



PE – Progression of Skills and Knowledge

The Three PE Pillars of Progression



Motor Competence

Accurate movements, movement patterns, movement techniques and sequences.

Declarative knowledge: How well do pupils recall the key points for success in a movement/movement patterns they have learned?

Procedural knowledge: How well do pupils demonstrate accurate, safe and efficient movement patterns?

Rules, Strategies and Tactics

Conventions, regulations, and strategies that are specific to participation in an activity/sport.

Declarative knowledge: How well do pupils recall the rules, tactics and strategies for success they have learned?

Procedural knowledge: How well do pupils demonstrate rules, strategies and tactics in a specified context?

Healthy Participation

Safe practice, how to participate, short- and long-term impacts of participation.

Declarative knowledge: How well do pupils recall the key points for healthy participation they have learned?

Procedural knowledge: How well do pupils demonstrate safe practice of how to participate?

Declarative Knowledge

'know what'

Facts, theories, important concepts, rules, key vocabulary

Knowledge performed through written or verbal forms e.g. *passing a football with the inside of the foot is more accurate because it has a larger surface area*

Procedural Knowledge

'know how'

Accurate replication of declarative knowledge

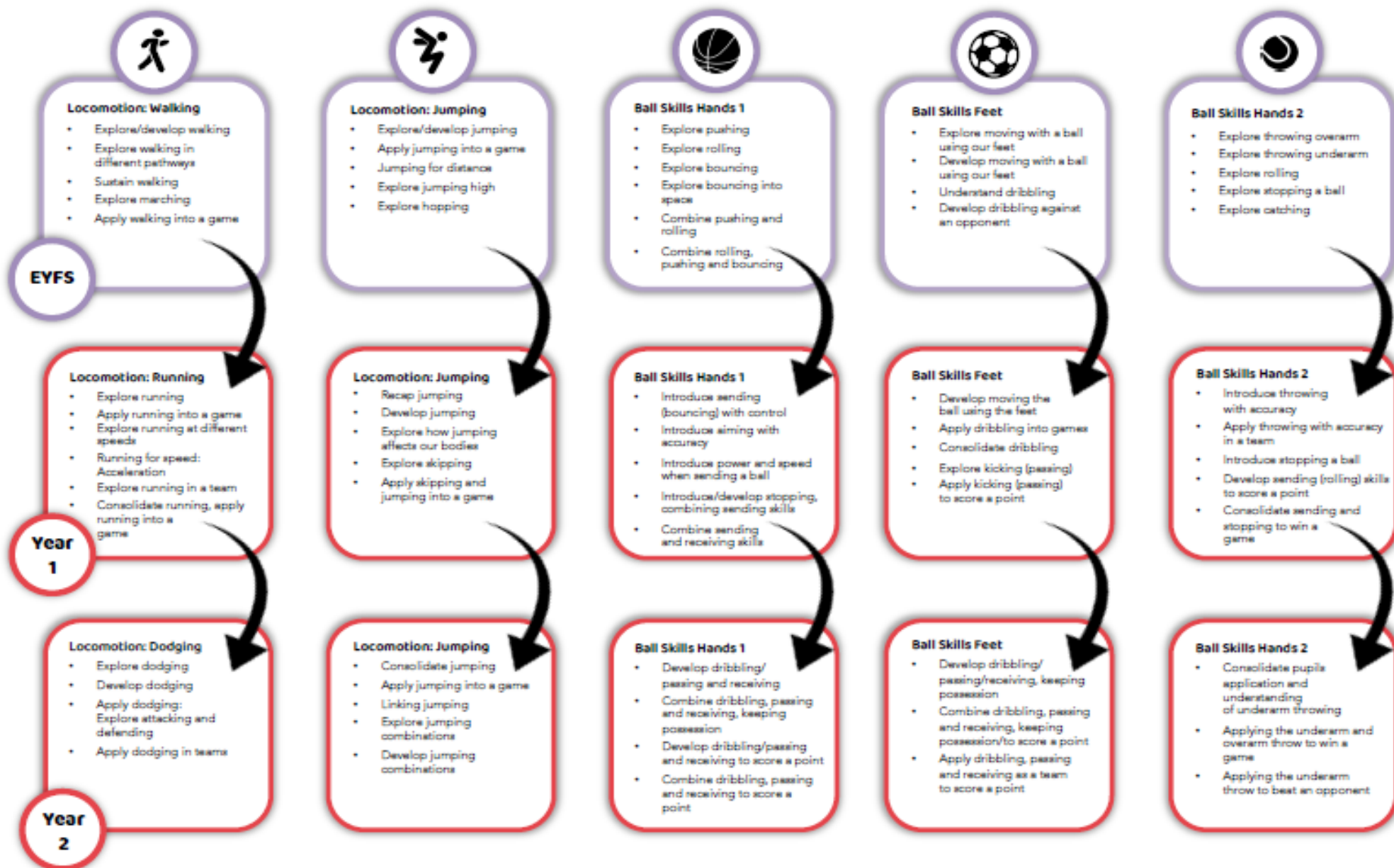
Knowledge physically performed through doing e.g. *demonstrating an accurate football pass over a short distance using the inside of the foot*

