



Oakfield Primary School Progression of Knowledge in Physical Education (P.E)

Year group	Gym Body Management	Games	Gym	Athletics	Dance
Nursery	<p><u>Core strength</u></p> <p>To begin to know what a large body part is.</p> <p>To begin to know how to control large body parts.</p> <p>To begin to know what it means to balance.</p> <p>To begin to know how to balance momentarily on one foot.</p>	<p>To begin to know and have an awareness of how to use their bodies to move in different ways. (forwards, backwards, crawling, sidesteps)</p> <p><u>Object Control</u></p> <p>To begin to know what it means to roll a ball.</p> <p>To begin to know how to roll a ball.</p> <p>To begin to know how to roll and object with some control.</p> <p>To begin to know how to stop a moving ball.</p> <p>To begin to know what it means to throw.</p> <p>To begin to know how to use body parts to throw.</p> <p>To begin to know what it means to catch a ball.</p> <p>To begin to know how to catch a ball.</p> <p><u>Net/Wall</u></p> <p>To begin to know and understand hand-eye coordination.</p> <p>To begin to know how to develop hand eye coordination skills in order to throw and catch.</p> <p>To begin to develop an awareness of how to stop a ball.</p> <p>To begin to know and understand</p>	<p><u>Floor</u></p> <p>To begin to move with control using large body parts.</p> <p>To know what it means to 'travel' in terms of their body/movement.</p> <p>To begin to know the different levels of travel.</p> <p>To begin to know how to move using different levels of travel.</p> <p><u>Flight</u></p> <p>To begin to know what it means to land after a jump.</p> <p>To begin to know how to land safely.</p>	<p><u>Indoor</u></p> <p>To begin to know what it means to jump.</p> <p>To begin to know how to jump with two feet.</p> <p>To begin to know and have an awareness of hopping and jumping.</p> <p>To begin to know how to hop and jump with balance and control.</p> <p>To begin to have an awareness of the principles for jumping, throwing and running.</p>	<p><u>Interpretative /performance</u></p> <p>To begin to know what it means to move freely.</p> <p>To begin to know how to move freely with increasing confidence.</p> <p>To begin to know how to move freely in a variety of different ways.</p> <p>To begin to know how to respond.</p> <p>To begin to know how o respond to stimuli.</p> <p>To begin to know what dancing is.</p> <p>To begin to know some dancing and ring games.</p> <p>To begin to know how to join in.</p> <p>To begin to know how to join in with dancing and ring games.</p> <p>To begin to respond to stimuli.</p> <p>To begin to know what it means to move rhythmically.</p> <p>To begin to know how to move rhythmically.</p>



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		how to throw towards a large target.			
Reception	<p>To know what a large and small body part is.</p> <p>To know how to identify their large and small body parts.</p> <p>To know how to control small and large body parts.</p> <p>To know what a balance is.</p> <p>To begin to know and understand how to balance using small and large body parts.</p> <p>To begin to know how to demonstrate these to others.</p>	<p>To begin to know how our body helps us move.</p> <p>To begin to know how to use different ways to move.</p> <p>To begin to know and show awareness of spatial awareness.</p> <p><u>Object Control</u></p> <p>To know how to roll an object with some control.</p> <p>To know how to stop a moving ball.</p> <p>To know how to throw with some accuracy.</p> <p>To know how to catch a ball.</p> <p>To begin to know how to apply catching and throwing skills to a game.</p> <p><u>Net/Wall</u></p> <p>To begin to have an awareness of using hand eye coordination.</p> <p>To know how a few ways to stop a ball from moving.</p> <p>To know how to stop a ball moving.</p> <p>To begin to know how to stop a ball from moving.</p> <p>To begin to throw to a partner with some accuracy.</p> <p>To begin to know how to throw to a large target with some accuracy.</p>	<p><u>Floor</u></p> <p>To know how to move with control.</p> <p>To begin to know their body and what makes up core strength.</p> <p>To begin to know how to develop their core strength.</p> <p>To know how to explore different levels of travel.</p> <p>To begin to know what a roll is.</p> <p>To begin to explore what a log roll is.</p> <p><u>Flight</u></p> <p>To know how to land and jump safely.</p> <p>To begin to know ways to take off in a jump.</p> <p>To begin to know different ways to land.</p> <p>To begin to know different landing points.</p> <p>To begin to know how to create shapes in the air.</p> <p>To begin to know how to use different take-off and landing points.</p>	<p><u>Indoor</u></p> <p>To know how to jump.</p> <p>To know what it means to land a jump.</p> <p>To know what it means to land a jump safely.</p> <p>To know how to hop.</p> <p>To begin to know how to hop with balance and control.</p> <p>To know how to carry an object safely.</p> <p>To know how to carry an object with control.