

# WBIS PE Knowledge and Skills Progression

## Progression of Knowledge

	Reception	Year 1	Year 2
<b>Ball Skills</b>	<p>Sending- Know to look for a target when sending a ball</p> <p>Catching - Know to have hands out ready to catch</p> <p>Tracking- Know to watch the ball as it comes towards me and scoop it with two hands and pull to body</p> <p>Dribbling - Know that keeping the ball close will help with control</p>	<p>Sending- Know to face my body towards my target when rolling and throwing underarm to help me balance</p> <p>Catching - Know to watch the ball as it comes towards me</p> <p>Tracking - Know to move my feet to get in line with the ball</p> <p>Dribbling - Know that moving with a ball is called dribbling</p>	<p>Sending- Know that stepping with opposite foot to throwing arm will help me to balance</p> <p>Catching - Know to use wide fingers and pull the ball in to my chest to help securely catch</p> <p>Tracking - Know that it is easier to move towards a ball to track it than chase it</p> <p>Dribbling - Know to keep my head up when dribbling to see space/opponents</p>
<b>Athletics</b>	<p>Running – Know that I use big steps to run and small steps to stop. Move into spaces keeps me safe</p> <p>Jumping – Know that bending my knees will help me land safely</p> <p>Throwing- Understand that bigger targets are easier to hit</p> <p>Rules- Know that rules help us to stay safe</p>	<p>Running – Understand that if I swing my arms, it will help me to run faster</p> <p>Jumping – Know that landing on the balls of my feet helps me to land with control. Understand that if I bend my knees, it will help me jump further.</p> <p>Throwing- Know that stepping forward with my opposite foot to hand will help me to throw further</p> <p>Rules- Know that rules help us to play fairly</p>	<p>Running – Know that running on the balls of my feet, taking big steps and having elbows bent will help me run faster</p> <p>Jumping – Know that swinging my arms forward will help me jump further</p> <p>Throwing- Know that I can throw a straight line by pointing my throwing hand at my target as I let go of the object</p> <p>Rules- Know how to follow simple rules when working with others</p>
<b>Dance</b>	<p>Actions – understand that I can move my body in different ways to create interesting actions</p> <p>Dynamics – Understand that I can change my action to show an idea</p> <p>Space – Know that if I move into space, it will help to keep me and others safe</p>	<p>Actions – Understand that actions can be sequenced to create a dance</p> <p>Dynamics – understand that I can create fast and slow actions to show an idea</p> <p>Space – understand that there are different directions and pathways within space</p>	<p>Actions – know that sequencing actions in particular order will help me to tell the story of my dance</p> <p>Dynamics – understand that I can change the way I perform actions to show an idea</p> <p>Space –know that I can use different directions, pathways and levels in my dance</p>

