

Physical Education Progression of Knowledge

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health	<ul style="list-style-type: none"> • Know how their bodies feel when still and when exercising. • Know how to exercise safely 	<ul style="list-style-type: none"> • Know how their bodies feel during different types of activities. 	<ul style="list-style-type: none"> • Know the short term effects of exercise on the body during different activities 	<ul style="list-style-type: none"> • Know and describe the short term effects of exercise on the body during different activities • Know appropriate warm up activities. 	<ul style="list-style-type: none"> • Know how the body reacts during different types of activity and how this affects the way they perform. • Know activities for specific aspects of warm up e.g. stretching, joint mobility, raising heart and breathing rates. • Know that being safe in the water is important and how to do this. 	<ul style="list-style-type: none"> • Know the effects of exercise on the body showing understanding of the principles of respiration, temperature, fatigue and recovery. • Know how to take responsibility for personal warm up programme specific to the activity. • Know how to perform self-rescue in the water
Rules	<ul style="list-style-type: none"> • Know how to follow simple rules for a game 	<ul style="list-style-type: none"> • Know and explain the aim and rules of a simple game 	<ul style="list-style-type: none"> • Know that different invasion games have different rules. 	<ul style="list-style-type: none"> • know with confidence the rules of different invasion games 		

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Cooperation	<ul style="list-style-type: none">• Know how to manage our space safely	<ul style="list-style-type: none">• Know that we must be aware of others in running, chasing and avoiding games• Know simple tactics to improve their performance	<ul style="list-style-type: none">• Know that tactics and teamwork are important for invasion games.• Know good places to stand to receive a ball	<ul style="list-style-type: none">• Know that invasion games need communication between team members.• Know which role to play within group situations	<ul style="list-style-type: none">• Know the basic principles for attacking and defending.• Know how to link tactics and skills together with increased precision• Know how to make the game harder for their opponents	<ul style="list-style-type: none">• Know how to communicate, collaborate and compete with each other.• Know how to select and combine skills, techniques and ideas demonstrating their knowledge of tactics, strategies and composition• Know how to adapt quickly in changing environments
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