Whole School Curriculum Journey - [Complete PE - Whole School Curriculum Journey.pdf](#)

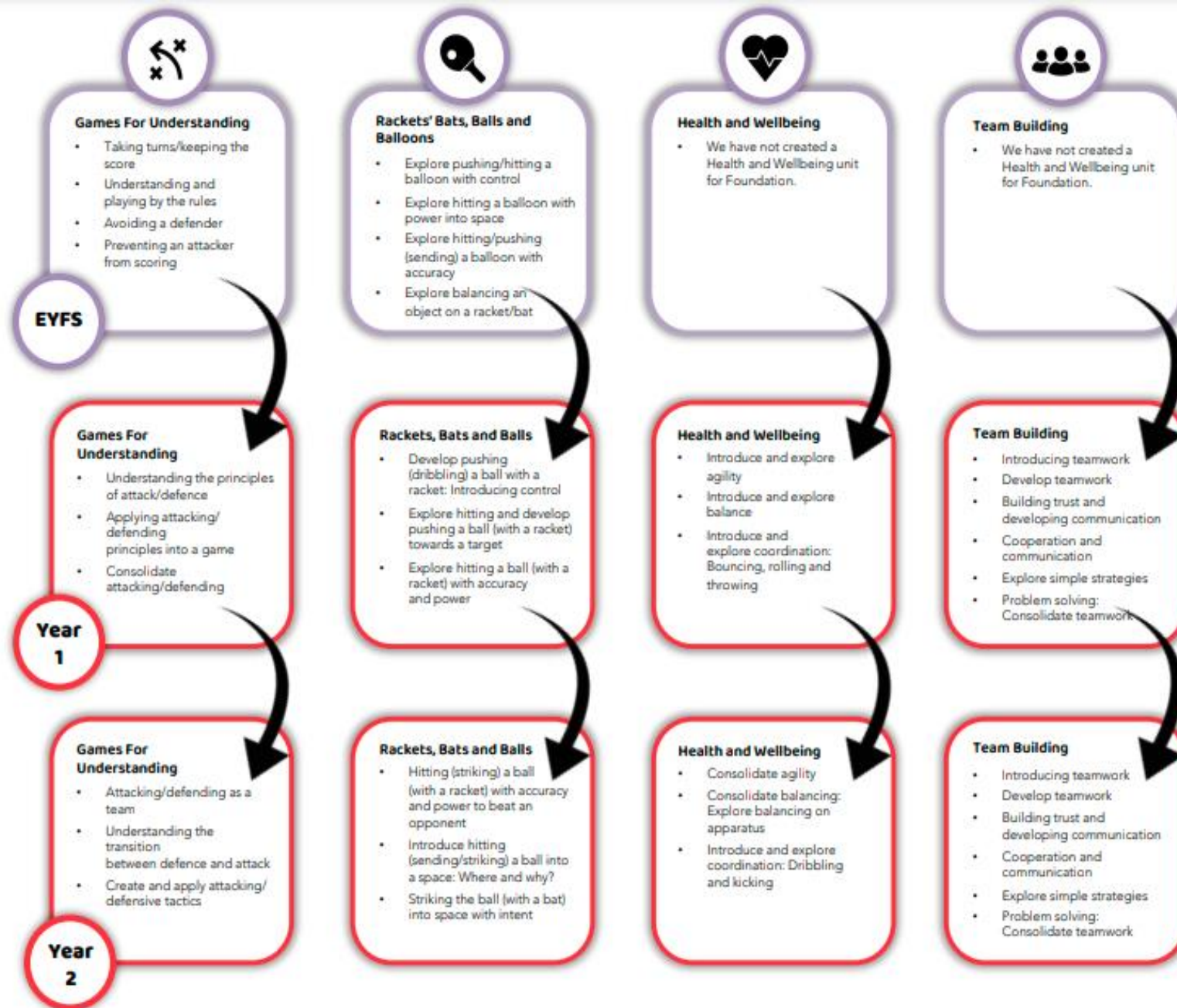
See [Progression of Skills](#) for updated progression of skills overviews.

