



Features											
<ul style="list-style-type: none"> <li>At Early Years, the key knowledge progression document takes reference from the; Early Years Framework and Development Matters.</li> <li>At KS1, the key knowledge is aligned with the National Curriculum and at Carlinghow Academy the following strands feature within our curriculum:</li> <li>At KS2, the key knowledge is aligned with the National Curriculum's strands of:               <ul style="list-style-type: none"> <li>Assessment</li> <li>Developing Experts Knowledge Organisers</li> <li>Retrieval Challenge Grids</li> </ul> </li> </ul>							 Skills are reliant upon specific knowledge. A skill the capacity to perform from drawing upon retained knowledge.			 Children are taught specific vocabulary in line with their topic and the Statutory Spellings of their year group.	
Early Years Framework											
Strand	Early Years Statutory Framework:			Development Matters: Past and Present							
<b>Early Years</b>	Physical Development: Gross Motor skills and Fine Motor skills.			Fundamentals of Movement :Agility, Balance, Co-ordination							
National Curriculum											
Strand											
NC Strand	<b>Gymnastics</b>	<b>Basic Movement</b>	<b>Team Games</b>	<b>Running, jumping, throwing and catching.</b>	<b>Play competitive games</b>	<b>Swimming</b>	<b>Dance</b>	<b>Outdoor and adventurous activity</b>	<b>Evaluating</b>		
Our concepts	<b>Agility</b>	<b>Balance</b>	<b>Co-ordination</b>	<b>Cognitive</b>	<b>Manipulation</b>			<b>Physical</b>			
Sticky facts threading through our PE curriculum strands											
Strand	<b>Nursery</b>	<b>Reception</b>	<b>Year 1 (cycle A) Year 2 (cycle B)</b>		<b>Year 3 (cycle A) Year 4 (cycle B)</b>			<b>Year 5 (cycle A) Year 6 (cycle B)</b>			
<b>Agility</b>	<u>Autumn 1</u> Improve the control of my body Improve my understanding of left and right Improve my ability to change direction		<u>Autumn 1</u> Improve my understanding of how my body works Improve my understanding of opposites and demonstrate flexibility								

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	<p><b><u>Autumn 2</u></b>          Improve my understanding of different types of PE and Sporting equipment          improve travelling skills</p> <p><b><u>Spring 1</u></b>          Improve reactions by working with ball catching skills.          Improve my understanding of parts of the body to help me follow physical instructions.</p> <p><b><u>Spring 2</u></b>          Improve my ability to rotate my arms (and when I would use it)</p> <p><b><u>Summer 2</u></b>          Improve my ability to perform rotation of various parts of my body          Improve my ability to perform a secure jump and landing          Improve my understanding of how to travel safely          Improve my ability to react quickly to commands</p>	<p>Improve my ability to push off from either foot with equal force  <b>Improve my understanding of how my body works and how to recover</b>  <b>Improve my speed of movement to mimic actions</b></p> <p><b><u>Autumn 2</u></b>          Improve my understanding of how my body shape changes when travelling within different sports          Improve the ability to change direction quickly  <b>Improve my ability to change direction to move into space</b>  <b>Improve my ability to navigate through obstacles with different sports equipment</b></p> <p><b><u>Spring 1</u></b>          Improve my agility through different catching skills.          Learn left and right.  <b>Improve agility and control of movements by exploring the ability to react quickly to others</b>  <b>Improve agility through different catching and reaction tasks</b>  <b>Improve my ability to change direction quickly and smoothly</b></p> <p><b><u>Spring 2</u></b>          Improve my ability to throw with both hands.  <b>Improve the smoothness of my rotation when striking a tennis ball</b></p> <p><b><u>Summer 2</u></b>          Improve the control and rotation of my hips.          Improve my ability to perform a co-ordinated jump and one footed landing.          Improve my ability to run continuously          Improve my ability to react quickly to commands  <b>Improve the control and rotation of my body</b></p>		
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		<p>Improve my ability to co-ordinate multiple jumps and landings over a sustained period</p>		
<b>Balance</b>	<p><b>Autumn 1</b>          Improve my core balance (and being 'still') abilities          Improve my dynamic balance - hopping skills</p> <p><b>Autumn 2</b>          Improve my kicking technique          Improve balancing skills and hand to eye co-ordination</p> <p><b>Spring 1</b>          Improve my understanding of different parts of the body and how they affect balance.          Improve balancing skills and control of my body.</p> <p><b>Spring 2</b>          Improve my ability to hold my head still whilst moving my limbs          Improve my balance and control of my limbs</p> <p><b>Summer 1</b>          Improve my understanding of balance          Improve my understanding of balance and how to make adjustments</p> <p><b>Summer 2</b>          Improve my balance          Understand why I fall over sometimes</p>	<p><b>Autumn 1</b>          Improve my core balance and 'holding a position' abilities.          Improve my dynamic balance – hopping skills</p> <p>Improve my understanding of the roles points of contact play in balance          Improve my dynamic balance - hopping skills</p> <p><b>Autumn 2</b>          Improve my balance as I move at various speeds and use either side          Improve balance through hand to eye coordination and interaction with equipment</p> <p>Improve my ability to generate force through momentum and swing          Improve balance through hand to eye co-ordination and interaction with equipment</p> <p><b>Spring 1</b>          Improve my balance in various positions.          Improve the ability to control my body and hold a position.          Improve my ability to generate force through momentum and swing</p> <p><b>Spring 2</b>          Improve my balance and control          Improve my balance (and my understanding of balance)          Improve the ability to control the body and hold a position for a sustained period          Improve my balance and control          Improve my balance (and my understanding of balance)</p> <p><b>Summer 1</b>          Understand balancing and how points of contact affects balance.          Improve my ability to perform a balanced take-off and landing.</p>		

