

Roundswell Community Primary Academy
Progression of Skills, Knowledge and Understanding in Physical Education

Assessment objectives

Year 1

Objective reference	Learning Objectives
Indoor PE	
PE1.1	Be able to explore movement ideas and respond imaginatively to a range of stimuli
PE1.2	<u>Be able to perform movement phrases using a range of body actions and body parts</u>
PE1.3	Be able to talk about dance, linking movement to moods, ideas and feelings
PE1.4	Understand how to carry and place appropriate apparatus safely, with guidance
Both Indoor and Outdoor PE	
PE1.5	<u>Be able to move confidently and safely in their own and general space, using changes of speed, level and direction</u>
PE1.6	Be able to copy, watch, and describe what they and others are doing
PE1.7	<u>Understand why the heart beats faster when exercising, and how their body feels when still and when exercising</u>

Year 2

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Assessment objectives

Objective reference	Learning Objectives
Indoor PE	
PE2.1	<u>Be able to explore, remember, repeat and link a range of actions with coordination, control, and expression</u>
PE2.2	Be able to compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings, choosing and varying simple compositional ideas
PE2.3	Understand how to lift, move and place equipment safely and recognise and avoid risks when handling and placing apparatus
Both Indoor and Outdoor PE	
PE2.4	Be able to watch and describe performances, and use what they learn to improve their own work
PE2.5	Be able to improve the way they coordinate and control their bodies and a range of equipment
PE2.6	<u>Know whether their heart is beating fast or slow, whether their breathing is normal or puffed, and whether they feel hot, warm or cool</u>
PE2.7	Understand the importance of warming up and cooling down
Outdoor PE	
PE2.8	<u>Be able to choose, use and vary simple tactics</u>

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Indoor P.E	
PE3.1	Know how to describe and evaluate some of the compositional features of dance and gym activities performed with a partner and in a group
PE3.2	Be able to improvise freely on their own and with a partner, translating ideas from a stimulus into movement
PE3.3	Recognise unison and canon and suggest improvements
PE3.4	Be able to explore combinations of floor, mats and apparatus, and find different ways of using a shape, balance or travel
PE3.5	Understand how to lift, move and place equipment safely and recognise and avoid risks when handling and placing apparatus
PE3.6	<u>Be able to devise and perform a dance or gymnastic sequence, showing a clear beginning, middle and end</u>
PE3.7	Know and explain the rules and routines that keep them safe near water
PE3.8	<u>Be able to begin to swim short distances of between 5 and 20 metres, using aids and later without them</u>
Both Indoor and Outdoor P.E	
PE3.9	Recognise and describe what happens to their breathing and heart when they play games, and begin to link this to how warm they feel
Outdoor P.E	
PE3.10	Know how to recognise players who play well in games and give some reasons why
PE3.11	Be able to improve their ability to choose and use simple tactics and strategies
PE3.12	Be able to run continuously for about one minute and, when required, show the difference between running at speed and jogging
PE3.13	Be able to demonstrate a range of throwing actions using a variety of games equipment and be able to demonstrate the five basic jumps on their own
PE3.14	<u>Be able to use different techniques, speeds and effort to meet challenges set for running, jumping and throwing</u>
PE3.15	Know where they are on a plan or diagram and how to recognise symbols and pictures and relate them to a diagram

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Indoor P.E	
PE4.1	Be able to devise routines of stretching exercises that prepare them for their gymnastic and dance work
PE4.2	<u>Be able to experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working on their own, with a partner and in a group</u>
PE4.3	Be able to remember, combine, practise, describe and interpret longer, more complex dance and gymnastics phrases
PE4.4	Be able to communicate ideas or feelings through their dances and perform with fluency and control, showing sensitivity to the accompaniment and to others
PE4.5	Know how to suggest how dances and performances can be improved, so that they communicate more effectively
PE4.6	<u>Be able to control their breathing and are comfortable on the surface and under water, swimming fluently and with control when using back crawl, front crawl and breaststroke</u>
Both Indoor and Outdoor P.E	
PE4.7	Be able to use a variety of strokes and personal survival skills to suit the needs of a task
PE4.8	Understand how to offer constructive ideas when working with a partner, including ideas on balances, inversion and transfer of weight
PE4.9	Show understanding of warming up and cooling down, and choose appropriate activities to do on their own
Outdoor P.E	
PE4.10	Know how to prepare themselves effectively and follow safety procedures
PE4.11	<u>Know how to orientate themselves and move with increasing confidence and accuracy when following trails and simple orienteering courses</u>
PE4.12	Be able to use skills with control in problem-solving activities
PE4.13	<u>Understand how to keep and use rules they are given and explain the tactics and skills that they are confident with and use well in games</u>
PE4.14	Be able to use a range of tactics to keep possession of the ball and get into positions to shoot or score and play with greater speed and flow
PE4.15	Know how to adapt rules in agreement with others and, later, make rules for their own games, which they explain and teach to others
PE4.16	Be able to use a range of techniques when passing, eg high, low, bounced, fast, slow, dribbling.
PE4.17	Know how to pace their effort well in different types of event so that they can keep going steadily and maintain the quality of their action

