

KNOWLEDGE PROGRESSION IN PE AT THE FOUNDATION STAGE

EARLY LEARNING GOALS FOR PHYSICAL DEVELOPMENT

HEALTH AND SELF-CARE

Early Learning Goals	<ul style="list-style-type: none"> • Children know the importance for good health, of physical exercise and a healthy diet. • Children talk about being healthy and safe.
Early Years Foundation Stage	<ul style="list-style-type: none"> • To understand how to warm up and cool down. • To know that their bodies feel different when exercising. • To begin to know that being active is good for them and fun.

KNOWLEDGE PROGRESSION IN PE AT KEY STAGE ONE

National Curriculum	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns
Year 1	<ul style="list-style-type: none"> • To understand the importance of warming up and cooling down. • To recognise how their body feels when still and when exercising. • To recognise what their bodies feel like during different types of activity. • To lift, move and place equipment safely. • To recognise that being active is good for them and fun.
Year 2	<ul style="list-style-type: none"> • To understand the importance of warming up and cooling down and the impact this can have upon their body. • To recognise and describe how their body feels when still and when exercising. • To recognise and describe what their bodies feel like during different types of activity. • To lift, move and place equipment safely and understand the importance of this. • To recognise that being active is good for them and fun and the effects this has on their overall health.

KNOWLEDGE PROGRESSION IN PE AT LOWER KEY STAGE TWO

National Curriculum	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • compare their performances with previous ones and demonstrate improvement to achieve their personal best • develop flexibility, strength, technique, control and balance • perform dances using a range of movement patterns • use running, jumping, throwing and catching in isolation and in combination • take part in outdoor and adventurous activity challenges both individually and within a team
Year 3	<ul style="list-style-type: none"> • To know they need to warm up and cool down. • To know what you need to do to warm up and cool down. • Describe how the body reacts during different types of activity. • To recognise and describe the short term effects of exercise on the body. • Understand how to improve stamina. • Know the importance of suppleness and strength. • To recognise which activities help their speed, strength and stamina.
Year 4	<ul style="list-style-type: none"> • To keep up activity over a period of time and know they need to warm up and cool down. • To know and describe what you need to do to warm up and cool down. • Describe how the body reacts during different types of activity and how this affects the way they perform. • To recognise and describe the short term effects of exercise on the body during different activities. • Understand how to improve stamina and the important this has on your health. • Know the importance of suppleness and strength. • To recognise which activities help their speed, strength and stamina and why these elements are important in games.

KNOWLEDGE PROGRESSION IN PE AT UPPER KEY STAGE TWO

National Curriculum	<ul style="list-style-type: none"> • play competitive games, modified where appropriate • compare their performances with previous ones and demonstrate improvement to achieve their personal best • develop flexibility, strength, technique, control and balance • perform dances using a range of movement patterns • use running, jumping, throwing and catching in isolation and in combination • take part in outdoor and adventurous activity challenges both individually and within a team
Year 5	<ul style="list-style-type: none"> • Understand why warming up and cooling down are important for good quality performance. • Understand why exercise is good for health, fitness and wellbeing and how to become healthier themselves. • Know how to carry out warm ups and cool downs safely and effectively. • To demonstrate that they know and understand the principles of warming up by choosing appropriate activities for the games they are going to play. • To understand the need to prepare properly for games. • To know, measure and describe the short-term effects of exercise on the body
Year 6	<ul style="list-style-type: none"> • Understand why warming up and cooling down are important for good quality performance. • Understand why exercise is good for health, fitness and wellbeing and how to become healthier themselves. • Know how to carry out warm ups and cool downs safely and effectively. • To demonstrate that they know and understand the principles of warming up by choosing appropriate activities for the games they are going to play. • To understand the need to prepare properly for games. • To know, measure and describe the short-term effects of exercise on the body

