



Shirley Schools Knowledge Progression Year R – Year 2



Rules, strategies and tactics			
	EYFS	Year 1	Year 2
Games	<p>To know what games is. To move safely in a games lesson. To know there is different ways to move equipment. To be able to identify an 'under arm' and 'over arm' throw.</p>	<p><i>Football</i> Knowledge of how to kick a ball by using side of the foot. Knowledge that moving with a ball is called 'dribbling'. The only player who can use their hands to defend the ball is the goal keeper and the aim of this game is to kick a ball into the net. Children to be able to name some of the rules in this discipline.</p>	<p><i>Hockey</i> Knowledge of how to hold the hockey stick. Knowledge of how to use gentle taps to strike the ball and how to stop the ball. Children to be able to name some of the rules in this discipline.</p>
Attacking/defending	<p>To begin to understand simple tactics. e.g taking beanbags from the team who have the most.</p> <p>Play a range of chasing games.</p>	<p>To recognise the significance of changing direction in sporting contexts.</p> <p>To begin to recognise when a player is trying to defend or attack the ball in a sporting context.</p> <p>Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender.</p>	<p>To identify how to outwit a player, e.g. start moving in one direction and then change.</p> <p>Begin to use and understand the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully.</p>
Gymnastics	<p>Knowledge of the 5 basic shapes in gymnastics. To know a sequence is</p>	<p>Knowledge of how shapes can be</p>	

	made up of at least 2 or more shapes. (see teaching points for shapes). To know a travel is a movement. Knowledge of how shapes and travel can be different levels. To know about the different types of point balances. Knowledge of safety in sessions.	performed in different ways. Knowledge of what a log roll looks like. Knowledge of starting and finishing positions. Knowledge of wall bar safety.	Knowledge of the teddy roll, dish, arch. Knowledge of counter and tensuion balance.
Dance	Following a set sequence.		Understands that movements can communicate a mood, feeling or idea, with or without a stimulus.
Personal development	Knowledge of how to increase the difficulty of a skill e.g. stand further away from target. Talk about what they have done. Talk about what others have done.	Knowledge of how to improve speed, agility and quickness to better performance. Watch and describe performances. Begin to say how they could improve.	To identify when they have improved their performance. Watch and describe performances, and use what they see to improve their own performance. Talk about the differences

Knowledge of bodies

EYFS	To know your body changes when you exercise, e.g. your breathing gets faster. Knowledge of different types of exercise, e.g. running, hopping, skipping
Year 1	Start to understand how their heart rate raises during physical exercise. Knowledge of the benefits of exercise.
Year 2	To know how your body can benefit from different sports, e.g. in gymnastics you are improving strength. Knowledge of the benefits of different types of exercise.

Healthy Participation

See REAL PE learning cogs

