



TGMS PE PROGRESSION OF KNOWLEDGE & SKILLS



This is how the PE Curriculum is organised across our school. The children work through a number of different progressions, linked to different elements of the National Curriculum, inclusive of physical, mental and overall healthy wellbeing. Our pupils, dependent on their age, will approach these targets using a range of activities and topic matter across both individual and team sports. By the time our students leave the school, we hope that they will have a broad range of skills and fitness levels that allow them to access the world with a love for physical fitness and physical activity.

Topic	Year 3	Year 4	Year 5	Year 6
Game Play	<p>Skill: To demonstrate technical skills within different sports</p> <ul style="list-style-type: none"> ✓ Shooting: use sports specific shooting techniques for accuracy ✓ Dribbling: learn to dribble ✓ Tackling opponents using block tackles ✓ Footwork: to catch and land ✓ Footwork: to move around court/pitch, for tennis ✓ Fielding: skills to block, catch and throw back to base ✓ Initiate game play 	<p>Skill: To demonstrate technical skills within different sports</p> <ul style="list-style-type: none"> ✓ Shooting: use sports specific shooting techniques for accuracy ✓ Dribbling: learn to dribble into available space ✓ Tackling opponents using block tackles ✓ Footwork: to catch and land using block tackles ✓ Footwork: to move around court/pitch, for tennis ✓ Fielding: skills to block, catch and throw back to base ✓ Initiate game play 	<p>Skill: To demonstrate technical skills within different sports</p> <ul style="list-style-type: none"> ✓ Shooting: use sports specific accurate shooting techniques using increased velocity and / or distance ✓ Dribbling: to dribble into available space during gameplay to move forward ✓ Tackling opponents using timing techniques for interception or blocking ✓ Footwork: to catch, land and pivot ✓ Footwork: to move around court/pitch, for tennis: in and away from net / space ✓ Marking opponents 1:1 ✓ Create defensive structures ✓ Fielding: skills to block, catch and throw back to base, stumps, team mate ✓ Initiate game play e.g. a bowl, serve, kick off, etc. 	<p>Skill: To demonstrate technical skills within different sports</p> <ul style="list-style-type: none"> ✓ Shooting: use sports specific accurate shooting techniques using increased velocity and / or distance ✓ Dribbling: to dribble with more accuracy into available space during gameplay to move forward ✓ Tackling opponents using timing techniques for interception or blocking ✓ Footwork: to catch, land and pivot ✓ Footwork: to move around court/pitch, for tennis: in and away from net / space ✓ Marking opponents 1:1 ✓ Create defensive structures ✓ Fielding: skills to block, catch and throw back to base, stumps, team mate ✓ Initiate game play e.g. a bowl, serve, kick off, etc.