See [Learning Pathways](#) documents for progression between year groups e.g. Locomotion in EYFS and KS1 into Athletics in KS2.

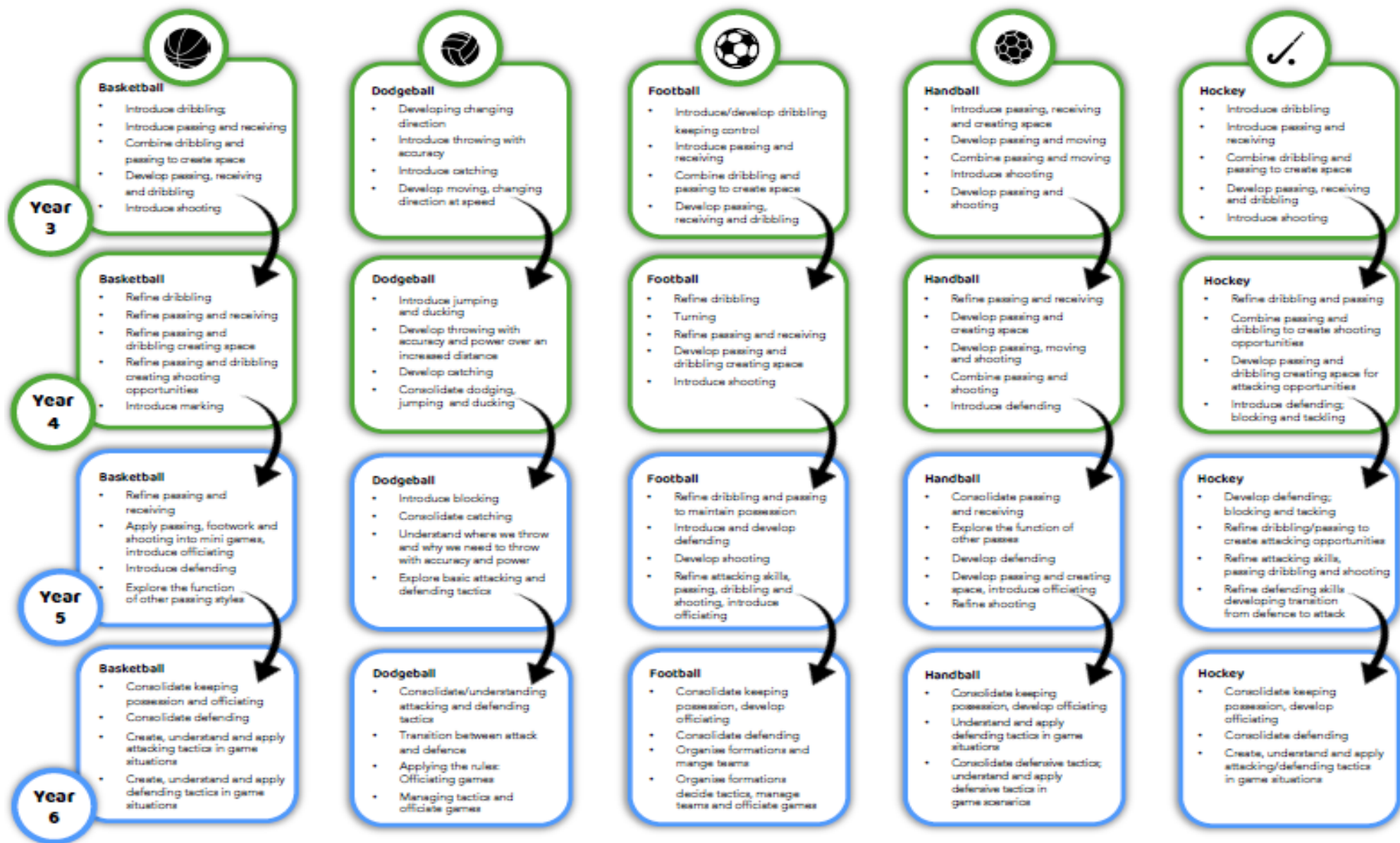
See [Knowledge Progression Journeys](#) documents and [Learning Ladders](#) documents for progression within individual sports and activities e.g. dance, gymnastics etc.