</p> <p>To begin to know how to apply agility when running, throwing and jumping.</p>	<p><u>Interpretative /performance</u></p> <p>To know how to respond.</p> <p>To know how to respond to stimuli.</p> <p>To know what dancing is.</p> <p>To know some dancing and ring games.</p> <p>To know how to join in.</p> <p>To know how to join in with dancing and ring games.</p> <p>To know how to move around a room with increasing spatial awareness.</p> <p>To know how to use movement effectively when responding to stimuli.</p> <p>To know how to move freely and in a straight line.</p> <p>To know how our imagination can help us move.</p> <p>To know how to move using our imagination.</p> <p>To know a range of ways to move</p> <p>To know how to move in a variety of different ways.</p>
Year 1	To know how to use small	<u>Locomotion</u>	<u>Floor</u>	<u>Indoor</u>	<u>Interpretative /performance</u>



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	<p>and large body parts whilst beginning to balance with control. To begin to know what a static position is. To begin to know how to copy and link static positions. To begin to know what a sequence is. To begin to know how to perform. To begin to know how to perform a copied sequence with support.</p>	<p>To know how to use different ways to move (forwards and sideways) To begin to know what it means to show control when moving. To begin to know how to use control when moving. To know what it means to change direction. To know how to ensure spatial awareness when changing direction when moving. To know what it means to move 'explosively' To know how to move explosively with control. To know how to select different movements for different tasks. To know how to link explosive movements.</p> <p><u>Object control</u> To know different ways an object can move. To know how to make an object move in different ways. To know how to have control over a ball. To know how to have control with both sides of the body to move an object. To know how to change direction with a moving object. To know how to maintain control whilst changing direction. To know how to control an object</p>	<p>To know different levels in travel. To know how to copy a balance, roll balance. To know how to perform a simple copied sequence balance-roll balance. To know what a egg and log roll is. To know how to perform log and egg rolls.</p> <p><u>Flight</u> To begin to know the principles of take off and landing, To begin to know to apply the principles of take-off and landing, To know how to use different take-off and landing points. To know how bodies can create shapes. To begin to know how bodies can create shapes. To begin to know how to move their body to create shapes in the air. To begin to know how to turn.</p>	<p>To know how to jump for height. To know how to jump for height in a variety of different ways. To know how to run. To know how to run varying speed. To know how to run in a straight line. To know and have an awareness of speed when running in a straight line. To begin to know how to throw underarm. To begin to know how to use an appropriate amount of underarm power/strength to throw a range of equipment.</p> <p>To begin to know how to develop agility when completing running, throwing and jumping tasks.</p>	<p>To begin to know how to move freely with spatial awareness. To begin to know how to change direction when responding to stimuli. To know what a leap is. To know what a turn is. To know how to link two movements in a sequence using leaps and turns.</p>
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		<p>using a stick or a bat.</p> <p><u>Net/wall</u> To begin to know how to develop To begin to know how to develop hand eye coordination. To begin to know what agility means. To begin to know how to apply coordination and agility when they begin an introduction to racket skills. To begin to know an effective hitting position. To begin to combine racket and hand/eye coordination To begin to know how to apply skills to a game situation.</p> <p><u>Sending and receiving</u> To know how to roll a given object and how to stop it. To know how to throw a ball with control. To know how to throw a ball to a partner and receive it.</p>			
Year 2	<p>To know how to perform sequences. To know how to link static positions. To know how to perform a copied sequence. To know how to alter and adapt a sequence and perform these.</p>	<p><u>Object control</u> To know a variety of balls and how these should be held. To know what it means to send. To know what it means to receive. To know how to send and receive a variety of balls with accuracy. To know what it means to be 'in control' of an object.</p>	<p><u>Floor</u> To know a variety of different levels in travel. To know what makes up a 3 part sequence. To know how to perform a copied 3 part sequence(step, balance, roll) independently. To know how to extend 3 part</p>	<p><u>Indoor</u> To know how to refine a jump for height. To know what it means to jump for distance. To know how to jump for distance. To know what effective and correct running is.</p>	<p><u>Interpretative /performance</u> To know how to move freely and with spatial awareness. To know how to move freely by changing direction. To know how to change direction in a controlled manner. To know how to respond on different levels.</p>

