

PE		Nursery		Reception															
		EYFS -	Knowledge Outcome	Reception/ ELG -	Knowledge Outcome														
<table border="1"> <tr><td>Coverage Key</td><td></td></tr> <tr><td>Aut 1</td><td></td></tr> <tr><td>Aut 2</td><td></td></tr> <tr><td>Spr 1</td><td></td></tr> <tr><td>Spr 2</td><td></td></tr> <tr><td>Sum 1</td><td></td></tr> <tr><td>Sum 2</td><td></td></tr> </table>	Coverage Key		Aut 1		Aut 2		Spr 1		Spr 2		Sum 1		Sum 2			Select and use activities and resources with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them.	Know how to share apparatus.	Revise and refine the fundamental movement skills they have already acquired: Rolling, crawling, walking, jumping, running, hopping, skipping, climbing.	Know how to travel around safely. Know how to find space.
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Increasingly follow rules, understanding why they are important.	Know how to play by following the rules. Know how to find a space	Progress towards a more fluent style of moving with developing control and grace.	Know how to be aware of others when I am jumping. Know some different jumping shapes																
	Know that we need to look forwards to safely move around in space. Know that we need to control our speed to ensure safety.		Know what a good position of readiness looks like.																
			Know what following means. What mirroring means.																
			Know what a good space to stand in is.																
			Know to start my work with an interesting shape and finish it also with style.																
	Know that I need to be focussed and avoid distractions. Know how to stay focussed on my own performance when running in a lane. Know why it is important to dip at the finish.																		
Continue to develop their movement, balancing, riding	Know how to travel backwards safely. Know how to hop on one leg	Develop overall body-strength, balance coordination and agility needed to engage successfully	Know to bend my legs when landing to cushion the impact.																

	(scooters, trikes & bikes) and ball skills.		with future physical education session and other physical disciplines, including dance gymnastics, sport and swimming.	Know what a half turn, and quarter turn are. Know the difference between a leap and a jump. Know how to gain extra elevation.
		Know to balance like an animal. Move freely with pleasure and confidence. Know how to throw and roll a ball.		Know which parts of my body are really important when jumping high. Know how to coordinate a scissor kick. Know how to grip a frisbee. Know that I need to throw from a side on position. Know how to draw my body back by lifting my front leg to generate more power.
		Know it is important to stand with one leg forward, the opposite leg to the hand I am throwing from. Know how to stand when throwing accurately. Know which is my dominant hand. Know which part of my foot to use when striking for power. Know how to lean back if I want my strike to go higher. Know why it is important to kick with both feet. Know that the ball travels all the way across the ground when I roll. Know that I need to bend and adopt a sideways stance when rolling. Know why it is important to be able to roll well with both hands.		Know that a good high dig gives more time for teammates to set up our own attack. Know what a T position is and how it can help me. Know how to move to the lone of the ball and to get into a T position. Know that the ball needs to be struck over the net. No to turn my back on the ball. Know how to throw for accuracy and power.
			Use their core muscle strength to achieve a good posture when	Know what a ready position looks like.

			sitting at a table or sitting on the floor.	
			Combine different movements with ease and fluency.	Know that a good sequence involves using the floor imaginatively as well as the apparatus.
			Confidently and safely use a range of large and small apparatus indoors and outdoors alone in a group.	Know what good positions are for rolling a ball and for stopping a ball. Know how to make a target with my hands to receive a throw. Know how to stand when throwing underarm. Know that I need to keep my head up when bouncing. Know how much force I need to bounce with to catch my own bounce.
				Know how to share equipment and take turns.
				Know how to jump onto and off apparatus safely. Know how to carry equipment.
				Know how to call my name when playing doubles if the ball is between me and my partner. Know when to leave a ball which is going to land out.
		Know how to turn what I see into ways of moving. Know that control is important when moving.		
		Know to use my arms to help me balance. Know that focussing my eyes can help with my balance. Know how to keep my arms out to help me balance. Know how to focus my eyes to help me balance. Know how to travel by pulling and pushing myself across the floor Know the difference between a push and a pull.		

