

LKS2 PE Progression of Knowledge

Unit Year A	Physical Skills	Social Skills	Emotional Skills	Thinking Skills
Basketball	Throwing and catching, dribbling, intercepting, shooting.	Working safely, communication, collaboration.	Honesty and fair play, perseverance.	Planning strategies and using tactics, observing and providing feedback.
Yoga	Breathing, balance, flexibility, strength, coordination.	Working safely, sharing ideas, leadership.	Calmness, focus, confidence.	Selecting actions, creating poses and flow, providing feedback.
Dance	Using canon, unison, formation, dynamics, pathways, direction, copying and performing actions, control, balance.	Sharing ideas, respect, inclusion of others, leadership, working safely.	Confidence, acceptance.	Selecting and applying actions, creating, observing and providing feedback.
Dodgeball	Throwing, catching, dodging, blocking.	Communication, collaboration, respect.	Honesty, perseverance.	Decision making, selecting and applying skills.
Handball	Ball control, throwing and catching, moving with the ball, dribbling, shooting.	Working safely, communication, respect.	Honesty and fair play, perseverance.	Planning strategies, observing and providing feedback.
Gymnastics	Individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics.	Collaboration, communication, respect.	Confidence.	Observing and providing feedback, selecting and applying actions, evaluating and improving.
Fitness	Strength, speed, power, agility, coordination, balance, stamina.	Supporting others, working safely.	Perseverance, determination.	Identifying areas of strength and areas for development.
Tag Rugby	Passing, catching, dodging, tagging, scoring.	Communication, collaboration, inclusion.	Honesty and fair play, perseverance, confidence.	Planning strategies and using tactics, observing and providing feedback.
Athletics	Pacing, sprinting technique, jumping for distance, throwing for distance.	Working collaboratively, working safely.	Perseverance, determination.	Observing and providing feedback, exploring ideas.
Cricket	Underarm and overarm throwing, catching, over and underarm bowling, batting.	Collaboration and communication, respect.	Perseverance, honesty.	Observing and providing feedback, applying strategies.
Rounders	Underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting.	Collaboration and communication, respect, supporting and encouraging others.	Honesty and fair play, confident to take risks, managing emotions.	Observing and providing feedback, using tactics, decision making.
Tennis	Forehand, backhand, throwing, catching, ready position.	Respect, collaboration, supporting others.	Honesty, perseverance.	Decision making, using tactics, understanding rules.

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Unit Year A	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6		
Basketball	Push the ball back down when it has reached the top of its bounce. Use wide fingers to control the ball.	Bend your knees to get low and put non-dribbling arm out to protect the ball from your opponents. Turn your body to create a barrier between the defender and the ball.	Have eye contact with the receiver before sending the ball. Look where your opponents are before deciding on who to pass to.	Bend your knees and keep feet hip width apart to change direction. Leave space between yourself and the attacker so that you do not foul.	Balance with feet shoulder width apart. Place elbows underneath the ball. Eyes look at target. Follow through with hand.	Be clear and fair when refereeing. Use the double dribble, travelling and contact rules.		
Yoga	Breathe in and out slowly in your yoga poses.	Move in time with your breath. Try to move through each pose fluidly.	Move in time with your breath. Use controlled movements to move from one pose to another.	Move slowly and with control into the pose so that you are stable when balancing.	Keep your focus on something stationary. Move slowly and with control into the pose so that you are stable when balancing.	Move with control from one pose to the next. Use your breath to help with control.		
Dance	Use counts of 8 to help you to stay in time with each other and the music.	Use opposites such as forward and backward or up and down. Work with your partner, sharing ideas.	Consider use of space around you. Use actions to represent the machine breaking down. Use counts to stay in time with your group.	Consider how to move to represent each season. Use counting to remember the actions.	Use changes in pathway, unison and canon. Use counting to help you to stay in time with each other and the music.	Use clear, strong poses to represent the idea. Use counts of 8 to help you to stay in time with each other and the music.	Make clear shapes as a group that represent the idea. Use changes of timing in your dance.	Move with clear, confident actions. Use dynamics in your dance to help you to represent your idea.
Dodgeball	You are out if hit by a ball before it bounces or if an opponent	Point your throwing hand towards your	Keep your head up to see throwers.	Use 2 hands to catch the ball.	Hold the ball with 2 hands. Keep a tight grip on the ball.	Play fairly and honestly, using the rules of the game.		