	Skill: To compete within a team ✓ Assign a team captain ✓ Follow instructions ✓ Follow rules of the game ✓ Support and respect team mates ✓ Win and lose together ✓ Problem solving collectively	Skill: To compete within a team ✓ Assign a team captain ✓ Follow instructions ✓ Follow rules of the game ✓ Support and respect team mates ✓ Win and lose together ✓ Problem solving collectively	Skill: To compete within a team ✓ Assign a suitable team captain ✓ Follow multiple instructions and team captains ✓ Initiate and follow rules of the game ✓ Adapt rules for inclusion ✓ Support, respect and lead team mates ✓ Win and lose together ✓ Problem solving collectively and appropriately	Skill: To compete within a team ✓ Assign a suitable team captain ✓ Follow multiple instructions and team captains ✓ Initiate and follow rules of the game ✓ Adapt rules for inclusion ✓ Support, respect and lead team mates ✓ Win and lose together ✓ Problem solving collectively appropriately
	Skill: To compete individually ✓ To self-motivate ✓ To aim for personal best ✓ To handle and become a successful individual / solo sports person	Skill: To compete individually ✓ To self-motivate ✓ To aim for personal best ✓ To handle and become a successful individual / solo sports person	Skill: To compete individually ✓ To self-motivate ✓ To aim for personal best ✓ To handle and become a successful individual / solo sports person ✓ Consistency in outcomes	Skill: To compete individually ✓ To self-motivate ✓ To aim for personal best ✓ To handle and become a successful individual / solo sports person ✓ Consistency in outcomes
Gymnastics and Yoga	Skill: To roll ✓ Sideways (log, barrel or pencil) ✓ Teddy bear roll	Skill: To roll ✓ Forward roll ✓ Backward roll	Skill: To roll ✓ Forward roll ✓ Backward roll ✓ Combination of rolls	Skill: To roll ✓ Combination of rolls
	Skill: To move ✓ To run and jump safely ✓ To link movements	Skill: To balance ✓ To perform a downward-facing bridge ✓ To perform an upward-facing bridge ✓ To perform a side bridge	Skill: To move ✓ To scissor leap ✓ To split leap ✓ To tuck jump ✓ To add turns into leaps and jump sequences	Skill: To balance ✓ To perform a head stand ✓ To counter balance with equipment ✓ To counter balance / tension with partners using body resistance
	Skill: To be flexible ✓ To balance	Skill: To be flexible ✓ To balance	Skill: To be flexible ✓ To balance using core strength	Skill: To move ✓ To perform cartwheels ✓ To perform round offs

	<ul style="list-style-type: none"> ✓ Stretching and lengthening muscles for flexibility ✓ Understanding of how to stretch correctly (focus on correct position of body before stretching) 	<ul style="list-style-type: none"> ✓ Stretching and lengthening muscles for flexibility ✓ Understanding of how to stretch correctly (focus on correct position of body before stretching) 	<ul style="list-style-type: none"> ✓ Stretching and lengthening muscles for flexibility/stationary into movement 	Sequences demonstrating synchronisation and canon (follow-the-leader)
	<p>Skill: To be physically strong</p> <ul style="list-style-type: none"> ✓ To build core strength ✓ To balance for a longer period 	<p>Skill: To be physically strong</p> <ul style="list-style-type: none"> ✓ To build core strength ✓ To balance for a longer period 	<p>Skill: To be physically strong</p> <ul style="list-style-type: none"> ✓ To balance using core strength ✓ To balance for sustained periods ✓ To build speed and agility 	<p>Skill: To be physically strong</p> <ul style="list-style-type: none"> ✓ To balance using core strength ✓ To balance for sustained periods ✓ To build speed and agility ✓ Stretching and lengthening muscles for flexibility, stationary into movement
	<p>Skill: To demonstrate control in their movement</p> <ul style="list-style-type: none"> ✓ Strong core, grounded movements ✓ Breathing techniques 	<p>Skill: To demonstrate control in their movement</p> <ul style="list-style-type: none"> ✓ Strong core, grounded movements ✓ Breathing techniques 	<p>Skill: To demonstrate control in their movement</p> <ul style="list-style-type: none"> ✓ Strong core, grounded movements, showing control ✓ Breathing techniques with further progression as strength builds 	<p>Skill: To demonstrate control in their movement</p> <ul style="list-style-type: none"> ✓ Strong core, grounded movements, showing control ✓ Breathing techniques with further progression as strength builds
	<p>Skill: To link movement through transition</p> <ul style="list-style-type: none"> ✓ Smooth transition linking movements ✓ Fluidity of movement using transition 	<p>Skill: To link movement through transition</p> <ul style="list-style-type: none"> ✓ Smooth transition linking movements ✓ Fluidity of movement using transition 	<p>Skill: To link movement through transition</p> <ul style="list-style-type: none"> ✓ Smooth transition linking sequenced movements ✓ Fluidity of movement using transition ✓ To arrange movements to a transition 	<p>Skill: To link movement through transition</p> <ul style="list-style-type: none"> ✓ Smooth transition linking sequenced movements ✓ Fluidity of movement using transition ✓ To arrange movements to a transition

