

St Teresa's Catholic Primary School

Knowledge Progression Map

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	<p>I know how to make my body tense, relaxed, curled and stretched.</p> <p>I know how to balance on small/large body parts & I understand stillness.</p> <p>I know some large and small body shapes.</p> <p>I know some basic travelling actions on various body parts.</p>	<p>I know basic shapes (star and pencil) actions and can copy them with control and co-ordination.</p> <p>I know how to take off and land, balance and roll. (Barrel, teddy and pencil).</p> <p>I know what space is and can use the space around me.</p> <p>I know how to link actions in short movement phases (Lead in and out of actions such as rolls).</p> <p>I know simple variations in direction, level and speed.</p> <p>I know how to work together successfully with others to perform a modelled sequence.</p>	<p>I know how to perform and link gymnastics actions (e.g. (pencil/straight, tuck, star, pike, dish and arch), body shapes, balances and rolls with increasing control.</p> <p>I know how to make my body tense, relaxed, stretched and curled.</p> <p>I know how to move confidently and safely in my own and general space, using change of speed and direction.</p> <p>I know how to copy, explore, create, sequence and perform movement ideas, on my own and with a partner.</p> <p>I know how to perform movement phrases using a range of body actions and body parts.</p> <p>I know different ways of stretching, rolling, balancing and travelling.</p>	<p>I know how to move with coordination.</p> <p>I know body balances Tucks and rolls.</p> <p>I know sequencing movements.</p> <p>I know how to evaluate progress in my own and others' movement.</p> <p>I know how to be safe when I land and can protect my body.</p> <p>I know reasons for warming up and cooling down.</p>	<p>I know actions, body shapes and balances that I can include in a performance.</p> <p>I know that I need to demonstrate my skills and actions more accurately and consistently in my sequences.</p> <p>I know how to create gymnastic sequences that meet a set of criteria.</p> <p>I know about and can implement compositional devices (changes in speed, level and direction) when creating my sequences.</p> <p>I know how my body reacts during different types of activity, and how this affects the way I perform.</p> <p>I know how to evaluate my own and others' work, making simple judgements about the quality of performances, suggesting ways that my performance could be improved.</p>	<p>I know how to perform a range of actions, shapes and balances consistently and fluently; with control throughout my body.</p> <p>I know linking and travelling movements such as leaps and jumps (split leaps and stag jumps)</p> <p>I know how different ways to perform actions relating to symmetry, asymmetry, twisting, turning and rotation.</p> <p>I know how to choose and apply basic compositional ideas to the sequences, and adapt them to new situations.</p> <p>I know and understand the basic principles of warming up and why it is important for a good-quality performance.</p> <p>I know why physical activity is good for my health.</p> <p>I know how to choose and use information and criteria to evaluate my own and others' work.</p>	<p>I know a wide range of ways of travel, balance and rotation with fluency.</p> <p>I know about space, formations, and levels as part of sequences.</p> <p>I know a wide range of linking actions and can perform them together fluently.</p> <p>I know how to perform a sequence that involves contrasting and matching with a partner.</p>

