

Click here for our entire art knowledge pathway	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Nursery Reception	Please note: Early Years use the EYFS Framework and do not engage in subject specific study. They are building pre-requisite foundational skills that will allow them to be artists in the future. Through 'Expressive Arts and Design' they are guided to develop artistic and cultural awareness, supporting their creativity. See the Progression sheet for key skills and knowledge.					
Year One Click on a cell more detail	Gymnastic- unit 2	Dance-unit 2	Attack, defend, shoot- unit 2	Hit, catch, run- unit 2	Send and return- unit 2	Run, jump, throw- unit 2
Year Two Click on a cell more detail	Gymnastic- unit 2	Dance-unit 2	Attack, defend, shoot- unit 2	Hit, catch, run- unit 2	Send and return- unit 2	Run, jump, throw- unit 2
Year Three Click on a cell more detail	Hockey	Dance	Gymnastics	Basketball	Badmington	Athletics
Year Four Click on a cell more detail	Tag Rugby	Handball	Gymnastics	Hockey	Cricket	Athletics
Year Five Click on a cell more detail	Tag Rugby	Netball	Dodgeball	Dance - unit 1	Rounders	Athletics
Year Six Click on a cell more detail	Rugby	Netball	Gymnastics	Tennis	Rounders	Athletics

This maps the progression in big ideas for strands of PE and taking inspiration year on year.
 The linked Knowledge Pathways break these big ideas down into their component knowledge and skills.
 We use the golden threads of Taking inspiration, Mastering skills and Developing ideas to refine our artwork (form, line, pattern, shape, space, colour and texture)

Invasion Games Click here for Knowledge Pathways		Striking and Fielding Games Click here for Knowledge Pathways		Net and Wall Games Click here for Knowledge Pathways		Dance Click here for Knowledge Pathways		Gymnastics Click here for Knowledge Pathways		Athletics Click here for Knowledge Pathways		Personal and Health Click here for Knowledge Pathways																															
Nursery																																											
Reception																																											
Year 1		Begin to move a ball with control.		Begin to know and use simple tactics with guidance.		Begin to control the ball.		Begin to know and use simple tactics with guidance.		Begin to develop sending and receiving skills.		Begin to know and use simple tactics with guidance.		Build a sequence of movements.		Make decisions and choose actions for an idea		Remember, repeat and link simple actions together		Make decisions and choose actions for an idea		Show some control and balance when travelling at different speeds or in different directions		Perform different types of jumps with some control		Throw towards a target with increasing accuracy		Able to work with a partner and small group to play games and solve challenges		Beginning to think about how their body changes during exercise													
Year 2		Refine controlled movement with a ball (skills practice, not in a game situation)		Know and use simple tactics and rules		Show increasing control over striking and catching balls		Know and use simple tactics and rules		Show developing control of sending and receiving skills		Know and use simple tactics and rules		Use a wider range of actions to build a sequence of movements		Begin to select and apply the best skills to use		Copy and explore movements and actions with increasing control		Beginning to select and apply the best actions and movements for their own sequences		Begin to select the most suitable speed and pace for the distance they run		Choose the most appropriate jumps to cover different distances		Throw with accuracy towards targets at different heights		Able to work effectively and fairly in small group to play games and solve challenges		Beginning to understand the impact exercise has on our body													
Year 3		Beginning to show control of the ball in game situations		Know and use simple tactics and rules individually and in a team		Developing striking and catching skills		Know and use simple tactics and rules individually and in a team		Developing sending and receiving skills in order to keep a game going		Know and use simple tactics and rules individually and in a team		Create short dance phrases that communicate an idea		Beginning to use feedback to improve the performance of themselves and others.		Compose sequences, developing the quality of actions, shapes and balances		Beginning to use feedback to improve the performance of themselves and others		Show balance, coordination and technique when they run		Jump for distance and height with an awareness of technique		Throw a variety of objects, changing action for accuracy and distance		Beginning to use rules, showing awareness of fairness and honesty		Recognise and describe the effects of exercise on our body													