	<p>Skill: To demonstrate physical fitness (circuits)</p> <ul style="list-style-type: none"> ✓ Work safely ✓ Start to learn techniques of specific exercises ✓ To complete given number of repetitions (sets of 8, rest, up to 4 sets of 8) 	<p>Skill: To demonstrate physical fitness (circuits)</p> <ul style="list-style-type: none"> ✓ Work safely ✓ Improve on using techniques of specific exercises ✓ To complete given number of repetitions (sets of 8, rest, up to 4 sets of 8) 	<p>Skill: To demonstrate physical fitness (circuits)</p> <ul style="list-style-type: none"> ✓ Work safely and use correct techniques ✓ Demonstrate good techniques of specific exercises ✓ To complete rep sets within timed parameters ✓ To set targets for number of sets completed 	<p>Skill: To demonstrate physical fitness (circuits)</p> <ul style="list-style-type: none"> ✓ Work safely and use correct techniques ✓ Demonstrate good techniques of specific exercises ✓ To complete rep sets within timed parameters ✓ To set targets for number of sets completed
Dance	<p>Skill: To create patterns in movement</p> <ul style="list-style-type: none"> ✓ To learn basic dance steps ✓ Teach how to identify the beat and count the number of beats in a bar across music genres ✓ Use learnt basic dance steps to choreograph sequences ✓ Be creative and show imagination 	<p>Skill: To create patterns in movement</p> <ul style="list-style-type: none"> ✓ To learn basic dance steps ✓ Teach how to identify the beat and count the number of beats in a bar across music genres ✓ Use learnt basic dance steps to choreograph sequences ✓ Demonstrate strong creativity and imagination 	<p>Skill: To create patterns in movement</p> <ul style="list-style-type: none"> ✓ To learn more advanced dance steps ✓ Teach how to identify the beat and count the number of beats in a bar across music genres ✓ Aerobic activities / patterns included ✓ Use advanced dance steps to choreograph sequences ✓ Demonstrate strong creativity and imagination 	<p>Skill: To create patterns in movement</p> <ul style="list-style-type: none"> ✓ To learn more advanced dance steps ✓ Teach how to identify the beat and count the number of beats in a bar across music genres ✓ Aerobic activities / patterns included ✓ Use advanced dance steps to choreograph longer sequences ✓ Demonstrate strong creativity and imagination
	<p>Skill: To dance within a group</p> <ul style="list-style-type: none"> ✓ Learn group routine led by teacher 	<p>Skill: To dance within a group</p> <ul style="list-style-type: none"> ✓ Choreograph routines within groups 	<p>Skill: To dance within a group</p> <ul style="list-style-type: none"> ✓ Choreograph group routines with some individual elements 	<p>Skill: To dance within a group</p> <ul style="list-style-type: none"> ✓ Groups to choreograph own dance with individual pieces or parts within group dance and chorus performed together

	Skill: To perform ✓ To perform as a class ✓ To perform to a range of different music genres ✓ Improvise with confidence	Skill: To perform ✓ To perform to an audience ✓ To perform to a range of different music genres ✓ Improvise with confidence	Skill: To perform ✓ To perform to a range of different music genres ✓ Improvise with confidence ✓ Modify parts of a sequence as a result of self and peer evaluation	Skill: To perform ✓ To perform to a range of different music genres ✓ Improvise with confidence ✓ Modify parts of a sequence as a result of self and peer evaluation
OAA	Skill: To climb ✓ To traverse across a straight climbing wall	Skill: To climb ✓ To traverse across a straight climbing wall ✓ To use safety harness	Skill: To climb ✓ To traverse across a graded climbing wall ✓ To climb up and down wall bars ✓ To use safety harness ✓ To climb up and down rope	Skill: To climb ✓ To traverse across a graded climbing wall ✓ To climb up and down wall bars ✓ To use safety harness ✓ To climb up and down rope ✓ To climb to heights safely
		Skill: To solve problems ✓ To interpret set problems ✓ To solve set problems	Skill: To solve problems ✓ To explain how problems can be solved	Skill: To solve problems ✓ To set problems ✓ To devise and implement given problems
		Skill: To orienteer ✓ Plan a journey / route through the school ✓ Draw a simple map of the route	Skill: To orienteer ✓ To locate places using a map ✓ To read a compass ✓ To locate markers based on clues ✓ To locate markers using a structured orienteering course ✓ To create an orienteering course	