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Dance	<p>I know ways to move to music.</p> <p>I know how to copy dance moves.</p> <p>I know some dance moves to perform.</p> <p>I know how to move around the space safely.</p>	<p>I know how to copy simple movement patterns.</p> <p>I know how to choose simple actions to match sounds and music and themes.</p> <p>I know how to create a simple motif inspired by a stimuli.</p> <p>I know how to perform movements in order and in time with music.</p> <p>I know how to work together successfully with others to perform a modelled group sequence.</p>	<p>I know how to repeat and link actions with coordination, control and expression.</p> <p>I know how to move confidently in my own space, exploring changes of rhythm, speed, level and direction.</p> <p>I know how to compose and perform short dances with beginning, middle and end movements, expressing and communicating moods, ideas and feelings.</p>	<p>I know how to move with coordination.</p> <p>I know that dance movements can communicate ideas and emotions.</p> <p>I know how to refine and sequence movements to create motifs.</p> <p>I know how to move with fluency.</p> <p>I know about expressive dance.</p> <p>I know what to look for when evaluating progress.</p> <p>I know how to land safely from leaps to protect my body.</p> <p>I know reasons for warming up and cooling down.</p>	<p>I know how to explore and create characters and narratives in response to a range of stimuli.</p> <p>I know about simple choreographic principles and use these to create motifs and narrative;</p> <p>I know how to perform more complex dance phrases and dances that communicate character and narrative.</p> <p>I know and describe what you need to do to warm up and cool down for dance.</p> <p>I know how to evaluate my own and others' dances, taking account of character and narrative.</p>	<p>I know how to perform dances using a range of movement patterns in the context of: To perform an interpretive dance which reflects an aspect of WWII.</p> <p>I know about and can implement dance elements such as:</p> <p>Canon and unison Levels Dynamics Lifts Repetitive motifs Choreography</p>	<p>I know how to improvise and combine movement ideas in different styles, fluently, effectively and creatively - on my own, with a partner and in a small group.</p> <p>I know how to use my body to perform controlled movements which express emotion and feeling.</p> <p>I know how to compose captivating motifs, sections and whole dances by adapting and developing a variety of movements. Perform with expression, accuracy and fluency. Select their own music, style and dance based on interests.</p>
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Athletics	<p>I know some different ways of moving.</p> <p>I know how to run safely.</p> <p>I know some different ways of jumping.</p>	<p>I know how to perform basic techniques for running, jumping, throwing and catching.</p> <p>Running distances:</p> <ul style="list-style-type: none"> • 50m • 80m • 700m 	<p>I know how to link combinations of actions.</p> <p>I know how to use my body and a variety of equipment with greater control and co-ordination.</p> <p>I know how to throw a variety of objects with one hand, including towards a target.</p> <p>I know how to jump from a stationary position with control, landing safely.</p> <p>I know how to safely change speed and direction whilst running.</p> <p>Running distances:</p> <ul style="list-style-type: none"> • 50m • 80m • 700m 	<p>I know how to move with coordination.</p> <p>I know the techniques needed to throw balls and foam javelin with accuracy. I know how to work safely with a hard ball.</p> <p>I know how to run over longer distances and can discuss pace and stamina.</p> <p>I know how to evaluate progress</p> <p>I know the reasons for warming up and cooling down</p> <p>Running distances</p> <ul style="list-style-type: none"> • 60m • 100m • 400m • 1200m 	<p>I know how to repeat and explore simple running, jumping and throwing actions with control and coordination;</p> <p>I know how to select appropriate actions and link them in ways that suit the activities.</p> <p>I know how to discuss my own and others' running, jumping and throwing actions and suggest improvements.</p> <p>I know reasons why warming up and cooling down are important and why physical activity is good for health.</p> <p>Running distances</p> <ul style="list-style-type: none"> • 60m • 100m • 400m • 1200m 	<p>I know how to link running (sprints, long distance), jumping (Long and vertical) and throwing (javelin, basketball, incredi-ball) actions and apply them accurately and appropriately;</p> <p>I know how to show precision, control and fluency in my performance;</p> <p>I know how to analyse and comment on running, jumping and throwing skills and techniques;</p> <p>I know how to modify and refine skills and techniques to improve performance;</p> <p>I know how to describe the effects exercise has on my body and its value to health and wellbeing.</p> <p>Running distances:</p> <ul style="list-style-type: none"> • 80m • 200m • 600m • 1600m 	<p>I know the number of techniques I need to use and develop to improve the consistency and precision of my actions in a wide range events.</p> <p>I know how to be accurate when throwing at a target, showing precision in throwing techniques, and develop techniques for throwing at a distance.</p> <p>I know how to take a running jump with a controlled take-off and landing, showing precision in jumping techniques;</p> <p>I know and can develop the technique of the standard vertical jump.</p> <p>I know how to improve and sustain running techniques at different speeds, including both the development of a sprint start and the ability to self-set an appropriate pace and end with a sprint finish.</p> <p>I know how to develop the discipline of hurdling, combining running and jumping with increasing fluency, sometimes using the preferred leg to lead.</p>
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OAA	-	-	<p>I know how to Work with others collaboratively in defined roles to solve problems. I know how to both lead others and be led.</p> <p>I know how to use maps, symbols and compasses to develop orientation of the school site.</p> <p>I know how to create a short trail for others.</p>	-	<p>See Geography Knowledge map for orienteering - OAA embedded across the curriculum.</p>	<p>I know how to develop team building skills:</p> <p>I know how to embrace both leadership and team roles and gain the commitment and respect of a team.</p> <p>I know how to empathise with others and offer support without being asked.</p> <p>I know how to seek support from the team and the experts if in any doubt.</p> <p>I know how to remain positive even in the most challenging circumstances, rallying others if need be.</p> <p>I know how to develop practical skills in order to participate, compete and lead a healthy lifestyle:</p> <p>I know a range of devices to use in order to orientate myself.</p> <p>I know how to stamp the control card accurately, with the correct stamp patterns in the corresponding numbered boxes on the card.</p> <p>I know how to practice the skills of orientation and</p>	<p>I know how to follow a route on an OS map considering key landmarks.</p> <p>I know how to use clear and concise communication skills to achieve a challenge.</p> <p>I know how to use compass points to navigate around a non-familiar area.</p> <p>I know how to work as a team to ensure all members are able to complete a challenge at a competitive pace.</p> <p>I know how to effectively lead a team to complete a task and evaluate my own leadership skills.</p> <p>I know how to develop the agility and running technique for through terrain.</p>
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Knowledge Progression Map