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Indoor P.E	
PE5.1	Be able to use appropriate terminology to identify and describe different styles in their own and others' dances and gymnastics
PE5.2	<u>Be able to accurately repeat a longer sequence with more difficult actions and adapt sequences to include a partner or a small group, with an emphasis on extension, clear body shape and changes in direction, speed and level</u>
PE5.3	Be able to perform a range of jumps showing power, control and consistency at both take-off and landing
PE5.4	Understand how to lift, move and place equipment safely and recognise and avoid risks when handling and placing apparatus
PE5.5	Be able to control their breathing and be comfortable on the surface and under water, swimming fluently and with control when using back crawl, front crawl and breaststroke, over a distance of at least 25 metres
PE5.6	<u>Be able to perform safe self-rescue in different water-based situations</u>
Both Indoor and Outdoor P.E	
PE5.7	Know how to prepare physically and organisationally to be safe and efficient
PE5.8	Be able to identify what they have done well and adapt plans to be more efficient when facing similar challenges
PE5.9	Know and recognise exercises and activities that help strength, speed and stamina
PE5.10	Know how muscles work, how to stretch, and how to carry out strengthening exercises safely
Outdoor P.E	
PE5.11	<u>Be able to use physical and teamwork skills in a variety of different outdoor and adventurous activity challenges</u>
PE5.12	Be able to use a variety of tactics to keep the ball, e.g. changing speed and direction
PE5.13	<u>Know the difference between attacking skills and defending skills</u>
PE5.14	Be able to find and use space to help their team
PE5.15	Be able to throw with greater control, accuracy and efficiency
PE5.16	Be able to sustain their pace over longer distances, e.g. sprint for seven seconds, run for one or two minutes
PE5.17	Know and understand the basic principles of relay take-overs
PE5.18	<u>Understand why some athletics activities can improve strength, power or stamina, and explain how these can help their performance in other types of activity</u>

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Objective reference	Learning Objectives
Indoor P.E	
PE6.1	<u>Be able to respond to a range of stimuli, improvising freely using a range of controlled movements and patterns, including actions, dynamics, space and relationship</u>
PE6.2	Be able to select and use a range of compositional and perform ideas to create motifs that demonstrate their dance idea with a partner and in a group and understand how costume, music and set can help to improve a dance performance
PE6.3	Be able to use planned variations and contrasts in actions and speed in their sequences
Both Indoor and Outdoor P.E	
PE6.4	Understand why exercise is good for fitness, health and wellbeing
PE6.5	Know how to prepare physically and organisationally to be safe and efficient
PE6.6	Understand how to lift, move and place equipment safely and recognise and avoid risks when handling and placing apparatus
PE6.7	<u>Be able to identify aspects of their own and others' performances that need improvement, and suggest how to improve them</u>
Outdoor P.E	
PE6.8	<u>Know the importance of being fit, and what types of fitness are most important for games and understand how playing games can contribute to a healthy lifestyle</u>
PE6.9	<u>Be able to use physical and teamwork skills well in a variety of different outdoor and adventurous activity challenges</u>
PE6.10	Be able to use attacking and defending skills appropriately in games and to perform skills with greater speed
PE6.11	Be able to choose and use different formations to suit the needs of the game and understand how to choose when to pass or dribble, so that they keep possession and make progress towards the goal
PE6.12	Be able to develop the consistency of their actions in a number of events
PE6.13	<u>Understand how to choose appropriate techniques for specific events</u>