	<p>Performance – know that when watching others I sit quietly and clap at the end</p> <p>Strategy - know that if I use lots of space, it helps to make my dance look interesting</p>	<p>Relationships- understand that when dancing with partner, it is important to be aware of each other and keep in time</p> <p>Performance – know that standing still at the start and end of the dance lets the audience know when I have started and when I have finished</p> <p>Strategy - Know that if I use exaggerated actions, it helps the audience to see them clearly</p>	<p>Relationships- know that using counts of 8 will help me to stay in time with partner and the music</p> <p>Performance – Know that using facial expressions helps to show the mood of my dance</p> <p>Strategy - know that if I practice my dance, my performance will improve</p>
<b>Fundamentals</b>	<p>Running- know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe</p> <p>Balancing- know that I can hold my arms out to help me balance</p> <p>Jumping- know that bending my knees will help me to land safely</p> <p>Hopping- understand that I use one foot to hop</p> <p>Skipping- know that if I hop then step that will help me to skip</p>	<p>Running- understand that bending my knees will help me to change direction. Understand that if I swing my arms it will help me to run faster</p> <p>Balancing- know that looking ahead helps me to balance. Know that landing on my feet helps me to balance</p> <p>Jumping- know that landing on the balls of my feet helps me to land with control</p> <p>Hopping- know that I should hop with soft, bent knees</p> <p>Skipping- know that I should use the opposite arm to leg when I skip. Know that jumping on the balls of ,my feet helps me to keep a consistent rhythm</p>	<p>Running- know that bending my knees helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps and having elbows bent will help me run faster.</p> <p>Balancing- understand that squeezing my muscles helps me to balance</p> <p>Jumping- know that swing my arms forwards will help me to jump further</p> <p>Hopping- know that if I look straight ahead it will stop me from falling over when I land</p> <p>Skipping- know that I should swing opposite arm to leg to help me balance when skipping without a rope</p>
<b>Gymnastics</b>	<p>Shapes- understand that I can make different shapes with my body</p> <p>Balances- know that I should be still when holding a balance</p> <p>Rolls- know that I can change my body shape to help me roll</p> <p>Jumps- know that bending my knees will help me land safely</p> <p>Strategy- know that if I hold a shape and count to five people will see it clearly</p>	<p>Shapes- understand that I can improve my shapes by extending parts of my body</p> <p>Balances- know that balances should be held for 5 seconds</p> <p>Rolls- know that I can use different shapes to roll</p> <p>Jumps- know that landing on the balls of my feet helps me to land with control</p> <p>Strategy- know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended</p>	<p>Shapes- know that some shapes link well together</p> <p>Balances- understand that squeezing my muscles helps me to balance</p> <p>Rolls- understand that there are different teaching points for different rolls</p> <p>Jumps- understand that looking forward will help me to land with control</p> <p>Strategy- know that if I use shapes that link well together, it will help my sequence to flow</p>

<p><b>Invasion games</b></p>	<p>Sending &amp; receiving: know to look at the target when sending a ball and watch the ball to receive it.</p> <p>Dribbling: know that keeping the ball close will help with control.</p> <p>Space: know that being in a space gives me room to play.</p> <p>Attacking &amp; defending: know that there are different roles in games.</p> <p>Tactics: make simple decisions in response to a task.</p> <p>Rules: know that rules help us to stay safe.</p>	<p>Sending &amp; receiving: know to look at my partner before sending the ball.</p> <p>Dribbling: know that moving with a ball is called dribbling.</p> <p>Space: understand that being in a good space helps us to pass the ball.</p> <p>Attacking: know that being able to move away from a partner helps my team to pass me the ball.</p> <p>Defending: know that staying with a partner makes it more difficult for them to receive the ball.</p> <p>Tactics: know that tactics can help us when playing games.</p> <p>Rules: know that rules help us to play fairly.</p>	<p>Sending &amp; receiving: know to control the ball before sending it.</p> <p>Dribbling: know that keeping my head up will help me to know where defenders are.</p> <p>Space: know that moving into space away from defenders helps me to pass and receive a ball.</p> <p>Attacking: know that when my team is in possession of the ball, I am an attacker and we can score.</p> <p>Defending: know that when my team is not in possession, I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball.</p> <p>Tactics: understand and apply simple tactics for attack and defence.</p> <p>Rules: know how to score points and follow simple rules.</p>
<p><b>Net and Wall games (EYFS: Games)</b></p>	<p>Hitting - know to point my hand/object at my target when hitting a ball</p> <p>Feeding and rallying - know to look at the target when sending a ball and watch the ball to receive it</p> <p>Footwork: know to use big steps to run and small steps to stop.</p> <p>Tactics - make simple decisions in response to a task</p> <p>Rules - know that rules help us to stay safe.</p>	<p>Hitting- know to use the centre of the racket for control</p> <p>Feeding- know to use an underarm throw to feed a partner</p> <p>Rallying- know that throwing/hitting to my partner with not much power will help them to return the ball</p> <p>Footwork- know that using a ready position will help me to move in any direction</p> <p>Tactics- know that tactics can help us to be successful when playing games</p> <p>Rules- know that rules help us to play fairly</p>	<p>Hitting- know to watch the ball as it comes towards me to help me to prepare to hit</p> <p>Feeding- know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it</p> <p>Rallying- know that sending the ball towards my partner will help me to keep a rally going</p> <p>Footwork- Know that using a ready position helps me to react quickly and return/catch a ball</p> <p>Tactics- understand that applying simple tactics makes it difficult for my opponent</p> <p>Rules- know how to score points and follow simple rules</p>