Year 4		Know how to keep and win back possession of the ball		Understand and apply the basic principles of a game		Refine a range of striking and fielding skills		Understand and apply the basic principles of a game		Developing increased control of sending and receiving skills in order to keep a rally/game going		Understand and apply the basic principles of a game		Choreograph considering structure, starting to show control and precision		Know which aspects of a performance were strong and what could be improved		Plan and perform sequences, showing control and technique		Know which aspects of a sequence were strong and what could be improved		Able to demonstrate when to speed up and when to slow down when running		Know how to jump in a variety of ways for distance and height		Continue to develop techniques to throw for increased distance		Able to work well with others in competitive situations and to achieve shared goals		Know why warming up and cooling down are important													
Year 5		Use a variety of techniques to keep possession of the ball in a game		Understand the need for tactics and identify when to use in different situations		Develop accuracy in striking and fielding skills		Understand the need for tactics and identify when to use in different situations		Developing the range and quality of skills for net and wall games		Understand the need for tactics and identify when to use in different situations		Choreograph phrases considering actions, dynamics, space and relationships		Give and receive feedback and make edits appropriately		Create and perform more complex sequences with a good level of quality control and technique		Give and receive feedback and make edits appropriately		Select the most suitable pace for the distance and their fitness level to maintain a sustained run		Perform a range of more complex jumps with some technique		Develop techniques for accuracy and power when throwing for distance		Able to compete within the rules showing fair play and when playing independently		Able to apply their understanding of the importance of warming up and cooling down													
Year 6		Know and use a variety of techniques with control and under pressure - Rugby		Know and use a variety of techniques with control and under pressure - Netball		Know and use a variety of techniques with control and under pressure - Handball		Work collaboratively to create effective tactics - Rugby		Work collaboratively to create effective tactics - Netball		Work collaboratively to create effective tactics - Handball		Apply striking and fielding skills successfully within game situations		Work collaboratively to create effective tactics		Use a range of skills for net and wall games with control		Understand and choose the best tactics for different situations		Work collaboratively and imaginatively to choreograph longer phases		Reflect and evaluate performances, identifying strengths and areas for development		Can they reflect and evaluate performances, identifying strengths and areas for development?		Plan and perform sequences using a wide range of skills with precision, control and fluency		Reflect and evaluate performances, identifying strengths and areas for development		Can they reflect and evaluate performances, identifying strengths and areas for development?		Demonstrate a controlled running technique using the appropriate speed for distance and time		Perform jumps for height and distance with good technique		Show accuracy and good technique when throwing for distance		Able to work collaboratively on more complex tasks and in competitive situations		Able to carry out warm ups and cool downs safely and effectively	

FSF Strands:						
	Year 1					
Focus for study	Gymnastic (Unit 2)	Dance (Unit 2)	Attack, defend, shoot (Unit 2)	Hit, catch, run (Unit 2)	Send and return (Unit 2)	Run, jump, throw (Unit 2)
Core knowledge and skills Click on blue text for linked Knowledge Pathway to see component parts	Master basic shapes (tuck, pike, straddle), perform safe barrel and log rolls, and link two movements together on floor or low apparatus. Balancing & Rolling: Perform basic balances on different body parts (points and patches) and execute controlled log or barrel rolls.	Respond to different rhythms and tempos, use simple gestures to tell a story through movement, and copy/repeat a short sequence of steps. Expression & Rhythm: Use movement to express feelings or tell a simple story, following a steady beat or rhythm provided by music or a drum.	Move into open spaces to receive a pass, understand the basic concept of "marking" an opponent, and aim for a target with accuracy. Game Strategy: Move safely into open spaces to receive a ball and learn to face a target (hoop or goal) when preparing to shoot or throw.	Develop a consistent "ready position" for catching, track a moving ball with eyes, and use a striking tool (like a hand or small bat) to hit a stationary object. Hand-Eye Coordination: Consistently catch a large ball with two hands and track the path of a moving object to prepare for a strike or catch.	Perform underarm throws with increasing accuracy, use a basic racket grip to push a ball back, and understand the concept of a "rally". Accuracy: Send a ball to a partner using an underarm throw or a simple push, and attempt to return a ball sent directly to them.	Demonstrate basic running form (head up, pumping arms), perform a standing long jump with a two-footed landing, and throw for distance using an overarm motion. Athletic Fundamentals: Demonstrate a sprint start, perform a standing jump with a stable landing, and throw an object for distance using a full-arm swing.
