Knowledge Progression Document for KS1 PE -

Procedural Knowledge (knowing how):

KS1 (Years 1-2)

Fundamental Movement Skills:

- Rolling and tumbling techniques.
- Balancing on one foot and on different body parts.
- Climbing on playground equipment safely.

Games and Play:

- Engaging in team-building exercises and trust activities.
- Playing modified versions of sports like mini-football and minibasketball.
- Demonstrating basic ball-handling skills (e.g., dribbling, passing).

Introduction to Dance:

- Exploring simple dance moves and rhythms.
- Learning basic dance steps (e.g., the waltz, cha-cha slide).
- Creating dance routines as a group.

Declarative Knowledge (knowing that):

KS1 (Years 1-2)

Healthy Living:

- Recognising the benefits of a balanced diet, including fruits, vegetables, and whole grains.

Understanding the importance of sleep and rest for physical well-being.Identifying the role of hydration in maintaining health.

Safety and Personal Space:

- Learning about personal safety during physical activities, such as avoiding collisions.

- Understanding the importance of proper footwear and clothing for physical activity.

- Recognising the value of teamwork, cooperation, and good sportsmanship.

What skills and knowledge do our EYFS children take into the y1 curriculum? In EYFS, children develop foundational skills and

knowledge that lay the groundwork for their PE learning in Year 1. Learning to:

•Revise and refine the fundamental movement skills they have already acquired:

- rolling running crawling - hopping walking - skipping
- jumping climbing

•Progress towards a more fluent style of moving, with developing control and grace.

Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines
Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor

Implementation

Our broad and balanced curriculum will give all children the chance to experiment, practice and compete in an enjoyable, stimulating and appropriately challenging environment. The range of activities, along with high quality teaching, seek to ensure that children enjoy success and are motivated to further develop their health and fitness. All pupils have two hours a week dedicated to P.E. sports and activities which change every half term, to ensure our students are covering all aspects of the P.E. curriculum and to continue to engage, challenge and motivate our pupils. This will ensure they are continuously learning new skills and securing others. Some lessons are taught by our specialist P.E. teacher, who also provides support (through team teaching) for less experienced staff.

Learning to be an athlete at East Tilbury Primary

Intent

East Tilbury Primary School provides an enriching Physical Education (PE) program that adheres to the National curriculum. Our intent is to nurture a lifelong love for physical activity and well-being. We aim to inspire pupils to lead active, healthy lives by offering a diverse range of sports and activities. Our PE curriculum focuses on skill development, teamwork, and promoting physical and mental well-being. We are committed to inclusivity, ensuring all students can participate and succeed. By creating a supportive environment, we empower pupils to excel in sports and understand the importance of fitness and sportsmanship, preparing them for a healthy future.





Knowledge Progression Document: PE (KS2)

Procedural Knowledge (knowing how):

KS2 (Years 3-6)

Sports Skills Development:

- Practicing advanced sports techniques, such as serving in volleyball.
- Participating in fitness challenges (e.g., timed runs, circuit training).
- Learning advanced skills in specific sports (e.g., tackling in rugby, volleying in tennis).

Outdoor and Adventurous Activities:

- Engaging in orienteering exercises, including map reading and navigation.
- Participating in outdoor challenges like hiking and team-building activities.
- Learning survival skills and basic camping techniques.

Health and Well-being:

- Understanding the effects of exercise on the body, including heart rate and respiration.
- Demonstrating warm-up and cool-down routines for physical activity.
- Identifying the importance of staying hydrated during exercise.

Declarative Knowledge (knowing that):

KS2 (Years 3-6)

Fitness and Nutrition:

- Exploring different fitness components (e.g., flexibility, muscular strength).
- Understanding nutritional labels and making healthy food choices.
- Identifying the impact of physical activity on mental well-being.

Sports History and Culture:

- Learning about the origins and history of specific sports like cricket or rugby.
- Studying the cultural significance of sports in different societies.
- Exploring sports heroes and their contributions to the world of athletics.

Inclusion and Adaptation:

- Understanding the importance of inclusive physical education for all abilities.
- Learning how to adapt activities to accommodate diverse needs.
- Promoting respect and empathy for classmates with varying abilities.

*XEAN

Vocabulary Progression Document: Physical Education

Year 1

1. Basic Movement Skills:

- Vocabulary for foundational movements (e.g., running, jumping, hopping).
 Naming body parts (e.g., arms, legs) and their functions in movement.
- Simple directions and spatial awareness (e.g., forward, backward).
- 2. Games and Sports Terminology:
- Introduction to sports-related vocabulary (e.g., ball, goal, team).
- Basic rules and concepts (e.g., passing, kicking, scoring).
- Understanding the concept of teams and teamwork.

Year 2:

3. Physical Fitness:

- Vocabulary related to physical activity (e.g., exercise, active, warm-up).
- Knowledge of how physical activity benefits health and fitness.
- Words related to muscles and movement (e.g., stretch, bend).

4. Sportsmanship:

- Introduction to sportsmanship terms (e.g., fair play, teamwork).
- Vocabulary related to following rules and being a good sport.
- Encouraging positive interactions during physical activities.

Year 3:

- 5. Sport-Specific Vocabulary:
- Vocabulary for specific sports and activities (e.g., tennis, basketball).
- Intermediate-level rules and terminology (e.g., serving, dribbling).
- Understanding positions and roles in team sports.

6. Health and Fitness:

- Advanced fitness terms (e.g., flexibility, endurance).
- Exploring the benefits of physical fitness and its impact on health.
- Nutrition-related vocabulary (e.g., balanced diet, energy).

Year 4:

7. Sportsmanship and Ethics:

- Advanced sportsmanship terms (e.g., integrity, honesty).
- Exploring ethical concepts in sports (e.g., cheating, respect).

- Discussing the importance of fair competition and respecting opponents. Year 5:

8. Competition and Performance:

- Vocabulary related to competitive sports (e.g., tournament, championship).
- Describing personal performance and setting goals (e.g., personal best).

- Understanding and discussing sports events and achievements. Year 6:

9. Safety and First Aid:

- Terms related to safety during physical activities and sports.
- Vocabulary for basic first aid (e.g., injury, CPR) and seeking help.
- Understanding the importance of injury prevention and risk assessment.

This detailed vocabulary progression document outlines the development of PE-related vocabulary and concepts for each year group in Key Stage 1 (KS1) and Key Stage 2 (KS2), ensuring that pupils acquire the necessary language skills to discuss movement, sports, fitness, health, sportsmanship, competition, and safety as they progress through their primary education.

Resources to use:

Val Sabin scheme

Current planning resources

Indoor and outdoor sports facilities