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		<p>Understand when different points of contact can be used in sport          Improve my ability to perform a balanced take off and landing  <u>Summer 2</u>          Improve my balance          Improve my ability to understand what happens to balance when I face a force.          Improve my ability to make small movements to maintain my balance          Improve my ability to understand what happens to balance when I face contrasting forces</p>		
<p><b>Co-ordination</b></p>	<p><u>Autumn 1</u>          Improve the co-ordination of my feet          Improve my understanding of distances  <u>Autumn 2</u>          Improve the accuracy and technique of my rolling skills          Improve my catching skills  <u>Spring 1</u>          Improve my understanding of rhythm.          Improve my control and reactions to a cue.  <u>Spring 2</u>          Improve catching skills          Improve the timing of my catching skills  <u>Summer 1</u>          Improve my catching technique          Improve my ability to receive objects          Improve my ability to combine movements          Improve my understanding of different power</p>	<p><u>Autumn 1</u>          Improve the coordination of my feet          Improve my understanding of controlling power          Improve the co-ordination of my feet          Improve my understanding of when to use different types of throw  <u>Autumn 2</u>          Improve the accuracy and technique of my throwing skills.          Improve my ability to adjust my hand positions for a range of catches.          Improve the accuracy and technique of my passing skills          Improve my ability to track and adjust my body position for a range of catches  <u>Spring 1</u>          Improve my understanding of rhythm and how it effects my movements.          Improve my control of rhythm.          Improve the way I link a sequence of movements  <u>Spring 2</u>          Improve my catching skills.          Improve my timing when striking an object.          Improve my ability to perform a dance movement on a cue          Improve catching skills and hand to eye co-ordination  <u>Summer 1</u></p>		

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		<p>Improve my catching technique          Improve my ability to receive objects          Improve my co-ordination through combining skills.          Improve my understanding of how and when to adjust throwing styles.          Improve my timing when striking an object          Improve my catching technique          Improve my ability to make adjustments based on my judgement when receiving  <u>Summer 2</u>          Improve my co-ordination through combining skills          Improve my understanding of the relationships between power and weight</p>		
<p><b>Cognitive</b></p>			<p><u>Autumn 1</u>          Improve my observation skills          Improve my understanding of different movements and their place in sports          Improve my understanding of team work          Improve my observation and communication skills          Improve the way that I approach game situations based on the circumstances          Improve my ability to work as part of a team  <u>Autumn 2</u>          Improve my ability to concentrate and focus on a basic task          Improve my ability to anticipate actions          Improve my understanding of why rules exist in sports          Improve my ability to read fakes and focus on the ball  <u>Spring 1</u>          Improve ability to watch and communicate with others.          Improve my ability to judge the performance of others.          Improve my ability to watch and communicate with others  <u>Spring 2</u>          Improve my understanding of the roles of different positions in sport          Improve my ability to observe and learn from others          Improve my understanding of shot placement  <u>Summer 1</u>          Improve my ability to anticipate and react to a command          Improve my ability to react to others  <u>Summer 2</u>          Improve evaluation of my own techniques</p>	<p><u>Autumn 1</u>          Improve my observation and communication skills          Improve my decision making based on a variety of in-games situations          Improve my participation as part of a team          Improve my leadership skills          Improve my understanding of how to lead a team and dictate tactics          Improve my ability to work with teammates to make and execute a plan  <u>Autumn 2</u>          Learn to react appropriately to refereeing decisions          Improve my ability to predict opponents play          Improve my leadership skills          Improve my ability to predict opponents play  <u>Spring 1</u>          Improve my ability to communicate and lead a group.          Improve my communication skills through teaching others          Improve my leadership skills.  <u>Spring 2</u>          Improve my understanding of positions and tactics          Improve my creativity and leadership skills          Improve my application of positions and tactics</p>