			Develop overall body strength, balance coordination and agility.	Know how to land with really soft knees. Know how to use my arms to help power me forward when jumping.
			Know and talk about different factors that support overall health and wellbeing [regular physical activity].	Know some effects of activity on my body.
	Go up steps and stairs, or climb up apparatus using alternative feet.		Listen attentively, move to and talk about music, expressing their feelings and responses.	Know how to translate ideas into simple theme related shapes, movements, actions. Know how to use the words in a poem to create shapes, movements, or feelings. Know that we need to look forwards to safely move around in space. Know that we need to control our speed to ensure safety. Know how I turn what I see into ways of moving.
	Skip, hop, stand on one leg and hold a pose for a game like musical statues.	Show understanding of the need for safety when tackling new challenges. I know what a jump is. I know what sliding is.	Watch and talk about dance and performance art, expressing their feelings and responses.	Know how to contribute simple key words to an age-appropriate theme related mind map. Know how to listen to other people's ideas and vocalise my own thoughts. Know how to be aware of people's feelings when giving and receiving simple feedback.
	Use large muscle movements to wave flags and streamers,	Know how to move and respond like an animal.		

	paint and make marks.			
			Explore and engage in music making and dance, performing solo or in groups.	Know how control is important when performing.
	Start taking part in some group activities which they make up for themselves or in teams.	Know how to share equipment and take turns.		
	Are increasingly able to use and remember sequences and patterns of music that are related to music and rhythm.	Know how to move freely and with pleasure and confidence.		
		Know how to translate ideas into simple theme related shapes, movements, actions. Know how to use words in a poem to create shapes, movements or feelings.		
	Match their developing physical skills to tasks and activities in the setting. E.g. they decided whether to crawl, walk or run across a plank.	Know how to mirror. Know how to travel by pushing and pulling. Know how to jump and land safely. Know what pathways are. To keep my head up when travelling with weight on my hands.		
		Know how to jump in different ways. Know which parts of my body are especially important to jump well. Know how to try and dodge whilst on the move. Know how to shift my weight quickly from one foot to the other to dodge well.		

	Choose the right resources to carry out their own plan. E.g. choosing a spade to enlarge a small hole they dug with a trowel.			
	Collaborate with others to manage large items, such as moving a long plank safely.	<p>Show understanding of the need for safety when tackling new challenges.</p> <p>Know how to share equipment and take turns.</p> <p>Know how to play fairly and accept decisions in games.</p>		
		<p>Know how to listen to other people's ideas and vocalise my own thoughts.</p>		
		<p>Know how to share apparatus.</p> <p>Know how to help put apparatus out and away.</p>		
			ELG - PD - Negotiate space and obstacles safely, with consideration for themselves and others.	
			ELG - EAD - Perform songs rhymes, poems and stories with others and (when appropriate) try to move in time with music.	

PE	Year 1		Year 2															
	NC Objective	Knowledge Outcome	NC Objective	Knowledge Outcome														
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		<p>Know that focussing my eyes and using my arms helps me to balance better.</p> <p>Know how to use my arms to help me hop.</p>		<p>Know what a position of readiness looks like.</p> <p>Know how to track the flight of the ball with my eyes.</p> <p>Know which is the best technique to return a ball.</p>														