Personal Skills	Skill: To self-evaluate learning ✓ To comment on what they have achieved	Skill: To self-evaluate learning ✓ To self-reflect on what could have been done better ✓ Suggest how improvements could be made	Skill: To self-evaluate learning ✓ To reflect on what could have been done better as a team ✓ Suggest how improvements could be made	Skill: To self-evaluate learning ✓ Demonstrate improvements in next stage of learning
	Skill: To peer-evaluate learning ✓ Watch and describe others performances	Skill: To peer-evaluate learning ✓ To peer-reflect on what could have been done better ✓ Suggest how improvements could be made to peers	Skill: To peer-evaluate learning ✓ To peer-reflect on what could have been done better ✓ Suggest how improvements could be made to peers ✓ Pick out specific positive or negative elements of the performance	Skill: To peer-evaluate learning ✓ Pick out specific positive or negative elements of the performance ✓ Coach peers to implement improvements in next stage of learning ✓ Provide tactics and techniques to provide improvements
	Skill: To demonstrate improvement ✓ To self-assess ✓ Learn to take constructive criticism from peers and teachers	Skill: To demonstrate improvement ✓ To self-assess ✓ Learn to take constructive criticism from peers and teachers	Skill: To demonstrate improvement ✓ To self and peer assess ✓ Learn to take constructive criticism from peers and teachers ✓ Teach how to read, recognise and re-align goals for improvement	Skill: To demonstrate improvement ✓ To self and peer assess ✓ Learn to take constructive criticism from peers and teachers ✓ Teach how to read, recognise and re-align goals for improvement
	Skill: To communicate ✓ Team activities to promote discussion ✓ To listen attentively to what is being communicated ✓ To communicate 1:1	Skill: To communicate ✓ Team activities to promote discussion ✓ To listen attentively to what is being communicated ✓ To communicate 1:1 ✓ To communicate to a group	Skill: To communicate ✓ Team activities to promote explanation and discussion ✓ To listen attentively and to offer constructive criticism on what is being communicated ✓ To communicate 1:1 ✓ To communicate to a group ✓ To communicate between groups	Skill: To communicate ✓ Team activities to promote explanation and discussion ✓ To listen attentively and to offer constructive criticism on what is being communicated ✓ To communicate 1:1, to and between a group