Foundation and KS1 Progression of Skills Overview



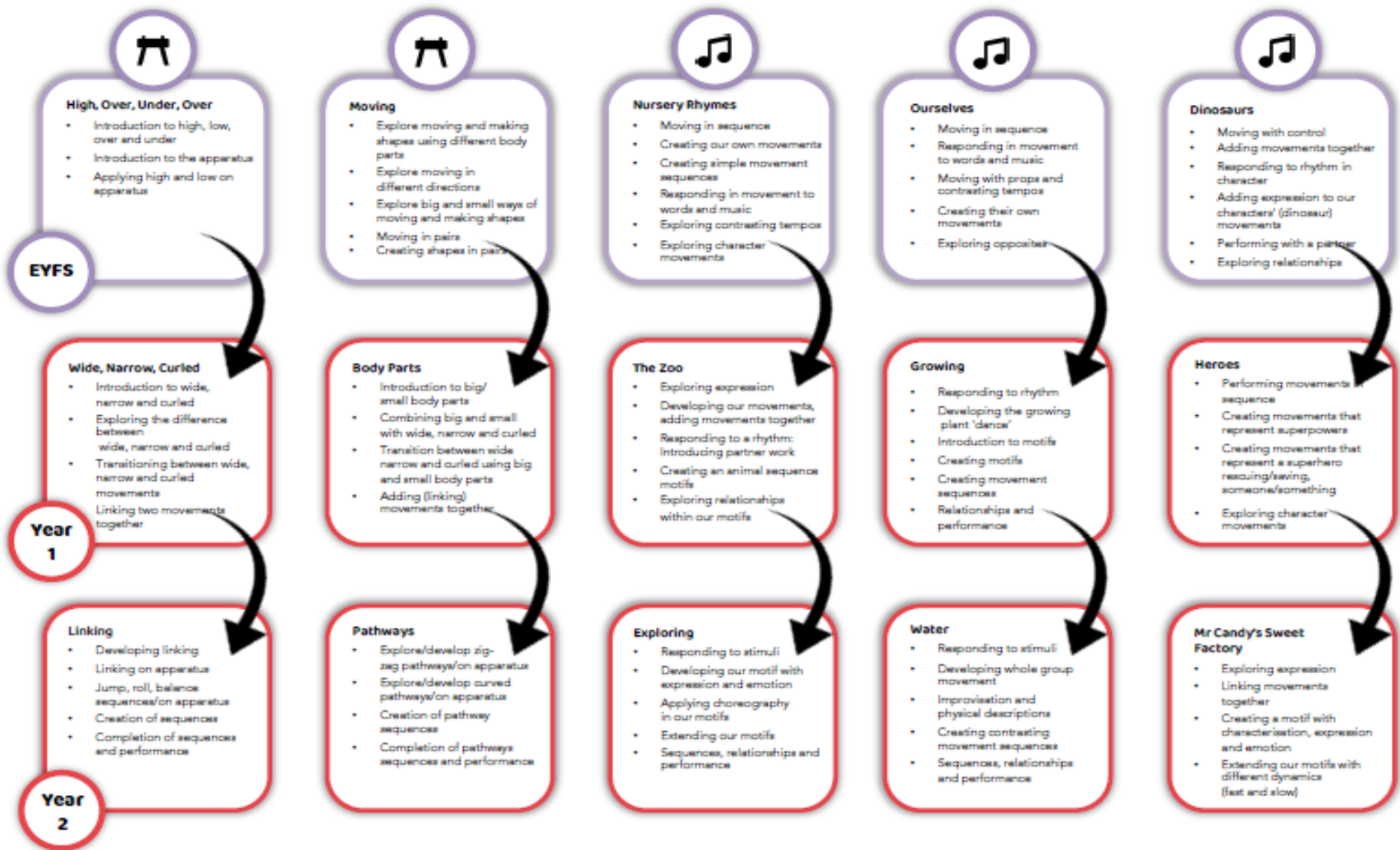
Foundation and KS1 Progression of Skills Overview