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		<p>To know how to use spatial awareness to move in different directions whilst in control of an object.</p> <p>To know how to balance an object.</p> <p>To know how to balance an object on equipment.</p> <p><u>Object control - Sending and Receiving</u></p> <p>To know what the basic principles are of sending and receiving.</p> <p>To know the terms; looking, power and control.</p> <p>To know how what an effective striking technique is.</p> <p>To know how to apply effective striking technique.</p> <p>To know how to roll with accuracy.</p> <p>To know how to bounce a ball.</p> <p>To know how to bounce and catch a ball accurately to self.</p> <p><u>Net/Wall</u></p> <p>To know how to develop hand eye coordination.</p> <p>To know how to apply coordination and agility when consolidating racket skills.</p> <p>To know an effective hitting position.</p> <p>To know an effective hitting position.</p> <p>To know how to apply skills to a game situation.</p>	<p>to 5 part sequence.</p> <p>To know what a dish and hollow roll is.</p> <p>To know how to perform dish and hollow, egg and log independently.</p> <p><u>Flight</u></p> <p>To know how to apply the principles of take off and landing</p> <p>To know how to alter shapes made with their body in the air.</p> <p>To know how to turn.</p> <p>To begin to know how to spin.</p> <p>To begin to know how to spin and incorporate this in a sequence.</p> <p>To know how to perform a 5 part sequence and use previous knowledge to refine this.</p>	<p>To know how to run effectively and correctly.</p> <p>To know how to apply this running to a race.</p> <p>To know how to use an appropriate amount of underarm strength/power to throw a range of equipment.</p> <p>To know how to develop agility when completing running, throwing and jumping tasks.</p>	<p>To know how to incorporate different levels when responding to stimuli in a controlled manner.</p> <p>To know what it means to combine different elements.</p> <p>To know how to combine different elements (change of level, leaps, turns)</p> <p>To know how to use elements of dance with a partner.</p> <p>To know how to use elements of dance with a partner creating a sequence.</p>
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		<u>Locomotion</u> To know a variety of ways to move. To know how to change direction with control. To know what evasion is. To know how to use evasion skills. To know what agility is. To know how to apply agility to various tasks. To know how to explore sideways movements.			
Year 3	To know a range of balances using different body parts. To know how to balance using different body parts. To know how to demonstrate a range of balances using different body parts. To know what an apparatus is. To know which apparatus is best for balance and control. To know how to use a piece of apparatus to balance. To know how to use a bench to balance. To know how to perform a copied sequence using apparatus and to adapt	<u>Invasion</u> To know what an 'invasion is' To begin to know how to play invasion games. To begin to know what it means to attack and defend. To begin to know and apply the principal of attacking and defending. To know what an evasive movement is. To know how to use evasive movements. To know how to use evasive movements and move in different directions. <u>Object Control - Invasion</u> To know how to use the basic principles of sending and receiving. (looking, power, control) To know what the term, evasion means.	<u>Floor</u> To know what a teddy bear roll is. To know how to perform a teddy bear roll. To know what a forward roll is. To begin to know how to perform a forward roll. To know what a side roll is. To begin to know how to perform a side roll. To know how to perform a roll/balance sequence. To know how to create a 5-part paired sequence. To know a range of apparatus. <u>Flight</u> To know how to take off and land on apparatus. To know how to apply the principles of take-off and	<u>Indoor</u> To know how to hop for distance. To know what it means to link movements. To know how to link movements together using hopping, jumping for distance. To know what an obstacle and relay race is. To know how to vary speed to complete an obstacle and relay race. To know how to choose the correct technique for running at speed. To know how to refine jumping for height and distance. To know what it means to jump with power and balance.	<u>Interpretative /performance</u> To know how to respond to stimuli through change of speed, levels and direction. To know what a routine is. To know what a paired routine is. To know how to create a paired routine by exploring levels, direction and speeds. To begin to know how to evaluate performances for peers.



