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**ST CHARLES’ CATHOLIC PRIMARY SCHOOL**

**PE PROGRESSION OF SKILLS, KNOWLEDGE AND VOCABULARY**

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|  | **EYFS** | **YEAR 1** | **YEAR 2** | **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **GYMNASTICS** | Forwards, Backwards, Sideways, Bench, Mat, Table, Roll, Long, Slow, On, Off, Stretched, Curled, Tuck, Body parts, Tall, Small, Shape, Hold, Still, Jump, Hop, Bounce, Travel, Copy | Stretch, push, pull, hop, skip, step, spring, crawl, still, slowly, tall, long, wide, narrow, up, down, forwards, high, low, elbows, bottom, back, around, through, extension, roll, copy, pathway, along, jump, land, balance, tension, curved, straight, zig-zag, shape, over, hang, grip | In front, Speed, Slow, fast, Wide, Shape, Narrow, Long, Land, Over, Jump, Off, High, Low, Stretch, Point, Balance, Twisted, Curled, Level, Medium, Backwards, Sideways, Forwards, Zig zag, Angular, Under, Through, Behind, Tension, Copy, Smooth, Sequence, Height | Flow, Explosive, Symmetrical, Asymmetrical, Combination, Evaluate, Improve, Stretch, Refine, Adapt, Pathway, Contrasting, Curled, Stretched, Suppleness, Strength, Inverted, Jump, Land, Over, Under | 90 degrees, 180 degrees, Leaving, Approaching, Balance, Forwards, Backwards, Combine, Rotation, Against, Towards, Across, Evaluate, Improve, Height, Strength, Suppleness, Stamina, Speed, Level, Wide, Tucked, Straight, Twisted, Constructive, Points, Twist, Turn, Safety, Refine, Away | Dynamics, Combination, Contrasting, Control, Mirroring, Matching, Accurately, Refine, Evaluate, Display, Asymmetry, Performance, Create, Symmetry, Refinements, Assessment, Suppleness, Strength, Cool down, Warm up, Muscles, Joints, Explore, Rotation, Spin, Turn, Shape, Landing, Take-off, Flight | Co-operate, Audience, Assessment, Elements, Twist, Obstacles, Refine, Aesthetically, Criteria, Extension, Judgement, Tension, Inverted, Judge, Dynamics, Combination, Canon, Counter-tension, Counter-balance, Criteria, Performance, Imaginative, Parallel, Creativity, Flight, Timing |
|  | **EYFS** | **YEAR 1** | **YEAR 2** | **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **DANCE** |  |  |  |  |  |  |  |
|  | **EYFS** | **YEAR 1** | **YEAR 2** | **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **ATHLETICS** |  |  |  |  |  |  |  |
|  | **EYFS** | **YEAR 1** | **YEAR 2** | **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **SWIMMING** |  |  |  |  |  |  |  |
|  | **EYFS** | **YEAR 1** | **YEAR 2** | **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **BALL SKILLS KS1 ONLY** |  |  |  |  |  |  |  |
|  | **EYFS** | **YEAR 1** | **YEAR 2** | **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **TARGET GAMES** **KS1 ONLY** |  |  |  |  |  |  |  |
|  | **EYFS** | **YEAR 1** | **YEAR 2** | **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **HOCKEY** **Y3-Y6** |  |  |  |  |  |  |  |
|  | **EYFS** | **YEAR 1** | **YEAR 2** | **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **NETBALL** **Y3-Y4** |  |  |  |  |  |  |  |
|  | **EYFS** | **YEAR 1** | **YEAR 2** | **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **ROUNDERS****Y3-Y4** |  |  |  |  |  |  |  |
|  | **EYFS** | **YEAR 1** | **YEAR 2** | **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **TENNIS****Y3-Y4** |  |  |  |  |  |  |  |
|  | **EYFS** | **YEAR 1** | **YEAR 2** | **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **BASKETBALL** |  |  |  |  |  |  |  |
|  | **EYFS** | **YEAR 1** | **YEAR 2** | **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **CRICKET** |  |  |  |  |  |  |  |
|  | **EYFS** | **YEAR 1** | **YEAR 2** | **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **VOCABULARY**  |  |  |  |  |  |  |  |