			✓ Make up a new game and communicate objectives and rules	✓ Make up a new game and communicate objectives and rules
	Skill: To identify the importance of a healthy lifestyle <ul style="list-style-type: none"> ✓ Can identify the effect exercise has on the body ✓ Can identify the importance of exercise and a healthy lifestyle ✓ Warm up and cool down 	Skill: To identify the importance of a healthy lifestyle <ul style="list-style-type: none"> ✓ Can identify the effect exercise has on the body ✓ Can identify the importance of exercise and a healthy lifestyle ✓ Warm up and cool down 	Skill: To identify the importance of a healthy lifestyle <ul style="list-style-type: none"> ✓ Can describe the effect exercise has on the body ✓ Can explain the importance of exercise and a healthy lifestyle ✓ Understand the need to warm up and cool down 	Skill: To identify the importance of a healthy lifestyle <ul style="list-style-type: none"> ✓ Can describe the effect exercise has on the body ✓ Can explain the importance of exercise and a healthy lifestyle ✓ Understand the need to warm up and cool down
	Skill: To demonstrate perseverance <ul style="list-style-type: none"> ✓ To clarify goals ✓ Make plans to achieve your goals ✓ Acknowledge accomplishments ✓ Adapt to changes or problems ✓ Resilience shown when individual or team is losing 	Skill: To demonstrate perseverance <ul style="list-style-type: none"> ✓ To clarify goals ✓ Make plans to achieve your goals ✓ Acknowledge accomplishments ✓ Adapt to changes or problems ✓ Resilience shown when individual or team is losing 	Skill: To demonstrate perseverance <ul style="list-style-type: none"> ✓ To support other pupils in their learning ✓ To make suggestions for how to improve/develop activities ✓ To lead small group activities ✓ To clarify goals ✓ Make plans to achieve your goals ✓ Acknowledge accomplishments ✓ Adapt to changes or problems ✓ Resilience shown when individual or team is losing 	Skill: To demonstrate perseverance <ul style="list-style-type: none"> ✓ To clarify goals ✓ Make suggestions and plans to achieve your goals ✓ Acknowledge accomplishments ✓ Adapt to changes or problems ✓ Resilience shown when individual or team is losing
	Skill: To demonstrate leadership <ul style="list-style-type: none"> ✓ To support other pupils in their learning ✓ To make suggestions on how to improve activities 	Skill: To demonstrate leadership <ul style="list-style-type: none"> ✓ To support other pupils in their learning ✓ To make suggestions on how to improve activities 	Skill: To demonstrate leadership <ul style="list-style-type: none"> ✓ To identify when other pupils need support in their learning ✓ To make suggestions for how to improve/develop activities ✓ To lead small group activities 	Skill: To demonstrate leadership <ul style="list-style-type: none"> ✓ To identify when other pupils need support in their learning ✓ To make suggestions for how to improve/develop activities ✓ To lead small group activities

			✓ To help with organising a sporting activity/event	✓ To help with organising a sporting activity/event
Aquatic Skills	Skill: To demonstrate buoyancy <ul style="list-style-type: none"> ✓ Buoyancy with an aid: pool noodle, board or ball and how to stay upright ✓ Sculling to move using an aid ✓ Sculling without an aid ✓ To float: <ul style="list-style-type: none"> ✓ Mushroom float ✓ Back float ✓ Star float ✓ Perform HELP (Heat Escape Lessoning Position) position and Huddle with others if not alone to keep heat ✓ Explain when it would be used (if in case of falling into cold water to keep body organs warm.) ✓ Aquatic breathing: to know that holding breath increases aquatic buoyancy 			
	Skill: To swim distance <ul style="list-style-type: none"> ✓ Swim competently, confidently and proficiently further than 25 metres ✓ Start off confidently and competently swimming 2 lengths of the pool using the 4 swimming strokes ✓ Swim increasingly longer distances using a range of strokes ✓ Compete in a race ✓ Increase distance by adding lengths each time until a minimum of 25 metres is covered comfortably 			
	Skill: To demonstrate stroke technique <ul style="list-style-type: none"> ✓ To kick legs using a float ✓ To practice independent arm technique using a float ✓ To use aquatic breathing when performing strokes ✓ To swim front crawl using correct technique ✓ To swim a range of strokes using correct technique ✓ To use strokes to move around the pool efficiently ✓ To play games e.g. water polo using stroke technique 			
	Skill: To perform self-rescue <ul style="list-style-type: none"> ✓ To float and trend water whilst attracting attention ✓ To act out self-rescue scenarios ✓ To self-rescue wearing clothing ✓ To climb out of the pool unaided 			

Skill: To understand importance of water safety

- ✓ To discuss how to behave when in and around water and how to help in an emergency
- ✓ Be able to explain where incidents could take place and what number to call for help