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	or alter the sequence.	<p>To know the need for evasion.</p> <p>To know a range of evasive movements.</p> <p>To know how to use evasive movements.</p> <p>To know the terms, defence and attack.</p> <p>To know the principles of defence and attack and begin to apply these to game situations.</p> <p><u>Net/Wall</u></p> <p>To develop hand eye coordination.</p> <p>To know what it means to 'rally'</p> <p>To know how to rally with a partner.</p> <p>To know how to develop hand eye coordination to complete a rally with a partner.</p> <p>To begin to know how to perform an underarm throw.</p> <p>To begin to know how to perform a forehand</p> <p>To begin to apply strategies in a game situation.</p> <p><u>Striking and Fielding</u></p> <p>To know how to throw with accuracy.</p> <p>To begin to know how to stop a moving ball.</p> <p>To know how to strike a static or moving ball.</p> <p>To know the principles of how to play a given game.</p>	<p>landing using apparatus.</p> <p>To know what a half turn and full turn is.</p> <p>To know the difference between a half and full turn.</p> <p>To know how to perform a half and full turn from floor and apparatus.</p> <p>To know how to create a sequence using half or full turn,</p> <p>To know how to use feedback to adapt own sequences.</p>	<p>To know how to jump with power and balance.</p> <p>To know how running affects health and fitness.</p> <p>To know the different techniques for throwing for distance.</p> <p>To know how to throw for distance using different techniques.</p> <p><u>OAA</u></p> <p>To know how to develop agility and hand eye coordination.</p> <p>To know how to participate in team games.</p> <p>To know when to take turns in a team game and the principles of working together in different games.</p> <p>To know what orienteering is.</p> <p>To know how to develop all the physical skills needed for orienteering: agility, balance, co-ordination.</p> <p>To know how to develop spatial awareness and participation in a team game.</p>	
Year 4	To know a variety of	<u>Invasion</u>	<u>Floor</u>	<u>Indoor</u>	<u>Interpretative /performance</u>

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	<p>balances.</p> <p>To know how to balance with a partner.</p> <p>To know how to perform a variety of balances with a partner.</p> <p>To know what a mirroring balance is.</p> <p>To know how to mirror balance with a partner.</p> <p>To know how to create a sequence showing mirroring balances.</p> <p>To know what it means to refine and improve.</p> <p>To know how to refine and improve sequences based on feedback from teachers and peers.</p>	<p>To begin to know what 'shooting' is in relation to ball games.</p> <p>To begin to know how to use the correct technique for shooting.</p> <p>To begin to know how the strategies of attack and defence is used in a game situation.</p> <p>To begin to know how to use and apply the strategies of attack and defence situation.</p> <p><u>Object control - Invasion</u></p> <p>To know how to use the principles of sending and receiving with increasing accuracy.</p> <p>To know when to use evasion and apply the correct evasive movement.</p> <p>To know the principles of defence and attack and know how to apply these to a variety of game situations.</p> <p><u>Net/wall</u></p> <p>To know how to apply racket and ball skills.</p> <p>To know what a forehand shot is.</p> <p>To know how to perform a forehand.</p> <p>To know what a backhand shot is.</p> <p>To know how to perform a backhand.</p> <p>To know how to perform a serve.</p> <p>To know how to execute and perform a variety of shots with</p>	<p>To know how to refine teddy bear, dish and hollow roll.</p> <p>To know how to forward roll and side roll.</p> <p>To know how to backward roll.</p> <p>To know how to control a spin.</p> <p>To know how to spin to change direction.</p> <p>To know how to create a 5-part sequence using controlled spins to change direction.</p> <p><u>Flight</u></p> <p>To know what it means to combine a jump.</p> <p>To know how to combine a jump.</p> <p>To know how to jump with a safe landing.</p> <p>To know how to combine a jump with a landing and turn.</p> <p>To know how to combine a jump with a safe landing and a turn on apparatus.</p> <p>To know how to perform a change leg.</p> <p>To know what a cat leap is.</p> <p>To know how to perform a cat leap.</p> <p>To know how to copy a 7 part sequence incorporating different leaps, spins, steps and rolls.</p> <p>To know how to create a 9 part sequence incorporating</p>	<p>To know what a standing long jump is.</p> <p>To know how to complete a standing long jump with accuracy.</p> <p>To know how to evaluate their jump.</p> <p>To know what will make their jump higher or further.</p> <p>To know how to improve their jump in order to jump further and higher.