

Guardian Angels' RC Primary School
PE Progression of Declarative Knowledge

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
UNDERSTANDING FITNESS AND HEALTH							
Begin to understand the effect of exercise on the body.	Describe how the body feels when still and when exercising. Understand the benefits of exercise.	Describe how the body feels before, during and after exercise. Know how to carry and place equipment.	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy and how exercise helps. Explain how to improve health and fitness. Can lift, move and place equipment safely.	Recognises and describes the effects of exercise on the body. Knows the importance of strength and flexibility for physical activity. Explains why it is important to warmup and cool-down.	Describes how the body reacts at different times and how this affects performance. Explains why exercise is good for health. Knows reasons for warming up and cooling down. Explains how activities affect heart rate, breathing and temperature. Recognises which activities helps speed, strength and stamina and know when they are important.	Knows and understand the reasons for warming up and cooling down. Explains why exercise is good for health and fitness and can predict how it affects heart rate, breathing and temperature. Can explain some safety principles when preparing for and during exercise. Understands why physical activity is good for their health. Can create warm up and cool down activities.	Understands the importance of warming up and cooling down. Can carry out warm ups and cool downs safely and effectively. Understands why exercise is good for health, fitness and wellbeing and how to become healthier.
ACQUIRING AND DEVELOPING SKILLS							
Begin to develop movement skills.	Show some control in movement skills.	Copy actions. Repeat actions and skills. Move with control and care. Copy and remember actions.	Copy and remember actions. Repeat and explore actions with control and coordination.	Select and use the most appropriate skills, actions or ideas. Move and use actions with coordination and control. Create my own small sided game.	Select and use the most appropriate skills, actions or ideas. Create my own small-sided game. Show good control in my movements.	Link skills, techniques and ideas and apply them accurately and appropriately. Show good control in my movements.	Apply skills, techniques and ideas consistently. Show precision, control and fluency.

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		Move equipment carefully.					
EVALUATING AND IMPROVING PERFORMANCE							
Begin to talk about what I have done.	Able to talk about what I have done. Describes what other people did.	Watches and describes performances. Begins to say how others could improve. Explains why participating in sports is good for us.	With help, recognises how performances could be improved. Explains how work is similar and different from that of others. Uses comparison to improve work.	Explains how their work is similar and different from that of others. Uses observations to improve work.	Compares and comments on skills, techniques and ideas that they and others have used. Modifies use of skills or techniques to improve work.	Analyses and explains why I have used specific skills or techniques. Creates own success criteria for evaluating.	Compares own performance with previous ones to achieve my personal best.
RULES, TACTICS AND STRATEGIES							
Beginning to follow simple rules. Beginning to remember rules.	Follows simple rules. Explaining more rules.	Follows simple rules to play games, including team games. Describes simple tactics in a game. Uses simple attacking skills such as dodging to get past a defender. Uses simple defensive skills such as marking a player or defending a space.	Understands the importance of rules in games. Uses simple tactics in a game. Uses at least one technique to attack or defend to play a game successfully.	Applies and follow rules fairly. Understands and begins to apply the basic principles of invasion games. Knows how to play a striking and fielding game fairly.	Varies the tactics used in a game. Attacks and defends. Uses tactics to keep possession and score. Adapts rules to alter games.	Knows when to use basic strategic and tactical principles of games and adapt them to different situations. Devises and adapts rules to create my own game.	Understands and applies a range of tactics and strategies for defence and attack. Follows and creates complicated rules to play a game successfully. Communicates plans to others during a game. Leads others during a game.

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		Shows awareness of opponents and team mates during a game.					
COMPETING AND PERFORMING							
Gaining control of own body when doing basic movements. Playing simple games.	Controls own body when performing a sequence of movements. Participates in simple games.	Performs using a range of actions and body parts with some coordination. Begins to perform learnt skills with some control. Engages in competitive activities and team games.	Performs sequences of own composition with coordination. Performs learnt skills with increasing control. Competes against self and others.	Develops the quality of the actions in my performance. Performs learnt skills and techniques with control and confidence. Competes against self and others in a controlled manner.	Performs and applies skills and techniques with control and accuracy. Takes part in a range of competitive games and activities.	Consistently performs and apply skills and techniques with accuracy and control. Takes part in competitive games with a strong understanding of tactics and composition.	Performs and applies a variety of skills and techniques confidently, consistently and with precision. Takes part in competitive games with a strong understanding of tactics and composition.