



Know what...

By the end of EYFS...

Know what focusing and following instructions mean to improve their movement skills.

Know what key features of a game are; such as having rules, a space to play in and using equipment.

Know what challenges they may face while playing a game with others.

Know what problem-solving and spatial awareness involve when navigating space in different ways.

Know what simple strategies are for navigating space and avoiding obstacles during play.

Know what it means to set goals and challenges to try to achieve.

By the end of KS1...

Know what activities require good agility, balance and coordination.

Know what to look for when anticipating the movement of a rolling ball, understanding the direction and speed it will take.

Know what types of throw and catch can be used in different activities.

Know what dribbling techniques can be applied to a range of sporting activities.

Know what rules and strategies apply to sending and receiving games.

Know what it means to play fairly in different games.

Know what an effective space is within a game.

Know what actions and movements can be used to match a theme.

Know what rules and scoring systems can be applied to a game.

Know what jumping and shape actions can be created and performed well to match a theme.

Know how...

By the end of EYFS...

Know how to listen carefully to instructions and remember what to do to move in the right way during activities.

Know how to take part in activities fairly, following rules and instructions.

Know how to solve simple problems, both independently and with others.

Know how to make decisions about the placement of my hands and feet when crawling and climbing.

Know how to navigate through space, making decisions about which way to move to avoid people or obstacles.

Know how to choose tasks or equipment which could add challenge to an activity.

By the end of KS1...

Know how to improve their skills within agility, balance and coordination activities.

Know how to think ahead and plan their actions to successfully roll the ball to a target and retrieve it by considering distance and speed.

Know how to adjust their throwing and catching techniques depending on the equipment they use.

Know how to use dribbling skills to avoid obstacles and defenders.

Know how to decide the best way to send or return a ball in different situations.

Know how to make changes to the type of throw used dependent on the activity and equipment.

Know how to decide the best way to send or return a ball in different situations.

Know how to play fairly and take turns in games.

Know how movement skills can be used to find effective space.

Know how to link actions together to make a dance flow smoothly.

Know how to apply problem-solving skills when playing competitively.

Know how to link a series of jumps or shape actions to create small sequences of movement.



Know what...

By the end of EYFS...

Know what different ways of moving their bodies are, such as running, jumping, and crawling.

Know what it means to move their bodies with agility, balance, and coordination.

Know what different ways of moving their bodies are, such as running, jumping, and crawling.

Know what movements I can make in different activities.

Know what basic fundamental movements can be used to explore space.

Know what basic object control movements are.

By the end of KS1...

Know what fundamentals of movement we are developing:

Locomotion:

Leaping, climbing, bounding, jumping, running, rolling, skipping, hopping and walking

Object Control:

Bouncing, kicking, pushing, pulling, striking, dribbling, trapping, collecting, carrying, throwing and catching

Stability:

Landing, bracing, turning, stretching, rotation, twisting, flexing, tucking, bending and extending

Know what the definitions of agility, balance and coordination are.

Know what a controlled roll is and how to retrieve a rolling object using successful techniques.

Know what basic dance actions are, such as jumps, turns, and gestures.

Know what the basic techniques for jumping and creating shapes with their bodies are.

Know how...

By the end of EYFS...

Know how to use their bodies to move, stay steady on their feet, and control their movements during games.

Know how to use movements to play and explore in different environments, like moving through an obstacle course or playing in an open space.

Know how to move quickly and safely around people and obstacles.

Know how to perform movements safely and effectively, using their body to navigate different physical challenges.

Know how to use movements to explore their environment and evade people or obstacles.

Know how to use their hands, feet and equipment to control objects.

By the end of KS1...

Know how to perform basic movements and exercises that improve agility, balance, and coordination.

Know how to react quickly to a rolling ball, using good body positioning to roll it with accuracy and retrieve it efficiently.

Know how to perform a range of throwing and catching techniques

Know how to dribble in a range of sporting activities.

Know how to play games with maximum effort to allow me to achieve the best I can.

Know how to use a range of throwing and catching skills in different activities.

Know how to use running and turning skills within a game.

Know how to perform actions in a simple dance routine.

Know how to perform the necessary physical skills to compete effectively.

Know how to perform jumps and create various body shapes combining their movements smoothly.

Know what...

By the end of EYFS...

Know what it feels like to try new movements and keep practicing, even when it's a little tricky.

Know what to say and do to help others enjoy activities in PE.

Know what they can do to cooperate with others in different activities.

I know what they and other people may feel like when trying new or difficult activities.

Know what it feels like to participate in group activities, sharing space and working with others.

Know what sharing, taking turns, and cooperating with others in physical activities are.

By the end of KS1...

Know what the benefits of developing agility, balance, and coordination are and how these skills contribute to their success in various sports and daily activities.

Know what it feels like to participate confidently and stay focused while in a game or activity.

Know what the importance of being able to throw and catch is and how this can be used in cooperative games.

Know what the importance of resilience is when trying new skills.

Know what the importance of helping others is.

Know what the role of patience and persistence is when learning new skills in sending and receiving.

Know what characteristics make a good friend and team-mate.

Know what the characteristics of a simple invasion game are.

Know what I can do to support others in performing at their best.

Know what values contribute to healthy competition.

Know what ways they can cooperate with others to enjoy shared success.

Know how...

By the end of EYFS...

Know how to stay positive and keep trying, encouraging themselves and their friends during activities.

Know how to play and explore with classmates, sharing ideas and helping others during activities.

Know how to show kindness and cooperation, sharing objects with others and taking turns.

I know how to express my ideas and feelings and those of other people.

Know how to express their feelings and encourage peers, showing cooperation, and enjoyment during activities.

Know how to encourage their friends, share equipment, and take turns during activities.

By the end of KS1...

Know how to demonstrate perseverance when faced with challenging agility, balance, and coordination tasks.

Know how to manage their emotions, staying positive and encouraging others, even if they make a mistake during the activity.

Know how to collaborate with others, offering constructive feedback and encouraging a positive, supportive environment.

Know how to share my ideas and thoughts with others in my class.

Know how to share ideas to adapt the games we play.

Know how to work cooperatively with others when sending, receiving, and returning an object.

Know how to express their feelings about fairness in a respectful way.

Know how to set up and play a simple invasion game.

Know how to share and perform different ideas to create a simple dance routine.

Know how to manage emotions during both winning and losing scenarios.

Know how to encourage and motivate themselves and their peers to achieve success.