

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.



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

