



Knowledge Progression



Year 1/2 PE

	Gymnastic Movements TERM:	Basic movements and Team Games TERM:	Dance TERM:
Key Vocabulary	Balance, body tension, tensed, relaxed, stretched, curled, carry, control, extension, fast, hang, high, jump, link, low, safety, shape, co-ordination, movement, travel, muscles, demonstrate, repeat, observe, evaluate, apparatus, repeat, sequence, pattern, timing, power, rock, roll, spin, turn, unison, canon, speed, strength, judging, transition	Run, throw, power, quick, burpee, obstacle, control, stamina, static, dynamic, balance, forwards, backwards, distance, far, fast, furthest, high, medium, fastest, relay, direction, attack, defend, catch, compete, under-arm, over-arm, play against, receive, send, aim, bowl, batter, collect, feed, field, retrieve, stop, strike, runs, wicket, umpire, post, stumps, net, roll, forehand, backhand, court, strength, fitness, backstop, wicketkeeper, body position, track, opposition, position, serve, bounce, racquet, throw, roll, physical activity, speed, heart rate, cooperate, pitch, goal, hit, self-feed, scoring, intercept, dribble, hop, link, sideways, skip, track, sprint	Stretch, mood, feeling, theme, story, friendship, start, middle, end, actions, perform, solo, duet, direction, huddle, group, musicality, respond, footwork, performance, expressive, shape, balance, movement, pattern, imagination, confidence, ideas, emotion, swing, unison, cannon, sequence, repetition, mirroring, levels, clock face
Previous knowledge/ Learning	<p><i>In EYFS, our children will have:</i></p> <ul style="list-style-type: none"> - Learnt to make their body tense, relaxed, curled and stretched. - Balanced on small/large body parts and understand stillness. - Made large and small body shapes. - Climbed and hung safely from apparatus. - Performed basic travelling actions on various body parts. 	<p><i>In EYFS, our children will have:</i></p> <ul style="list-style-type: none"> - Moved showing good control of their bodies when exploring different skills. - Sent and received a ball by rolling from their hands and striking with their foot. - Aimed and thrown an object underarm. - Caught a balloon/bean bag/scarf or a bouncing ball. - Explored and used hoops, underarm throws and balances. 	<p><i>In EYFS, our children will have:</i></p> <ul style="list-style-type: none"> - Moved to music, responding to different types of music with their bodies. - Copied and performed dance moves. - Used their bodies to copy motifs from stories and topics e.g. animals, trees etc.
N.C. Objectives	- Developing balance, agility and co-ordination, and begin to apply these in a range of activities.	- Master basic movements including: running, jumping, throwing and catching as well as participating in team games, developing simple tactics for attacking and defending.	- Perform dances using simple movement patterns.



Powerful Knowledge

Year 1/2 PE



	Gymnastic Movements	Basic movements and Team Games	Dance
Key Knowledge – what do we want our children to know before they leave our year group? How will we get them there? How is that personalised to Tranmere?	<p><u>POWERFUL KNOWLEDGE:</u> Our children will: <i>PE1</i> - Confidently make their body curl, tense, stretch and relax (flexibility) <i>PE2</i> - Control their body when travelling and balancing. <i>PE3</i> - Copy and repeat sequences. <i>PE4</i> - Plan and perform a sequence of movements and improve this based on feedback. <i>PE5</i> - Roll, rock, spin, jump and travel at different speeds and balance in a variety of creative ways, whilst transitioning.</p> <p><u>HOW DOES THIS LOOK AT TRANMERE?</u> This will be taught in the following units:</p> <ul style="list-style-type: none"> - Cycle One – PE Hub – Year 1 - Gymnastics Unit 1 Unit 2 - Cycle One – PE Hub – Year 2 - Gymnastics – Unit 1 Unit 2 - Cycle One – All units of Real PE – Year 1 - Cycle Two – All units of Real PE – Year 2 	<p><u>POWERFUL KNOWLEDGE:</u> Our children will: <i>PE6</i> - Throw and kick in different ways (focus on underarm and instep). <i>PE7</i> - Use hitting, kicking and/or rolling in a game situation. <i>PE8</i> - Decide upon the best space to be in during a game, using tactics. <i>PE9</i> - Follow the rules of a game of relative complexity. <i>PE10</i> - Dribble with a ball, using their hands or feet, showing strong spatial awareness and an ability to control <i>PE11</i> - Send, receive and stop a ball confidently with their hands, progressing to using a racquet. <i>PE12</i> - Change speed and direction whilst running. <i>PE13</i> - Run in a straight line at speed. <i>PE14</i> - Jump with two feet and land from a standing position with accuracy. <i>PE15</i> - Throw various objects, developing power and accuracy and catch.</p> <p><u>HOW DOES THIS LOOK AT TRANMERE?</u> This will be taught in the following units:</p> <ul style="list-style-type: none"> - Cycle One – PE Hub – Year 1 – Attack, Defend, Shoot – Unit 1 Unit 2 - Cycle One – PE Hub – Year 2 – Attack, Defend, Shoot – Unit 1 Unit 2 - Cycle One – PE Hub – Year 1 – Hit, Catch, Run – Unit 1 Unit 2 - Cycle One – PE Hub – Year 2 – Hit, Catch, Run – Unit 1 Unit 2 - Cycle Two – PE Hub – Year 1 – Run, Jump, Throw – Unit 1 Unit 2 - Cycle Two – PE Hub – Year 2 – Run, Jump, Throw – Unit 1 Unit 2 - Cycle Two – PE Hub – Year 1 – Send and Return – Unit 1 Unit 2 - Cycle Two – PE Hub – Year 2 – Send and Return – Unit 1 Unit 2 - Cycle One – All units of Real PE – Year 1 - Cycle Two – All units of Real PE – Year 2 	<p><u>POWERFUL KNOWLEDGE:</u> Our children will: <i>PE16</i> - Explore unison, levels and canon. They know which movements are best for paired mirroring, which should involve turn-taking and imitation. <i>PE17</i> - Vary the size of their body and can use space well. <i>PE18</i> - Explore rhythm, space, speed, level and direction in dance whilst making a sequence by linking sections together. <i>PE19</i> - Perform with expression demonstrating an exploration of ideas, moods and feelings.</p> <p><u>HOW DOES THIS LOOK AT TRANMERE?</u> This will be taught in the following units:</p> <ul style="list-style-type: none"> - Cycle Two – PE Hub – Year 1 - Dance – Unit 1 - (plus Starters from Lesson 2 and 3 and Activity 1 from Lesson 4 – Year 1 – Dance – Unit 2) - Cycle Two – PE Hub – Year 2 - Dance – Unit 1 - (plus Lesson 2 and 3 – Year 2 – Dance – Unit 2)