						<p>recognition of Start and Finish symbols.</p> <p>I know how to improve agility and hand-eye co-ordination.</p> <p>I know symbols for orienteering maps and match the map jigsaw pieces correctly to the underlying picture to create a complete map.</p> <p>I know how to improve Agility, Balance and Co-ordination.</p>	
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Knowledge Progression Map

Striking and fielding	<p>I know how to aim & throw objects underarm.</p> <p>I know how to catch a balloon/bean bag/scarf & sometimes a bouncing ball.</p> <p>I know how to use my hand to strike a bean bag, balloon or ball and move towards a scoring area.</p> <p>I am beginning to use a bat to hit a balloon, ball or bean bag.</p>	<p>Rounders</p> <p>I know how to throw and catch a bean bag and ball.</p> <p>I know how to work as a team.</p> <p>I know how to challenge myself to achieve an intended target.</p>	<p>Three Tees Cricket:</p> <p>I know how to throw a small ball with increasing control.</p> <p>I know how to catch a small ball with increasing control.</p> <p>I know how to perform the basic fielding technique of tracking and stopping a small ball with increasing control and coordination.</p> <p>I know how to strike a small ball with a bat, with development of correct body position.</p>	<p>Rounders:</p> <p>I know how to move with coordination.</p> <p>I know how to strike a ball Sprint.</p> <p>I know how to throw with accuracy.</p> <p>I know how to catch with accuracy</p> <p>I know a range of throwing techniques</p> <p>I know how to work safely with the hard ball</p> <p>I know the rules of rounders.</p> <p>I know how to evaluate progress.</p> <p>Safety for landing and protecting the body</p> <p>Give reasons for warming up and cooling down</p>	<p>Rapid Fire Cricket:</p> <p>I know how to develop batting, bowling, throwing and catching skills;</p> <p>I know how to select from a range of skills acquired when playing competitive striking and fielding games;</p> <p>I know how to develop a greater understanding of attack and defence in striking and fielding games;</p> <p>I know how to understand and apply rules in striking and fielding games;</p> <p>I know the importance of warming up before physical activity;</p> <p>I know how to develop an appreciation of the importance of fitness and health;</p> <p>I recognise what is successful in their own and others' performance and suggest how they can improve it.</p>	<p>Rounders</p> <p>I know, acquire and develop a range of skills in batting, bowling and fielding;</p> <p>I know how to develop and apply a greater understanding of the rules and tactics involved in playing striking and fielding games;</p> <p>I know how to develop a greater understanding of fitness and health and relate this to the games I play;</p> <p>I recognise my own and others' strengths in playing striking and fielding games;</p> <p>I am able to identify what I need to improve in my own performance and discuss ways of doing this.</p> <p>I know how to field with increased accuracy;</p> <p>I have a greater understanding of the importance of rules; and can judge when to run.</p>	<p>Dynamos Cricket:</p> <p>I know how to throw and catch smaller balls accurately</p> <p>I know how to work as a team.</p> <p>I know how to how to strike with a cricket bat</p> <p>I know how to how to hold a cricket bat</p> <p>I know how to prepare for running after the strike</p> <p>I know how to bowl underarm</p> <p>I know how to bowl overarm</p> <p>I know how to run and bowl at the same time</p> <p>I know how to aim when bowling</p> <p>I know how to be reactive in catching and fielding.</p> <p>I know how to how to hit the ball in different directions.</p> <p>I know how to how to be defensive and play to win</p>
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Knowledge Progression Map