		<p>Know potential dangers if I am not sensible.</p> <p>Know how to glance periodically over both shoulders when travelling backwards.</p> <p>Know how to make a W shape when I want to receive a catch.</p> <p>Know which my preferred take off foot is.</p> <p>Know how to travel around the space being aware of others sharing it with me.</p> <p>Know how to stay focussed and keep my head up when moving around.</p> <p>Know that a punt is a kick from my hands.</p> <p>Know that when kicking from the ground, I need to get my standing foot adjacent to the ball.</p>		<p>Know that I have to get under the ball sufficiently to strike it upwards and over a net.</p> <p>Know how to form a ready position.</p> <p>Know what a T shape is.</p> <p>Know that the ball has to go over the net and land in the court on the other side.</p> <p>Know that I need to move quickly to get into good positions to return the ball.</p> <p>Know how to play a game of short tennis against an opponent.</p> <p>Know how to try and get back to the centre of the court after each shot.</p>
		<p>Know the importance of good breathing whilst I exercise.</p> <p>Know how to pose like creature that can be found in the Artic.</p> <p>Know how to stretch high and retain my balance.</p> <p>Know how to use my arms to help me balance.</p> <p>Know what a V shape is.</p> <p>Know how to hold and balance poses.</p>		<p>Know how to watch the hand of the people turning a rope to know when to jump.</p> <p>Know that there are different ways of jumping a rope.</p> <p>Know how to push down on the ball using my fingers.</p> <p>Know how to relax whilst dribbling and not be too tense.</p> <p>Know how to send a ball over a short distance using the inside of my foot.</p>

				<p>Know how to turn my foot to cushion a pass sent to me.</p> <p>Know the difference between vertical and broad jump.</p> <p>Know how to measure a vertical jump.</p> <p>Know how to relax when catching to cushion the impact of the ball.</p>
		<p>Know how to stop a ball with my foot.</p> <p>Know what 'Big toe, little toe' dribbling is.</p> <p>Know which part of the foot to kick for power with.</p> <p>Know how in goal I should brace myself to save the ball.</p> <p>Know which part of my foot to punt with.</p> <p>Know how to punt a ball higher or lower.</p> <p>Know that I need the leg opposite to my throwing arm to be forward.</p> <p>Know when to throw overarm and when to throw underarm.</p> <p>Know how to throw upwards to a partner over a short distance.</p> <p>Know how to make a target with my hands when receiving a throw.</p> <p>Know how to use my fingers to push the ball when dribbling.</p> <p>Know how to allow the ball to rise to waist height before pushing it back down.</p>		<p>Know what a 90, 180 and 270 degree turn looks like.</p> <p>Know how to take off one foot and then spring from 2 feet into a jump.</p> <p>Know what a zigzag pathway is.</p> <p>Know that feedback is essential to help me improve.</p> <p>Know ways that I can adapt work to make it even better.</p> <p>Know the importance of changes of level and direction.</p> <p>Know what a curved pathway is.</p> <p>Know the different gymnastic moves that fit nicely into performing a curved pathway.</p> <p>Know what mirroring is.</p> <p>Know how to perform in synchrony with a partner.</p> <p>Know good ways of transitioning from one move to the next.</p> <p>Know how to make my performances aesthetically pleasing.</p>

		<p>Know how to control my moves and move elegantly from one more to the next.</p> <p>Know how to work at different levels and with changes in direction.</p> <p>Know what inversion is</p> <p>How to feedback to a partner.</p> <p>Know how to find a good starting position on the floor or apparatus.</p> <p>Know how to control my movements.</p> <p>Know what a contrast is.</p> <p>Know why changing level and direction are important.</p> <p>Know how to share apparatus.</p> <p>Know how to work with a partner to agree a sequence.</p> <p>Know different ways of performing with a partner.</p>		<p>Know what a twist is.</p> <p>Know ways of twisting with different body parts.</p> <p>Know how to perform a fluent routine where work is controlled and varied.</p> <p>Know how to work with others to put out the apparatus in absolute silence.</p> <p>Know what the difference between a turn and a twist is.</p> <p>Know how to counter balance using the apparatus.</p> <p>Know how to coordinate movements at the same time as my partner.</p> <p>Know what the difference between counter balance and counter tension is.</p> <p>Know how to uplevel my work.</p> <p>Know how to use transitional movements to link my ideas.</p>
		<p>Know how to start and finish a sequence.</p> <p>Know what symmetrical shapes are.</p> <p>Know what asymmetrical work looks like.</p> <p>Know how to demonstrate good starting and finishing positions.</p> <p>Know how to work with a partner in different formations.</p> <p>Know what points are.</p> <p>Know how to start linking my moves.</p>		<p>Know how to retain my focus.</p> <p>Know the importance of a good start.</p> <p>Know to cushion my knees when landing.</p> <p>Know the technique for different types of jump.</p> <p>Know how to improve my technique to increase the height and distance of my jumps.</p> <p>Know the difference between a leap and a jump.</p> <p>Know how to increase the distance of my jumps.</p>