</p> <p>To know which technique to apply when running a selection of races.</p> <p>To know what a sling throw is.</p> <p>To begin to select appropriate techniques for a sling throw using a range of equipment.</p> <p>To know how to jump with power and balance in a range of tasks.</p> <p>To know how to run for an extended period of time.</p> <p>To know how to explore starting positions for running.</p> <p>To know how to throw for distance with power.</p> <p><u>OAA</u></p> <p>To know how to develop their</p>	<p>To begin to know what choreography is.</p> <p>To begin to know how to include choreographic principles (speed, levels and direction)</p> <p>To know what a narrative piece is</p> <p>To know how to create and perform a narrative piece is.</p> <p>To know what constructive feedback is.</p> <p>To begin to know how to evaluate performances of peers and begin to give constructive feedback.</p> <p>To know how to effectively work in a group and incorporate mirroring into a sequence.</p>
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		<p>control. To begin to know how to execute and perform a variety of shots whilst selecting the most appropriate.</p> <p><u>Striking and fielding</u> To know how to throw accurately. To know what it means to 'field' To know the fielding techniques required to catch consistently. To begin to apply throwing and catching skills to a game.</p>	<p>different leaps, spins, steps and rolls. To know how to adapt a 9 part sequence incorporating different leaps, spins, steps and rolls.</p>	<p>skills required when working as a pair. To know how to apply the concept of a map when completing a course.</p>	
Year 5	<p>To know how to perform sequenced balances with a partner on an apparatus. To know what it means to self evaluate. To know how to self evaluate a sequence and make improvements. To know how to canon (take in turns to perform) To know how to use mirror and canon to perform with a partner.</p>	<p><u>Invasion</u> To know how to use the correct technique of shooting with accuracy. To know how to apply the strategies of attack and defend in a game situation giving reasons for each.</p> <p>Object Control - Invasion To know what it means to shoot. (ball games) To know how to shoot with accuracy. To know how to apply evasive movements to a game situation with increasing accuracy. To know what the term, tactic means. To know how to develop an awareness of tactics. To know how to apply the awareness</p>	<p><u>Floor</u> To know and refine a variety of rolls. To know what a cartwheel is. To know how to perform a cartwheel. To know how to combine steps; rolls, spins, balance and cartwheel 5 part sequence. To know what it means to 'mirror' To know what it means to 'canon' To know how to use mirror and canon with a partner. To know how to use mirror and canon with a partner to perform. To know how to incorporate canon and mirror using apparatus in a sequence.</p>	<p><u>Indoor</u> To know how to increase power of a jump. To know how to increase power and accuracy of a jump. To know how to speed bounce. To know how to jump to catch something. To know how to bench jump. To know how to sprint. To know how to apply the principles of sprinting to a team race. To begin to know what pace is. To begin to know what endurance is. To begin to know how pace and endurance affects</p>	<p><u>Interpretative /performance</u> To know how to use choreographic principles when responding to a stimuli. To know how to create their own narrative by using choreographic principles. To know how to create their own narrative by using choreographic principles with a partner when responding to stimuli. To know how to incorporate the use of canon and mirroring to create an effective partnered performance. To know how to self evaluate their performance and give constructive feedback to peers to improve performances.</p>

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		<p>of tactics to a variety of game situations.</p> <p><u>Net/Wall</u> To know how to perform a forehand and backhand shot with increasing accuracy. To know how to perform a volley shot with increasing accuracy. To know how to develop shot selection; forehand, backhand and volley. To know how to develop shot selection focusing on serve. To know how to execute and perform a variety of shots whilst selecting the most appropriate.</p> <p><u>Striking and fielding</u> To know how to throw accurately in different ways with control and accuracy. To know the basics of different techniques in a game. (eg: bowling in cricket, rounders) To know the techniques of fielding required and apply with accuracy and consistency.