	Year 2					
Focus for study	Gymnastic (Unit 2)	Dance (Unit 2)	Attack, defend, shoot (Unit 2)	Hit, catch, run (Unit 2)	Send and return (Unit 2)	Run, jump, throw (Unit 2)
Core knowledge and skills Click on blue text for linked Knowledge Pathway to see component parts	Develop body management through a range of floor exercises. Use core strength to link recognised gymnastics elements. Attempt to use rhythm while performing a sequence. Sequence & Control: Create and perform a sequence of at least three movements (e.g., balance → roll → jump). Show clear starts and finishes in balances and perform a "bunny hop" or "tucked roll" with correct form.	Perform using more sophisticated formations as well as an individual. Use the stimuli to copy, repeat and create dance actions and motifs. Composition: Work with a partner to mirror movements and create short phrases that represent a specific character or idea. Use changes in level (high/medium/low) and speed to enhance performance.	Send a ball using feet and can receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills, e.g., dribbling and passing. Awareness: Understand the role of an attacker (trying to score) and a defender (trying to stop a score). Successfully dribble a ball with feet or hands while looking up to find a teammate.	Work on a variety of ways to score runs in the different hit, catch, run games. Work in teams to field. Begin to play the role of wicketkeeper or backstop. Precision: Catch a smaller ball (tennis ball size) consistently using a "cup" hand shape. Strike a moving ball with a bat or hand into a designated area and run to a specific base.	Be able to make it difficult for their opponent to score a point. Begin to choose specific tactics. Transfer net/wall skills. Improve agility and coordination and use in a game. Net/Wall Skills: Use a racket or hand to send a ball over a line or low net with intent. Demonstrate a basic "ready stance" to move toward a ball sent by a partner.	Improve running and jumping movements over sustained periods. Reflect on activities and make connections to healthy, active lifestyles. Jump for distance and height. Pacing & Power: Identify the difference between sprinting and jogging for longer distances. Use a one-handed overarm throw to hit a target and perform a hop-step-jump combination.
	Year 3					
Focus for study	Hockey	Dance	Gymnastics	Basketball	Badminton	Athletics
Core knowledge and skills Click on blue text for linked Knowledge Pathway to see component parts	Play in a hockey-type invasion game. Improve game-based agility. Manipulate objects using a stick and ball with safety and control. Stick Work & Safety: Hold the stick with the correct grip and use the flat side to dribble with control. Learn to pass and receive a ball while stationary and understand the "no high sticks" safety rule.	Apply facial expressions to music showing emotions such as fear and anger. Begin to use spatial and dynamic choices in work. Offer feedback and respond to feedback. Composition & Character: Create and perform dances using a range of movement patterns. Develop the ability to vary dynamics (e.g., strong/light, fast/slow) to represent different themes or characters.	Develop body management through a range of floor exercises. Use core strength to link recognised gymnastics elements. Attempt to use rhythm while performing a sequence. Form & Flexibility: Perform a variety of floor movements including forward rolls and shoulder stands with tension and extension. Introduction to "bridge" shapes and jumping off apparatus with a stable, controlled landing.	Perform some basic basketball skills, throwing, catching and dribbling. Build attacking/offensive play. Implement some basic rules of basketball. Handling & Shooting: Master the "triple threat" stance. Develop a consistent chest pass and bounce pass to a teammate and learn the basic technique for a set shot toward the hoop.	Identify and describe some rules of badminton. Serve to begin a game. Explore forehand hitting. Racket Control: Develop the "shake hands" grip. Learn to serve underarm consistently over the net and perform basic overhead and underarm clears to move an opponent around the court.	Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force. & Measurement: Improve running technique by focusing on high knees and arm drive. Introduction to the "crouch start" for sprints and learning how to measure a jump or throw accurately.
	Year 4					

Focus for study	Tag Rugby	Handball	Gymnastics	Hockey	Cricket	Athletics
Core knowledge and skills Click on blue text for linked Knowledge Pathway to see component parts	Consistently perform basic tag rugby skills. Implement rules and develop tactics in competitive situations. Increase speed and build endurance during gameplay. Running & Tracking: Master the "sidestep" to evade defenders and understand the "backward pass" rule. Develop defensive tracking to pull tags effectively and maintain a flat defensive line.	Develop 3 step rule incorporating bounce. Defend and stop attacks by blocking and intercepting. Pass and move with the ball to set up attacks. Demonstrate and implement the rules of handball. Speed & Decision Making: Execute the "3-step rule" with a bounce to advance the ball. Develop the overarm jump-shot for power and learn to use "zonal" defending to block shooting lanes.	Identify similarities and differences in sequences. Develop body management over a range of floor exercises. Attempt to bring explosive moves into floor work. Show increasing flexibility in shapes and balances. Balance & Vaulting: Perform complex balances with a partner (counter-balance/tension). Introduce basic vaulting over a box or bench with a 2-footed landing, focusing on "flight" and controlled body tension.	Play in a hockey-type invasion game. Improve game-based agility. Manipulate objects using a stick and ball with safety and control. Control & Tactical Play: Refine the "Indian Dribble" for better ball control. Introduce the "slap hit" for more powerful passing and understand the concept of "width" and "depth" in a team formation to create space.	Adhere to some of the basic rules of cricket. Develop a range of skills to use in isolation and a competitive context. Strike a bowled ball. Bowling & Fielding: Master an overarm bowling action with a straight arm. Develop the "long barrier" technique for stopping ground balls and learn to communicate "Yes, No, Wait" when running between wickets.	Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force. Power & Efficiency: Refine relay baton exchanges (non-visual) at speed. Develop the "flinging" technique for the discus/quoit and the "pull" technique for the javelin, focusing on the power position of the legs.