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			<p>Improve my ability to give instructions. Improve my ability to listen to and follow new instructions <b>Improve my reaction times to execute a turn</b></p>	<p><b>Summer 1</b> Improve my ability to anticipate and predict the actions of others and adapt my own performance accordingly <b>Improve my ability to judge space and distance - improving my anticipation</b> <b>Summer 2</b> Improve my understanding of the things that affect performance Improve my ability to work with team mates Improve my ability to work with others within a set of rules. <b>Improve my ability to improve my own performance</b></p>
<p><b>Manipulation</b></p>			<p><b>Autumn 1</b> Improve my dribbling skills with a basketball Improve my throwing technique <b>Improve my dribbling skills with a hockey stick</b> <b>Improve my understanding of the different passing techniques in sport</b> <b>Autumn 2</b> Improve the relationship between body position and accuracy. Improve my control of objects and my ability to use items in different ways to achieve different results. Improve shooting technique – understanding which sports we shoot in. <b>Improve the relationship between body position and accuracy (increase in difficulty on Y3)</b> <b>Improve my timing and reading of game situations</b> <b>Spring 1</b> Improve accuracy in passing, shooting and aiming at targets. <b>Improve understanding of the relationship between accuracy and distance and power</b> <b>Spring 2</b> Improve my catching skills for deep fielding Improve my timing and power when striking an object <b>Improve accuracy and power when aiming at targets - both hands will be tested</b> <b>Improve my catching skills for a variety of fielding</b> <b>Summer 1</b> Improve my dribbling skills Improve my catching technique Improve my throwing technique with a javelin <b>Improve my ability to adjust my position to complete a rally</b> <b>Improve my dribbling skills and use fakes and disguises</b></p>	<p><b>Autumn 1</b> Improve my understanding of dribbling opportunities Improve my understanding of how to pass over different distances <b>Improve the effectiveness of dribbling in competitive situations</b> <b>Improve my use of passing techniques in competitive situations</b> <b>Autumn 2</b> Improve my ability to repeat accuracy and power on both sides Improve my understanding of when to pass and when not to pass Improve anticipation and tracking in shooting activities <b>Improve my combination of skills to capitalise on opportunities to shoot early</b> <b>Improve understanding of pass selection</b> <b>Spring 1</b> Improve accuracy in passing, shooting and aiming at targets - both hands will be tested even the best <b>Improve decision making in terms of shot choice</b> <b>Spring 2</b> Improve my fielding skills Improve my ability to maintain racket control <b>Improve accuracy by increasing range of shot</b> <b>Improve my fielding skills to perform a run out</b> <b>Summer 1</b> Increase the speed of my dribbling skills</p>