		<p>Know what good gym work looks like.</p> <p>Know what different options there are, of performing with a partner.</p> <p>Know what my work should involve changes of level and direction.</p>		<p>Know why it is important to warm up.</p> <p>Know how to increase the distance of my throws.</p> <p>Know how to keep safe when I am throwing.</p> <p>Know how to demonstrate the school games values.</p> <p>Know how to share equipment and take turns.</p>
				<p>Know that focussing my eyes and using my arms helps me to balance better.</p> <p>Know how to use my arms to help me hop.</p> <p>Know potential dangers if I am not sensible.</p> <p>Know how to glance periodically over both shoulders when travelling backwards.</p> <p>Know how to make a W shape when I want to receive a catch.</p> <p>Know which my preferred take off foot is.</p> <p>Know how to travel around the space being aware of others sharing it with me.</p> <p>Know how to stay focussed and keep my head up when moving around.</p> <p>Know that a punt is a kick from my hands.</p> <p>Know that when kicking from the ground, I need to get my</p>

				standing foot adjacent to the ball.
		<p>Know which part of my foot I need to strike with.</p> <p>Know how to punt high.</p> <p>Know how to hold the ball over to the side I want to strike the ball with.</p> <p>Know to get into a sideways position when striking.</p> <p>Know that I have to keep my head still when striking.</p> <p>Know how I should stand when throwing overarm.</p> <p>Know when to throw underarm and when to throw overarm.</p>		<p>Know what position I need to get my body in to throw well.</p> <p>Know how to encourage others to do their best.</p> <p>Know that I need to get my standing foot next to the ball when striking.</p> <p>Know that it is more challenging to hit moving targets.</p> <p>Know to change my stance depending on which hand I am rolling with.</p> <p>Know that when playing games, I need to share resources.</p> <p>Know that I can't aim directly at somebody who is moving at speed.</p> <p>Know what technique I need to use when striking a ball with a racket.</p> <p>Know to throw with more force.</p> <p>Know when I might want to throw a ball to arrive, 'on the second bounce'.</p>
		<p>Know the importance of a good start.</p> <p>Know how to cushion my knees when landing.</p> <p>Know the technique for different types of jump.</p> <p>Know how to improve my technique to increase the</p>		

		<p>height and distance of my jumps.</p> <p>Know the difference between a leap and a jump.</p> <p>Know how to increase the distance of my jumps.</p> <p>Know how to increase the distance of my throw.</p> <p>Know how to keep other safe when I am throwing.</p>		
		<p>Know how far to bounce a pass between me and a friend.</p> <p>Know how to receive a bounce pass differently to a chest pass.</p> <p>Know how to move around and be aware of others.</p> <p>Know that being able to dodge off both feet makes me twice as hard to catch.</p> <p>Know that a bounce in a push down with 2 hands and dribbling is with one hand.</p> <p>Know that my hands need to 'give' and be 'soft' when receiving a hockey pass.</p> <p>Know how to move into space after passing a ball.</p>		
	<p>Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Know what a ready position looks like.</p> <p>Know how to call my name when playing doubles if the ball is between me and my partner.</p> <p>Know how to leave a ball which going to land out.</p>	<p>Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Know the importance of good communication between batters and fielders.</p>

