applying movement patterns with greater control.		Performance, rhythm and expression.	Confidence in performing in front of others.
Y2 Invasion Games	Applying movement skills in game situations.	Attacking, defending and teamwork.		Understanding fair play and participation.
Y2 Athletics	Running, jumping and throwing with control and technique.	Competing against self and others.		Fitness, stamina and personal bests.
Y3 Gymnastics	Coordination, balance and controlled movement sequences.		Developing performance quality and fluency.	Understanding that practice improves performance.
Y3 Dance	Applying movement with increasing control.		Expression, creativity and performance.	Confidence and self-expression through movement.
Y3 Net & Wall Games	Developing movement and coordination in game situations.	Tactics, positioning and competition.		Understanding how activity develops fitness.
Y3 Athletics	Improving running, jumping and throwing techniques.	Competition through individual performance.		Stamina, speed and physical development.
Y4 Gymnastics	Combining actions with accuracy and control.		Performing sequences individually and with others.	Developing resilience and determination.
Y4 Dance	Coordinating movement with increasing fluency.		Creating and refining performances.	Building confidence and self-esteem.
Y4 Invasion Games	Applying movement skills under pressure.	Team tactics, attacking and defending.		Understanding the benefits of regular physical activity.
Y4 Athletics	Refining technique across athletic disciplines.	Competing and evaluating performance.		Improving fitness and performance.
Y5 Gymnastics	Advanced balance, control and sequence composition.		Evaluating and improving performances.	Recognising the importance of perseverance.
Y5 Dance	Controlling movement in more complex routines.		Creativity, choreography and performance.	Building confidence through performance.
Y5 Striking & Fielding	Applying coordination and control in game contexts.	Tactics, teamwork and competition.		Understanding how activity contributes to physical and mental wellbeing.

Y5 Health & Fitness	Applying movement efficiently and effectively.	Personal challenge and goal setting.		Exercise, fitness and healthy lifestyles.
Y6 Gymnastics	Refined movement, balance and complex sequences.		Performing with confidence and precision.	Understanding the relationship between effort and improvement.
Y6 Dance	Applying high levels of control and coordination.		Expressive performance and choreography.	Developing self-confidence and resilience.
Y6 Orienteering	Applying movement skills in outdoor environments.	Team challenges and cooperation.		Wellbeing, resilience, problem-solving and the benefits of outdoor physical activity.
Y6 Health & Fitness	Applying physical skills to personal challenges.	Leadership and motivation of others.		Lifelong participation, healthy lifestyles and physical wellbeing.