

Adlington St Paul's Primary School

Physical Education Knowledge & Skills Progression

Curriculum Intent

At St Paul's, Physical Education inspires pupils to develop physical confidence, resilience and a lifelong commitment to health and wellbeing. Through a broad and balanced curriculum, pupils develop fundamental movement skills before progressing to increasingly complex tactical and strategic understanding across invasion games, net and wall, striking and fielding, dance, gymnastics, athletics and outdoor adventurous activities. Physical Education is rooted in our Christian vision, promoting dignity, perseverance, fairness and respect. Pupils learn to compete with integrity, demonstrate humility in success and grace in challenge, and recognise the value of teamwork and service to others. We teach both substantive knowledge, including rules, tactics and health-related understanding, and disciplinary knowledge, including movement control, coordination, evaluation and performance analysis. By the end of Year 6, all pupils are physically literate, confident and prepared for Key Stage 3 Physical Education.

Curriculum Implementation

Physical Education is delivered through carefully sequenced units that ensure clear progression from EYFS to Year 6, in line with our PE Overview 2025/2026. Lessons follow a consistent structure including warm-up, explicit skill instruction, conditioned practice, application in game or performance contexts and reflective evaluation. Vocabulary is explicitly taught and revisited to develop subject literacy alongside physical competence. Pupils experience a wide range of sports and physical disciplines including gymnastics, dance, invasion games, net and wall games, striking and fielding, athletics and outdoor adventurous activities. Health-related fitness is embedded throughout the curriculum, and swimming is taught in Key Stage 2 to meet statutory requirements.

Curriculum Impact

By the end of Year 6, pupils demonstrate control, fluency and consistency across a broad range of physical activities. They apply tactical understanding confidently within competitive situations and evaluate performance using accurate subject vocabulary. Pupils show resilience, leadership and teamwork, understanding the importance of physical activity for both physical and mental wellbeing. All pupils meet National Curriculum expectations, including swimming 25 metres competently and confidently. Pupils leave St Paul's prepared for the increased tactical complexity, fitness demands and competitive expectations of secondary Physical Education.

Key Disciplinary Concepts

Control • Coordination • Balance • Agility • Tactics • Strategy • Evaluation • Teamwork • Leadership • Health and Fitness

Progressive PE Vocabulary Spine

Phase	Core Vocabulary
EYFS	balance, space, run, jump, throw, catch, fast, slow, control, safe
KS1 (Y1–Y2)	direction, teamwork, defend, attack, sequence, rhythm, target, rules, agility, coordination
Lower KS2 (Y3–Y4)	possession, accuracy, stamina, tactic, strategy, formation, transition, evaluate, technique, opponent
Upper KS2 (Y5–Y6)	fluency, precision, consistency, officiate, leadership, resilience, adaptation, spatial awareness, counter-attack, performance

Movement

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Develop basic balance, running, jumping and throwing.	Apply basic movements with control.	Combine movements in simple games.	Refine coordination under pressure.	Demonstrate consistency in technique.	Apply fluency across activities.	Perform complex movements confidently.

Games and Tactics

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Move with a ball safely.	Pass and receive using hands or feet	Demonstrate improved control and accuracy.	Pass with increasing consistency.	Demonstrate control under pressure.	Apply accurate passing and control at speed	Combine passing, movement and control fluently.
Begin to move towards a target.	Move into space to receive.	Create space when attacking.	Maintain possession in small teams.	Use width and space strategically.	Execute counter-attacks.	Create and exploit space strategically.
Understand sharing space.	Begin to mark an opponent.	Intercept simple passes.	Mark opponents effectively.	Delay attackers and defend zones.	Work collaboratively in defensive units.	Organise team defensive systems.
Recognise simple rules.	Understand simple attack and defend.	Apply simple tactics in small games.	Understand basic formations.	Select appropriate tactics.	Adapt tactics within competitive games	Lead tactical decision-making.
Talk about working together.	Describe what worked well.	Suggest simple improvements	Identify strengths and next steps.	Evaluate performance against criteria.	Provide constructive feedback using vocabulary.	Officiate games and critically evaluate performance.

Gymnastics

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Explore basic shapes and balances.	Hold basic balances with control.	Demonstrate improved body tension.	Perform balances on different body parts	Develop paired balances.	Demonstrate counterbalances.	Maintain control in advanced balances.
Travel safely in different ways.	Roll and travel with coordination.	Link rolls and jumps smoothly.	Travel with fluency and direction.	Incorporate changes in level and speed.	Perform complex transitions.	Show precision and fluency throughout.
Link two simple movements.	Create short sequences.	Perform sequences with beginning, middle and end.	Create structured sequences.	Link movements seamlessly.	Create longer sequences with apparatus.	Perform complex sequences confidently.
Talk about what they can do.	Describe their performance simply.	Suggest simple improvements.	Identify strengths and areas to improve.	Evaluate using agreed success criteria.	Provide constructive feedback using vocabulary.	Critically evaluate and refine performance.