Year 5						
Focus for study	Tag Rugby	Netball	Dodgeball	Dance (Unit 1)	Rounders	Athletics
Core knowledge and skills Click on blue text for linked Knowledge Pathway to see component parts	Combine basic tag rugby skills such as catching and quickly passing in one movement. Select and implement appropriate skills in a game situation. Begin to play effectively when attacking and defending. Increase the power of passes so the ball can be moved quickly over a greater distance. Support Play & Positioning: Anticipate movement to support the ball carrier and use "pop passes" while running. Execute a "blitz" or "drift" defense and understand the importance of defensive gaps.	Make choices about which pass to use and where to shoot from. Implement some tactics to get free. Move quickly around the court. Specialized Movement: Master the "landing foot" rule to avoid traveling and use a variety of passes (chest, bounce, overhead) under pressure. Develop positional awareness for specific roles like GS or GK.	Develop more complex dodgeball skills, including accurate throwing, dodging using weave and leg lift, snatch catch, and defensive blocking for a teammate. Know more rules for dodgeball, including being able to play using varied rules in conditioned games. Tactical Defense & Accuracy: Use "shielding" with a ball to deflect incoming throws. Coordinate team "volleys" (multiple people throwing at once) and develop catching techniques to bring teammates back into play.	Practise and put together a performance. Perform using facial expressions. Perform with a prop. Choreography & Style: Create complex motifs inspired by specific stimuli. Incorporate "unison," "canon," and "formation changes" into a group performance to show professional polish and artistic intent.	Link together a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to rounders. Fielding Strategy & Bowling: Bowl with a consistent speed and height within the box. As a fielder, understand where to throw the ball to "stump" a player based on their position on the rounder track.	Sustain pace over short and longer distances. Run as part of a relay team. Perform a range of jumps and throws. Pacing & Power Phases: Apply the "triple jump" sequence (hop-step-jump) with rhythmic flow. Use specialized pacing strategies for middle-distance running (600m+) and refine the "pull" phase in javelin throwing.
Year 6						
Focus for study	Tag Rugby	Netball	Gymnastics	Tennis	Rounders	Athletics

<p>Core knowledge and skills</p> <p>Click on blue text for linked Knowledge Pathway to see component parts</p>	<p>Combine basic tag rugby skills such as catching and quickly passing in one movement. Select and implement appropriate skills in a game situation. Begin to play effectively when attacking and defending. Increase the power of passes so the ball can be moved quickly over a greater distance. Advanced Tactics: Execute set plays from restarts and use "grubber" or tactical kicks to gain territory. Demonstrate advanced defensive communication and understand the "offside" rule in live play.</p>	<p>Make choices about which pass to use and where to shoot from. Implement some tactics to get free. Move quickly around the court. Fluid Movement & Accuracy: Master the "pivot" to change direction quickly while maintaining balance. Use high-speed "interceptions" to regain possession and achieve high shooting accuracy under defensive pressure.</p>	<p>Identify similarities and differences in sequences. Develop body management over a range of floor exercises. Attempt to bring explosive moves into floor work. Show increasing flexibility in shapes and balances. Performance & Flow: Compose a complex routine including a sequence of advanced balances, rolls, and a vault with a high degree of technical precision. Focus on the aesthetic quality of transitions between movements.</p>	<p>Introduce volley shots and overhead shots. Apply new shots into game situations. Play with others to score and defend points in competitive games. Further, explore tennis service rules. Court Coverage & Stroke Play: Develop a consistent overarm serve and distinguish between "top-spin" and "slice" shots. Position oneself strategically on the court to anticipate the opponent's return.</p>	<p>Apply rounders rules consistently. Play small-sided games using standard rounders pitch layout. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder. Team Coordination: Use specialized fielding positions (e.g., "backstop" to "first post") to execute quick outs. As a batter, learn to hit into gaps to maximize running potential for the team.</p>	<p>Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to demonstrate improvement. Competition & Measurement: Refine technique across all disciplines (sprints, jumps, throws) to achieve personal bests. Understand the mechanics of "triple jump" and the "Fosbury Flop" (introductory) or high jump techniques.</p>
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