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			<p>Improve my catching technique</p> <p><b>Summer 2</b></p> <p>Improve my ability to strike a ball off a tee</p> <p>Improve my throwing technique with a shot put</p> <p>Improve my ability to strike a moving ball with a bat</p>	<p>Improve my catching technique and make adjustments as required</p> <p>Improve my throwing technique</p> <p>Improve my shot selection to win a game</p> <p>Improve my ability to demonstrate good dribbling techniques across a range of invasion games</p> <p>Improve my catching technique and manipulation of the ball</p> <p><b>Summer 2</b></p> <p>Improve my ability to strike moving balls with my feet</p> <p>Improve my understanding of and manipulation of a javelin</p> <p>Demonstrate that I have transferable striking skills</p>
Physical			<p><b>Autumn 1</b></p> <p>Improve my understanding of my own physical strength</p> <p>Build on previous learning and demonstrate side stepping technique</p> <p>Improve my understanding of how to improve my own physical strength</p> <p><b>Autumn 2</b></p> <p>Improve the control I am able to exert – does my body do what my brain tells it to do?</p> <p>Improve the speed at which I can change positions</p> <p>Improve the understanding of what a drop shot is and the control needed to play one</p> <p><b>Spring 1</b></p> <p>Improve how quickly the brain tells the body what to do – decision making</p> <p>Improve the ability to hold my body still and in tension to a fixed position.</p> <p>Improve ability to react and mimic.</p> <p>Improve the speed of thought to benefit game play</p> <p>Improve my strength and stamina to hold a position</p> <p>Improve my ability to work with a partner to create a simple sequence of movements</p> <p><b>Spring 2</b></p> <p>Improve my throwing power by being explosive</p> <p>Improve my running technique to increase my speed</p> <p>Improve my throwing power by being explosive</p> <p>Improve my running technique to increase my speed</p> <p><b>Summer 1</b></p> <p>Improve my understanding of how to use different parts of my body to create speed</p>	<p><b>Autumn 1</b></p> <p>Improve my understanding of the importance of combining technique and power</p> <p>Improve my passing on both sides</p> <p>Improve my determination, power and physicality</p> <p><b>Autumn 2</b></p> <p>Improve the ability to change power for each shot</p> <p>Improve range of movements to deceive an opponent and capitalise on situations</p> <p>Improve understanding of when and why to choose a certain shot</p> <p><b>Spring 1</b></p> <p>Improve the speed of thought and reduce reaction time to benefit game play.</p> <p>Improve my ability to be still in a position with tension in my body.</p> <p>Improve my ability to send messages from my brain to my body.</p> <p>Improve decision making and opportunity taking</p> <p>Improve my ability to be still in a position with tension in my body</p> <p>Improve my ability to perform a sequence of dance movements to music</p> <p><b>Spring 2</b></p> <p>Improve my striking power by being explosive</p> <p>Improve my running technique in a sporting situation</p> <p>Improve my transferable power</p>

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			Improve my understanding of explosive strength Improve the Speed, Agility and Quickness of my feet <u>Summer 2</u> Improve my ability to move at speed Improve my ability to control my movements Improve my explosive strength Improve my reaction times to execute a turn	Learn about transferable speed <u>Summer 1</u> Improve my core speed Improve my explosive strength Improve my ability to perform complex co-ordination at speed <u>Summer 2</u> Improve my speed of thought and my co-ordination to increase speed Improve my ability to use cushion control Improve my explosive strength Improve my performance of tactical agility	
<b>Vocabulary threading through our PE curriculum strands</b>					
<i>Strand</i>	<b>Nursery Reception</b>	<b>Year 1 Year 2</b>	<b>Strand</b>	<b>Year 3 Year 4</b>	<b>Year 5 Year 6</b>
<b>Agility</b>	Body Direction Travelling Catching Rotating Jumping Landing Reacting	Body Opposites Flexibility Equal force Body shape Travelling Direction Navigate Catching Left/right Control Reaction Throwing Rotation Jumping Landing Running	<b>Cognitive</b>	Observation Movement Team work Communication Approach Concentration Focus Anticipate Rules Watching Judging Positions Shot placement Reaction Evaluate Instructions	Observation Communication Decision making Participation Leadership Tactics Team work Execution Reaction Prediction Positions Creativity Anticipate Adaptation Judging Rules Performance
<b>Balance</b>	Core balance Dynamic balance Kicking Hand/eye co-ordination Control	Core balance Dynamic balance Contact Speed Hand/eye co-ordination Balance	<b>Manipulation</b>	Dribbling Throwing Passing Position Accuracy Control	Dribbling Passing Distance Competitive Techniques Accuracy



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		Control Force Momentum Swinging Taking off Landing		Shooting Timings Aiming Distance Power Fielding Striking Catching	Power Anticipate Tracking Shooting Aiming Targets Decision-making Fielding Control Speed Catching Throwing Striking Technique
<b>Co-ordination</b>	<b>Co-ordination</b> Distance Accuracy Rolling Catching Rhythm Control Reactions Timings Receiving Movement Power	Control Co-ordination Throwing Accuracy Technique Catching Passing Rhythm Striking Hand/eye co-ordination Receiving Power	<b>Physical</b>	Strength Control Speed Drop shot Decision making Tension Reaction Mimic Stamina Sequence Movement Throwing Running Explosive Agility Quickness Reaction	Power Determination Physicality Movement Reaction Tension Sequence Movement Strength Agility Passing Opponent Running Striking Speed