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Knowledge Progression Map

Invasion Games	<p>I know how to send and receive a ball by rolling from my hand and striking with my foot.</p> <p>I know how to aim & throw objects underarm.</p> <p>I know how to catch a balloon/bean bag/scarf and sometimes a bouncing ball.</p> <p>I know how to move and stop safely in a specific area.</p> <p>I know how to play a passing and target game alone and with a partner</p>	<p>Rugby</p> <p>I know basic movements including running, jumping, throwing and catching.</p> <p>I know how to develop my agility and co-ordination.</p> <p>I know how to participate in team games, developing simple tactics for attacking and defending.</p>	<p>Football</p> <p>I know how to receive and send the ball to others, with feet and hands as appropriate.</p> <p>I know how to use a range of ball skills in games, including shooting and ball control.</p> <p>I know how to travel in a variety of ways including running and jumping</p> <p>I know how to some simple tactics for attacking and defending.</p> <p>I know how to participate in simple games, develop simple tactics and use them appropriately.</p>	<p>Hockey:</p> <p>I know how to move with coordination</p> <p>I know how to a range of passing techniques.</p> <p>I know how to pass with accuracy</p> <p>I know how to rreceive with accuracy</p> <p>I know how to work safely with the hard ball</p> <p>I know how to follow rules of games</p> <p>I know how to evaluate progress</p> <p>I know safety for landing and protecting the body.</p> <p>I know reasons for warming up and cooling down</p>	<p>Football</p> <p>I know a range of techniques for passing a ball in a range of school sports;</p> <p>I know how to perform actions of travelling with, sending and receiving a ball, with greater speed and efficiency;</p> <p>I know, understand and apply rules in games;</p> <p>I know how to modify and adapt rules to create and improve their games;</p> <p>I know how to develop a better understanding of attack and defence in invasion games;</p> <p>I know how to devise my own warm up activities;</p> <p>I know common skills and tactics I can use in invasion games;</p> <p>I know how to evaluate my performance and describe what I should do to improve it.</p>	<p>Rugby/ Basketball</p> <p>I know a broader range of techniques and skills for attacking and defending;</p> <p>I know and apply the basic strategic and tactical principles of attack, and know how to adapt them to different situations;</p> <p>I know how to choose and apply skills more consistently in activities;</p> <p>I know and understand the basic principles of warming up, and understand why it is important for a good-quality performance;</p> <p>I know and understand the principles of warming up and can choose appropriate activities for the games I am going to play;</p> <p>I know and use information to evaluate my own and others' work.</p>	<p>Netball:</p> <p>I know how to receive and accurately pass the ball at distance and with increased power, with the feet and hands as appropriate.</p> <p>I know how to show confidence in using ball skills in various ways, and link these together effectively at speed, selecting according to the game situation (e.g. dribbling in different directions using varied feet positions, bouncing, shooting, turning and controlling the ball effectively).</p> <p>I know how to use running, jumping, throwing and catching in isolation and in combination in appropriate ways according to the game situation.</p> <p>I know a range of netball skills such as accurate shooting, marking, pivoting, dodging, blocking and bounce pass and can combine them.</p> <p>I know how to keep possession of balls during games situations at appropriate times and passes in others.</p>
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Net and Wall			<p style="text-align: center;">Tennis</p> <p>I know how to move with coordination.</p> <p>I know how to strike a ball</p> <p>I know how to throw with accuracy</p> <p>I know how to work safely with the hard ball</p> <p>I know rules of the game and can follow them.</p>	<p style="text-align: center;">Badminton:</p> <p>I know how to consolidate and develop the range and consistency of their skills in net games;</p> <p>I know a range of simple tactics and strategies;</p> <p>I know how to keep, adapt and make rules for net games;</p> <p>I know why warming up is important;</p> <p>I know how to recognise how playing affects their bodies;</p> <p>I know what skilful play looks like;</p> <p>I know how to suggest ideas and practices to improve my play.</p>	<p style="text-align: center;">Tennis</p> <p>I know a range and skills and know how to use them consistently, especially in tennis;</p> <p>I know and can adapt rules, strategies and tactics, using my knowledge of basic principles of attack and defence;</p> <p>I know why warming up and cooling down are important;</p> <p>I know how physical activity affects my health;</p> <p>I know how to evaluate performances, explain what needs improving in my own and others' work, and suggest possible improvements.</p> <p>I know skills and can name skills in controlling a ball with a racket;</p> <p>I know how to play co-operative net games with a partner;</p> <p>I know and can apply rules to tennis games.</p>	<p style="text-align: center;">Badminton</p> <p>I know the correct grip of the racket and understand how to get into the ready position for striking a tennis ball or shuttlecock.</p> <p>I know I have to use good hand-eye coordination to contact a tennis ball or shuttlecock with the middle of the racket in forehand and backhand shots.</p> <p>I know and use the correct under-arm serve in badminton and over-arm serve in tennis.</p> <p>I know backhand and forehand ground shot techniques in tennis.</p> <p>I know about and develop an understanding of the impact of an overhead shot, and use it to win points during play.</p> <p>I know and use the drop shot as an attacking shot, successfully aiming for space near the net.</p> <p>I know and use the lob as an attacking shot, successfully aiming for space near the back of the court.</p>