<p><b>Team Building / OAA</b> Awaiting email back from GetSet</p>	<p>Problem solving- make simple decisions in response to a task</p> <p>Navigational skills- know that moving into space away from others will help me to stay safe. Know to leave a gap when following a path will help me to stay safe</p> <p>Communication- Know that talking with a partner will help me solve challenges</p> <p>Reflection- begin to identify when I am successful</p> <p>Rules- know that rules help us to stay safe</p>	<p>Problem solving- know that working collaboratively with others will help to solve challenges</p> <p>Navigational skills- know that deciding which way to go before starting will help me</p> <p>Communication- know that using short instructions will help my partner</p> <p>Reflection- identify when I am successful and make basic observations about how to improve</p> <p>Rules- know that rules help us to play fairly</p>	<p>Problem solving- know that listening to each other's ideas might give us an idea we hadn't thought of.</p> <p>Navigational skills- understand that the map tells us what to do</p> <p>Communication- know to use encouraging words when speaking to a partner or group to help them to trust me</p> <p>Reflection- verbalise when I am successful and areas that I can improve</p> <p>Rules- know how to follow and apply simple rules</p>
<p><b>Striking and fielding (EYFS: Games)</b>  (striking and fielding, cricket and rounders)</p>	<p>Striking - know to point my hand at my target when striking a ball</p> <p>Fielding - know to scoop a ball with two hands</p> <p>Throwing and catching - know to point my hand at my target when throwing Know to have hands out ready to catch</p> <p>Tactics- make simple decisions in response to a task</p> <p>Rules - know that rules help us to stay safe.</p>	<p>Striking- understand that the harder I strike, the further the ball will travel</p> <p>Fielding- know that throwing the ball back is quicker than running with it</p> <p>Throwing- Know which type of throw to use to throw over longer distances</p> <p>Catching- know to watch the ball as it come towards me</p> <p>Tactics- know that tactics can help us when playing games</p> <p>Rules- Know that rules help us to play fairly</p>	<p>Striking- understand the role of a batter. Know that striking quickly will increase the power</p> <p>Fielding- understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points</p> <p>Throwing – know that stepping with opposite foot to throwing arm will help me to balance</p> <p>Catching- know to use wide fingers and pull the ball in to my chest to help me securely catch</p> <p>Tactics- understand and apply simple tactics for attack (batting) and defence (fielding)</p> <p>Rules- know how to score points and follow simple rules</p>
<p><b>Sending and Receiving (EYFS: Games)</b></p>	<p>Awaiting feedback from GetSet</p>		
<p><b>Target Games (EYFS: Games)</b></p>	<p>Throwing - know to point my hand at my target when throwing</p> <p>Catching- know to have hands out ready to catch</p>	<p>Throwing- know which type of throw to use for distance and accuracy. Know that my body position will affect the accuracy of my throw</p> <p>Tactics- know that tactics can help us when playing games</p>	<p>Throwing- know that stepping with opposite foot to throwing arm will help you to balance</p> <p>Striking- know to finish with my object/hand pointing at my target</p>

