



PE Knowledge and Skills Progression- OAA

Years 3-4

National Curriculum Requirements of PE for Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

Use **running**, jumping, throwing and catching **in isolation** and in combination

Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Perform dances using a range of movement patterns

Take part in outdoor and adventurous activity challenges both individually and within a team.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

YEAR 3

Health and Fitness

I recognise and describe the effects of exercise on my body.
I know the importance of strength and flexibility for physical activity.
I can explain why it is important to warm up and cool down.

OAA skills:

Trails

I can orientate myself with increasing confidence and accuracy around a short trail.

Problem Solving

I can identify and use effective communication to begin to work as a team.
I can identify symbols used on a key.

Preparation and organisation

I am beginning to choose equipment that is appropriate for an activity.

Communication

I can communicate with others.

Compete and Perform

I am beginning to complete activities in a set period of time.
I am beginning to offer an evaluation of personal performances and activities.

Evaluate

I can watch, describe and evaluate the effectiveness of a performance.
I can describe how their performance has improved over time.

YEAR 4

Health and Fitness

I can describe how the body reacts at different times and how this affects performance.

I can explain why exercise is good for your health.
I know some reasons for warming up and cooling down.

OAA skills:

Trails

I can orientate myself with accuracy around a short trail.
I can create a short trail for others with a physical challenge.
I am starting to recognise features of an orienteering course.

Problem Solving

I can communicate clearly with other people in a team, and with other teams.

I have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.

I associate the meaning of a key in the context of the environment.

Preparation and organisation

I try a range of equipment for creating and completing an activity.
I make an informed decision on the best equipment to use for an activity.
I plan and organise a trail that others can follow.

Communication

I can communicate clearly with others.
I work as part of a team.
I am beginning to use a map to complete an orienteering course.

Compete and Perform

I can complete an orienteering course more than once and begin to identify ways of improving my time.
I offer an evaluation of both personal performances and activities.
I am starting to improve trails to increase the challenge of the course.

Evaluate

I can watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.
I can modify their use of skills or techniques to achieve a better result.