Dance

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Copy simple actions and move to music.	Perform short movement sequences.	Perform with rhythm and increasing confidence.	Perform structured routines with expression.	Perform in groups with coordination.	Perform complex choreography	Perform confidently for an audience.
Explore movement linked to stories and themes.	Create simple linked actions.	Create beginning, middle and end sequences.	Use canon and unison.	Develop character and storytelling.	Use formation and dynamics purposefully.	Create structured choreography with clear intent.

Develop balance and coordination.	Demonstrate control in basic shapes and turns.	Link movements smoothly.	Demonstrate improved timing and posture. Demonstrate improved timing and posture.	Control transitions between movements.	Demonstrate precision and fluency.	Maintain control, timing and expression.
Talk about how movement makes them	Describe what they liked about a performance.	Suggest simple improvements.	Identify strengths in their work.	Evaluate performance against success criteria.	Provide constructive feedback using vocabulary.	Critically evaluate and refine performance.

Athletics

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Run with control and awareness	Run over short distances.	Develop speed and coordination.	Develop sprinting technique.	Demonstrate pacing over distance.	Apply sprint and relay techniques.	Demonstrate stamina and pacing strategy.
Jump safely from two feet.	Jump forwards and upwards.	Perform standing long jumps.	Introduce hop and jump patterns.	Perform combined jumps.	Demonstrate controlled take-off and landing.	Perform complex jumping combinations.
Throw and roll objects.	Throw underarm with control	Throw overarm with direction.	Throw for accuracy.	Throw for distance.	Refine throwing technique.	Throw with power and accuracy.
Talk about how exercise feels.	Recognise improvement.	Measure simple distances.	Compare performance results.	Set personal targets.	Analyse technique for improvement.	Evaluate and refine performance using data.

Striking and Fielding

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Strike a stationary object with hand or bat.	Strike a ball with increasing control.	Strike a moving ball with support.	Demonstrate consistent striking technique.	Strike with direction and power.	Refine batting technique with timing.	Strike consistently for distance and placement.
Retrieve and return equipment safely.	Stop and return a ball accurately.	Field using ready position.	Field and throw with accuracy.	Field under pressure.	Demonstrate accurate bowling and fielding.	Field effectively in competitive contexts.
Understand taking turns.	Understand basic rules.	Apply simple scoring systems.	Understand roles (batter, bowler, fielder).	Understand innings and team roles.	Manage scoring systems independently.	Adapt roles confidently within games.
Recognise simple scoring.	Begin to aim towards space.	Choose where to hit for space.	Apply simple team tactics.	Use positioning strategically.	Apply attacking and defensive tactics.	Lead team strategy decisions.
Talk about teamwork.	Describe what worked well.	Suggest simple improvements.	Apply simple team tactics.	Evaluate performance against criteria.	Provide constructive feedback using vocabulary.	Officiate and critically evaluate performance.

Health and Fitness

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Recognise when their heart beats faster.	Identify simple body changes after exercise.	Describe effects of exercise on breathing.	Identify main muscle groups.	Explain warm-up and cool-down purpose.	Understand different training methods.	Explain impact of exercise on body systems.
Understand being active is healthy.	Understand strength and speed.	Understand stamina.	Understand flexibility and coordination.	Understand cardiovascular endurance.	Recognise strength, stamina and agility.	Apply knowledge of fitness components.
Participate in energetic play.	Complete short active challenges.	Sustain activity for longer.	Complete circuit activities.	Sustain pace over time.	Lead warm-ups safely.	Design simple training routines.
Try their best.	Aim to improve performance.	Set simple targets.	Compare results.	Set personal performance goals.	Set measurable targets.	Design simple training routines.
Talk about how exercise feels.	Recognise improvement.	Reflect on effort.	Identify areas for improvement.	Evaluate progress.	Analyse technique for improvement.	Evaluate performance using data.

Year 7 Transition Summary

By the end of Year 6, pupils apply tactics confidently across invasion, net and striking games and demonstrate fluency in gymnastics and dance performance. They understand components of fitness, can lead warm-ups and officiate games, and evaluate performance using accurate Physical Education vocabulary. Pupils demonstrate resilience, leadership and sportsmanship, ensuring readiness for the increased tactical sophistication and physical demands of Key Stage 3.

Christian Ethos & Physical Education

Across all year groups, Physical Education reflects our Christian vision by promoting dignity, perseverance and fairness. Pupils are encouraged to respect opponents, support teammates and compete with integrity. Lessons provide opportunities to reflect on humility in victory, resilience in challenge and responsibility within a team. We recognise that every child is uniquely created and valued by God, and therefore PE is inclusive, enabling all pupils to flourish physically, socially and emotionally.