Tactics - make simple decisions in response to a task

Rules - know that rules help us to stay safe

Rules- know that rules help us to play fairly

Tactics- understand and apply simple tactics

Rules- know how to score points and follow simple rules

## Progression of Skills

	Reception	Year 1	Year 2
<b>Ball Skills</b>	<p>Sending- Explore sending an object with hands and feet</p> <p>Catching - Explore catching to self and with a partner</p> <p>Tracking - Explore stopping a ball with hands and feet</p> <p>Dribbling - Explore dropping and catching with two hands and moving a ball with feet</p>	<p>Sending- Roll and throw with some accuracy towards a target</p> <p>Catching - Begin to catch with two hands. Catch after a bounce</p> <p>Tracking - Track a ball being sent directly</p> <p>Dribbling - Explore dribbling with hands and feet</p>	<p>Sending- Roll, throw and kick a ball to hit a target</p> <p>Catching - Develop catching a range of objects with two hands. Catch with and without a bounce</p> <p>Tracking - Consistently track and collect a ball being sent directly</p> <p>Dribbling - Explore dribbling with hands and feet with increasing control on the move</p>
<b>Athletics</b>	<p>Running – explore running and stopping safely</p> <p>Jumping – explore jumping and hopping safely</p> <p>Throwing- explore throwing to a target</p>	<p>Running – explore running at different speeds</p> <p>Jumping – develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance</p> <p>Throwing- explore throwing for distance and accuracy</p>	<p>Running – develop the sprinting action</p> <p>Jumping – develop jumping, hopping and skipping actions. Explore safely jumping for distance and height</p> <p>Throwing- develop overarm throwing for distance and accuracy</p>
<b>Dance</b>	<p>Actions – explore how my body moves. Copy basic body actions and rhythms</p> <p>Dynamics – explore actions in response to music and an idea</p> <p>Space – begin to explore pathways and the space around me and in relation to others</p> <p>Performance – perform short phrases of movement in front of others</p>	<p>Actions – copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme</p> <p>Dynamics – explore varying speeds to represent an idea</p> <p>Space – explore pathways within my performance</p> <p>Relationships- begin to explore actions and pathways with a partner</p> <p>Performance – perform on my own and with others to an audience</p>	<p>Actions – accurately remember, repeat and link actions to express an idea</p> <p>Dynamics – develop an understanding of dynamics</p> <p>Space – develop the use of pathways and travelling actions to include levels</p> <p>Relationships- explore working with a partner using unison, matching and mirroring</p> <p>Performance – develop the use of facial expressions in my performance</p>
<b>Fundamentals</b>	<p>Running- explore running and stopping. Explore changing direction safely</p>	<p>Running- explore changing direction and dodging. Discover how the body moves at different speeds.</p>	<p>Running- demonstrate balance when changing direction. Clearly show different speeds when running</p>