</p>	<p><u>Flight</u> To know how to perform a variety of jumps, leaps and landings safely. To know what a sissone leap is. To know what a furma leap is. To know what a stag leap is. To know how to perform a sissone, furma and stag leap in a sequence. To know how to create an 8 part sequence (incorporate leaps, balances, spins, turns) To know how to self-evaluate performances and be able to give constructive feedback to peers.</p>	<p>running for distance. To know and refine throwing techniques. To know how to select an appropriate throwing technique for a sling-throw using quoits.</p> <p>To know how to develop a 3 part sequence jump. To know how to apply starting positions for running. To know how to perform an overarm throw with increasing accuracy.</p> <p><u>OAA</u> To know how to develop their skills required when working in a small group. To know how to develop their ability to reading a simple map. To know how to use coordination skills when orientating a map.</p>	
Year 6	<p>To know how to create, perform and adapt sequenced balances using apparatus in a group. To know how to evaluate. To know how to evaluate an original sequence and</p>	<p><u>Invasion</u> To know how to apply the strategies of attacking and defending to develop their own invasion game. To refine and adapt own invasion game in response to peer and self-evaluation.</p>	<p><u>Floor</u> To know how to perform a cartwheel with accuracy. (recap rolls) To know how to alter a 10 part sequence to show intent.</p>	<p><u>Indoor</u> To know how to select the most appropriate running and jumping technique for the desired outcome. To know how to use evaluation and improve a</p>	<p><u>Interpretative /performance</u> To know how to use canon, mirroring and unison to create an effective group performance. To know how to create and adapt a narrative piece. To know how to create and adapt a</p>

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	<p>make adaptations. To know what is meant by unison. To know how to use mirror, canon and unison to perform a sequence with a group.</p>	<p><u>Object control - OAA</u> To know how to work cooperatively. To know and understand a map as a representation of objects and areas. To know what it means to orientate. To know how to orientate and identify key features using a map. To know how to apply orienteering skills to complete a course.</p> <p><u>Net/Wall</u> To know how to perform a variety of shots; forehand and backhand. To know how to perform a variety of shots; forehand and backhand with increased accuracy in a rally. To know how to develop serve technique. To know how to perform a variety of shots (focus on volley) with increased accuracy in a rally. To know what it means to 'officiate' a game. To know how to play and officiate a tennis game. To know how to execute and perform a variety of shots with control whilst selecting the most appropriate.</p> <p><u>Striking and Fielding</u> To know how striking and fielding techniques apply to various games</p>	<p>(include apparatus at the end once adapted) To know how to select with intent - steps, rolls, spins, balance, cartwheels to create a group 10 part sequence with a partner. To know how to adapt their sequence to incorporate apparatus with a partner. To know what unison is. To know how to use mirror, canon and unison to perform a sequence with a partner. To know how to use mirror, canon and unison to perform a sequence with a group.</p> <p><u>Flight</u> To know how to effectively demonstrate, sissone, furma, cat leap, change leg, stag jump, half and full turn. To know how to incorporate a roll, leap, spin and step. To know how to create and perform a sequence. To know how to work with a partner to adapt a 6 part sequence effectively. To know how to use self and peer evaluation to adapt and refine partner sequence. To know how to work in a group</p>	<p>performance effectively. To know how pace and endurance effects running for distance and apply to own running.</p> <p>To know how to improve and refine jumping technique. To know what a triple jump is. To know how to improve an refine a triple jump. To know how to refine sprinting technique. To know how to run using appropriate pace and tactics. To know how to throw using a variety of techniques.</p> <p><u>OAA</u> To know how to work cooperatively and in a team. To know how to read a more complex map and orientating skills. To know how to map symbols in order to complete a course.</p>	<p>narrative piece based on stimuli. To know how to respond and incorporate peer and self evaluation in order to improve performances.</p>
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		and know how to apply these. To know how to develop striking and fielding techniques in order to improve their play.	to adapt a 10 part sequence effectively. To know how to adapt and incorporate apparatus into a group sequence.		
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