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Knowledge Progression Map

						<p>I know and understand the rules of tennis and badminton and score games accurately.</p> <p>I know and understanding the principles within a doubles match.</p>
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Health, Fitness and Life Skills	<p>I know the importance, for good health, of physical exercise and a healthy diet.</p> <p>I know some ways to keep healthy.</p>	<p>I know that healthy eating and regular, varied exercise is important to stay healthy.</p> <p>I know how different rhythms, paces and movements make them feel.</p> <p>I know why warm ups and cool downs are important.</p> <p>I know how to stay safe when lifting, moving and placing apparatus and equipment.</p> <p>I watch and describe some basic techniques and movements across a range of P.E disciplines and use what they learn to improve their own performance</p> <p>I can use peer feedback to improve their own performance and recognise good quality in others.</p> <p>Demonstrate to a class or group with support from the</p>	<p>I know and understand the importance of a healthy eating and regular, varied exercise, and have a positive attitude towards it.</p> <p>I know, recognise and describe how different rhythms, paces, movements, activities and games can affect specific parts of the body.</p> <p>I know how to measure heart rate with support and know what this means.</p> <p>I understand the importance of warm up and cool down, know some simple actions in order to do this and begin to understand the importance of suppleness, strength, speed and stamina.</p> <p>I know how to describe, interpret, evaluate and compare my own performance and that of others, using appropriate language.</p> <p>I know how to use peer feedback to improve my own performance and offer specific ways that others can improve.</p> <p>I know how to positively comment on others whilst working.</p> <p>Where appropriate, I know how to measure performance against given criteria and set simple targets to improve.</p>	<p>I know, understand and discuss why a range of P.E activities are good for health, fitness and wellbeing, and demonstrate an understanding of how I, myself can be healthier.</p> <p>I know, recognise and describe how different rhythms, paces, movements, activities and games can affect specific parts of the body, and how these affect the way they perform.</p> <p>I know how to measure heart rate independently.</p> <p>I know safe, necessary steps to independently prepare for a range of P.E activities, using accurate and appropriate warm up and cool down strategies – I can lead these in class and extra-curricular situations.</p> <p>I know why suppleness, strength, speed and stamina and important and know ways to develop these in my own performance.</p> <p>I know how to describe, critically analyse, interpret, evaluate and compare my own performance, and that of others, using appropriate language.</p> <p>I know how to engage in constructive feedback, evaluating, refining and developing my own work and others' work using appropriate peer- and self-review criteria.</p> <p>I know techniques for peer-coaching and sports leadership, providing advice and support to others whilst working.</p> <p>I know how to independently measure performance with increasing accuracy and set targets to improve.</p> <p>I know how to confidently lead instructions or demonstrations of substantial techniques, skills and movements to a class or group.</p> <p>I know how to engage in reciprocal teaching, taking turns to teach each other a new skill or tactic</p>
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