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	catches your throw.	target after you throw.	Stand in the ready position with your knees bent ready to move.	Watch the ball as it comes towards you.	Watch the opponents' ball as it comes towards you.	Show honesty and admit if you are out.
Handball	Make sure the person you are throwing to is looking at you before passing. Point your hand where you want the ball to go. Use soft hands when catching.	Dribbling the ball at waist height with soft hands gives you more control. Use changes of speed and change direction whilst moving with the ball.	Point your hand where you want the ball to go. Use your steps to help you generate power.	Communicate with your teammates. Consider where the attacker is running. Run onto the ball to intercept.	Turn your hips and shoulders to face the new direction you want to move in.	Dribble away from defenders to create yourself space or move towards the goal. Find space to be an option for your teammate.
Gymnastics	Hold your balance for 5 seconds. Make your balances interesting by using different levels and body parts to balance on.	Land with bent knees. Look straight ahead when you jump.	Barrel roll – Keep your knees tucked into your chest. Forward roll – Tuck chin into chest. Straight roll – Roll from arch to dish.	Choose actions on the same or similar level to move into and out of balances smoothly.	Actions could include rolls, jumps, balances and travelling movements.	Ensure your sequence uses a variety of actions and levels. Use strong body tension in your balances.
Fitness	Encourage those you are working with. Try your best at each station.	Complete each exercise slowly and with control. Keep your elbows bent. Move your hands from your pocket to your mouth. Run on the balls of your feet.	Watch the ball and move hands ready to catch it.	Bend low and use small steps to change direction. Turn your hips to face the direction you're are running.	Bend your standing knee to help you stay balanced. Focus on something still.	Breathe steadily in through your nose. Don't go too fast at the beginning.

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Tag Rugby	Run into a space when you receive the ball. Watch the ball as it is coming towards you.	Do not block or protect your tags. Pass the ball if you have been tagged.	Get into a position behind or to the side of the ball carrier to support them.	Push off of your outside foot to change direction. Run to a space where there are no defenders.	Use small steps to be able to change direction quickly and track the attacker.	In between matches, discuss with your team how you can improve your next match. Use the rules you have learnt to play fairly.
Athletics	Run at a pace that you can maintain. Run faster at the end of your race. Run with fluency and coordination, alternating your arms and legs.	Elbows bent at 90 degrees. Run with fluency and coordination, alternating your arms and legs. Sprint on the balls of your feet, moving hands from pocket to mouth.	Jump with control and balance by bending knees. Keep looking straight ahead when you jump.	Create power in your throw by transferring your weight from your back to your front leg. Strength and speed will produce power.	Begin with a straight arm. Create power in your throw by transferring your weight from your back to your front leg. Point javelin tip slightly up.	Measure from the start line to where the object or performer first lands.
Cricket	Point your hand in the direction or your target after release. Step forward with your opposite foot to throwing arm.	Step forward with your opposite foot to bowling arm.	Make a 'v' using thumb and forefinger in line with the spine of the bat.	Move to stay in line with the ball as it comes towards you.	Draw a number 6 with the ball when you are preparing to bowl.	Be respectful to other teams. Play fairly and honestly.
Rounders	Be aware of where others are before deciding what to do. Use an overarm throw for long distances.	Point your hand at your target after you have thrown the ball. Step forward with the opposite foot to throwing arm.	Keep the bases on your left-hand side. Watch where the ball is to help you to decide when to stop running.	Over your feet to stay in line with the ball as it comes towards you.	Stand sideways on to the bowler. Watch the ball as it comes towards you.	Play honestly and fairly. Show respect towards others. Use the rules to help you manage your game.

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Tennis	Use a strong wrist to hold the racket. Use the centre of the racket face to hit the ball.	Finish with the racket over your opposite shoulder in 2 hands. Contact the ball when the racket face is facing your partner. Swing the racket from low to high.	Hit the ball near to your partner so that they can return it. Move your feet to the ball and then return to the ready position. Watch the ball as it is coming to you.	Move your feet to the ball. Use two hands to help you with your control.	Think of where you could hit the ball to make it hard for your opponent to return.	Say and agree on the score after each point. Show honesty and fair play.