	<p>Balancing- explore balancing whilst stationary and on the move</p> <p>Jumping- begin to explore take-off and landing safely</p> <p>Hopping- explore hopping with both feet</p> <p>Skipping- explore skipping as a travelling action</p>	<p>Balancing- move with some control and balance. Explore stability and landing safely</p> <p>Jumping- demonstrate control in take-off and landing when jumping</p> <p>Hopping- begin to explore hopping in different directions</p> <p>Skipping- show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope</p>	<p>Balancing- demonstrate balance when performing movements</p> <p>Jumping- demonstrate jumping for distance, height and in different directions</p> <p>Hopping- demonstrate hopping for distance, height and in different directions</p> <p>Skipping- explore single and double bounce when jumping in a rope</p>
<b>Gymnastics</b>	<p>Shapes- show contrast with my body including wide/narrow, straight/curved</p> <p>Balances- explore shapes in stillness using different parts of my body</p> <p>Rolls- explore rocking and rolling</p> <p>Jumps- explore jumping safely</p>	<p>Shapes- explore basic shapes, straight, tuck, straddle, pike</p> <p>Balances- perform balances making my body tense, stretched and curled</p> <p>Rolls- explore barrel, straight and forward roll progressions</p> <p>Jumps- explore shape jumps, including off low apparatus</p>	<p>Shapes- explore using shapes in different gymnastics balances</p> <p>Balances- remember, repeat and link combinations of gymnastic balances</p> <p>Rolls- explore barrel, straight and forward roll and put into sequence work</p> <p>Jumps- explore shape jumps and take off combinations</p>
<b>Invasion Games</b>	<p>Sending &amp; receiving: explore s&amp;r with hands and feet using a variety of equipment.</p> <p>Dribbling: explore dropping and catching with two hands and moving a ball with their feet.</p> <p>Space: recognise their own space.</p> <p>Attacking &amp; defending: explore changing direction and tagging games.</p>	<p>Sending &amp; receiving: explore s&amp;r with hands and feet to a partner.</p> <p>Dribbling: explore dribbling with hands and feet.</p> <p>Space: recognise good space when playing games.</p> <p>Attacking: explore changing direction to move away from a partner.</p> <p>Defending: explore tracking and moving to stay with a partner.</p>	<p>Sending &amp; receiving: developing s&amp;r with increased control.</p> <p>Dribbling: explore dribbling with hands and feet with increasing control on the move.</p> <p>Space: explore moving into space away from others.</p> <p>Attacking: developing moving into space away from defenders.</p> <p>Defending: explore staying close to other players to try and stop them getting the ball.</p>
<b>Net and Wall games</b>	<p>Hitting: explore hitting a ball with hands and pushing with a racket.</p> <p>Feeding and rallying: explore sending and tracking a ball with a partner.</p> <p>Footwork: explore changing direction, running and stopping.</p>	<p>Hitting- explore hitting a dropped ball with a racket</p> <p>Feeding- throw a ball over a net to land into the court area</p> <p>Rallying- explore sending a ball with hands and a racket</p> <p>Footwork- use the ready position to move towards a ball</p>	<p>Hitting- develop hitting a dropped ball over a net</p> <p>Feeding- accurately underarm throw over a net to a partner</p> <p>Rallying- explore underarm rallying with a partner catching after one bounce</p>

			Footwork- consistently use the ready position to move towards a ball
<b>OAA</b> <b>Awaiting email back from GetSet</b>	<p>Problem solving- explore activities where I have to make my own decisions</p> <p>Navigational skills- explore moving in space and following a path</p> <p>Communication- develop confidence in expressing myself</p>	<p>Problem solving- suggest ideas in response to a task</p> <p>Navigational skills- follow a path and lead others</p> <p>Communication- communicate simple instructions and listen to others</p>	<p>Problem solving- begin to plan and apply strategies to overcome a challenge</p> <p>Navigational skills- follow and create a simple diagram/map</p> <p>Communication- work co-operatively with a partner and a small group</p>
<b>Striking and fielding</b>	<p>Striking: explore sending a ball to a partner.</p> <p>Fielding: explore tracking and stopping a rolling ball.</p> <p>Throwing and catching: explore rolling, throwing and catching using a variety of equipment.</p>	<p>Striking- explore striking a ball with their hand and equipment</p> <p>Fielding- develop tracking and retrieving a ball</p> <p>Throwing – explore technique when throwing over and underarm</p> <p>Catching- develop co-ordination and technique when catching</p>	<p>Striking- explore striking a ball with their hand and equipment with some consistency</p> <p>Fielding- develop tracking a ball and decision making with the ball</p> <p>Throwing- develop co-ordination and technique when throwing over and underarm</p> <p>Catching- catch with two hands with some co-ordination and technique</p>
<b>Sending and Receiving (EYFS: Games)</b>	Awaiting feedback from GetSet	<b>Sending and Receiving (EYFS: Games)</b>	Awaiting feedback from GetSet
<b>Target games</b>	<p>Throwing - explore throwing using a variety of equipment</p> <p>Catching - explore catching using a variety of equipment</p>	<p>Throwing overarm- explore techniques when throwing overarm towards a target</p> <p>Throwing underarm- explore technique when throwing underarm towards a target</p>	<p>Throwing overarm- develop co-ordination and technique when throwing overarm towards a target</p> <p>Throwing underarm- develop co-ordination and technique when throwing underarm towards a target</p> <p>Striking- develop striking a ball with equipment with some consistency</p>