		<p>Know that a good high dig gives more time for teammates to set up our own attack.</p> <p>Know what a T position is and how it can help me.</p> <p>Know how to move to the line of the ball and to get into a T position.</p> <p>Know to not turn my back on the ball.</p>		
		<p>Know how to always be focussed and aware of what is going on.</p> <p>Know when to attack and when to defend.</p>		<p>Know how far to bounce pass between me and my partner.</p> <p>Know that good bounce passes are easier to receive.</p> <p>Know how to make a target for my partner to send the ball to.</p>
		<p>Know that I need to be in a 'ready position' to catch my friends punt.</p> <p>Know that I have to take turns and share equipment.</p> <p>Know why we sometimes throw to a friend to receive after one bounce.</p>		<p>Know how far to throw the ball in relation to where I am standing and my partner is.</p> <p>Know to stand in a position of readiness to receive the ball on the 1st bounce.</p> <p>Know to track the flight of the ball right into my hands.</p> <p>Know to stay light on my feet and be prepared to move quickly.</p> <p>Know to turn my body so I can see my opponent and the ball when defending.</p> <p>Know to close the space down quickly when defending.</p> <p>Know to attack at speed.</p>

				<p>Know to keep my body between the ball and my opponent to shield it.</p> <p>Know how to deceive defenders by using dummy passes or 'giving the eyes'.</p> <p>Know how to think ahead when not in possession.</p> <p>Know to work hard in attack and defence for the good of the team.</p>
		<p>Know how to use 'big toe, little toe' to dribble keeping the ball close to me.</p> <p>Know how to trap a ball by moving in line with it and putting my foot on it.</p>		
Perform dances using simple movement patterns.	<p>Know how to perform simple movement patterns.</p> <p>Know how to contribute key words to a theme related mind map.</p> <p>Know how to translate words/ ideas into theme related shapes, movements and actions.</p> <p>Know that we need to look forwards to safely move around in space.</p> <p>Know that we need to control our speed to ensure safety.</p> <p>Know how I turn what I see into ways of moving.</p> <p>Know how to listen to other people's ideas and vocalise my own thoughts.</p>	Perform dances using simple movement patterns.	<p>Know how to contribute key words to a theme related mind map.</p> <p>Know how to translate words/ ideas into theme related shapes, movements and actions.</p> <p>Know that we need to look forwards to safely move around in space.</p> <p>Know that we need to control our speed to ensure safety.</p> <p>Know how to turn what I see into ways of moving.</p> <p>Know how to listen to other people's ideas and vocalise my thoughts.</p> <p>Know how to turn what I read/ hear into ways of moving.</p>	

		<p>Know how to link ideas and movements together so that they start to flow.</p> <p>Know how to use simple technical language to give constructive and useful feedback.</p>		<p>Know how to link ideas and movements together so that they start to flow.</p> <p>Know how to use simple technical language to give constructive and useful feedback.</p> <p>Know how to use simple technical language to give constructive and useful feedback.</p> <p>Know how to work creatively with a partner and a whole group</p> <p>Know how to perform a dance using simple movement patterns</p> <p>To know how to move safely into a space to perform an action</p> <p>To know and understand how to use different actions</p>
				<p>Know how to contribute key words to a theme related mind map.</p> <p>Know how to translate words/ ideas into theme related shapes, movements and actions.</p> <p>Know that we need to look forwards to safely move around in space.</p> <p>Know that we need to control our speed to ensure safety.</p> <p>Know how to turn what I see into ways of moving.</p>

				<p>Know how to listen to other people's ideas and vocalise my thoughts.</p> <p>Know how to turn what I read/ hear into ways of moving.</p> <p>Know how to link ideas and movements together so that they start to flow.</p> <p>Know how to use simple technical language to give constructive and useful feedback.</p>
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