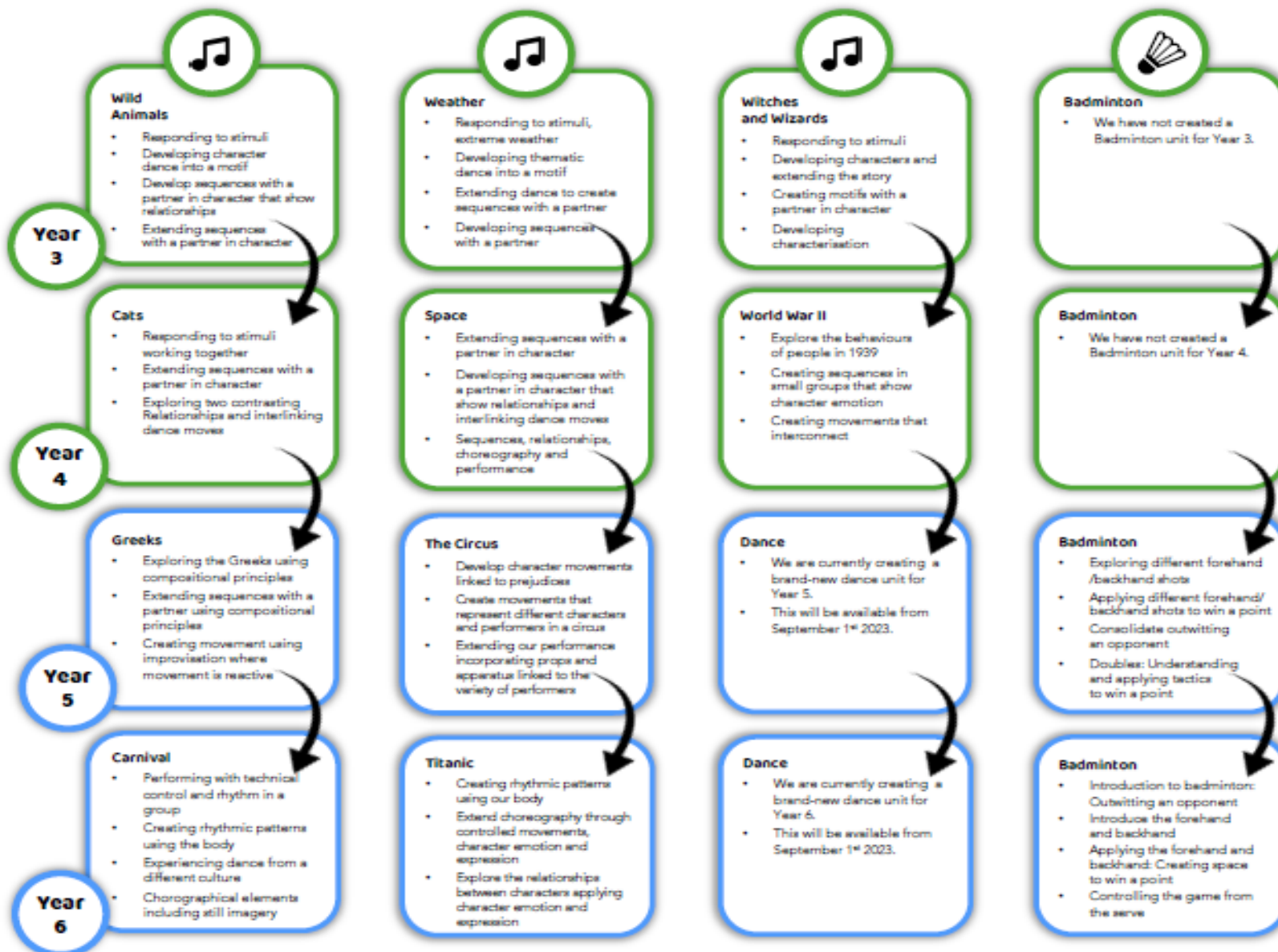
KS2 Progression of Skills Overview



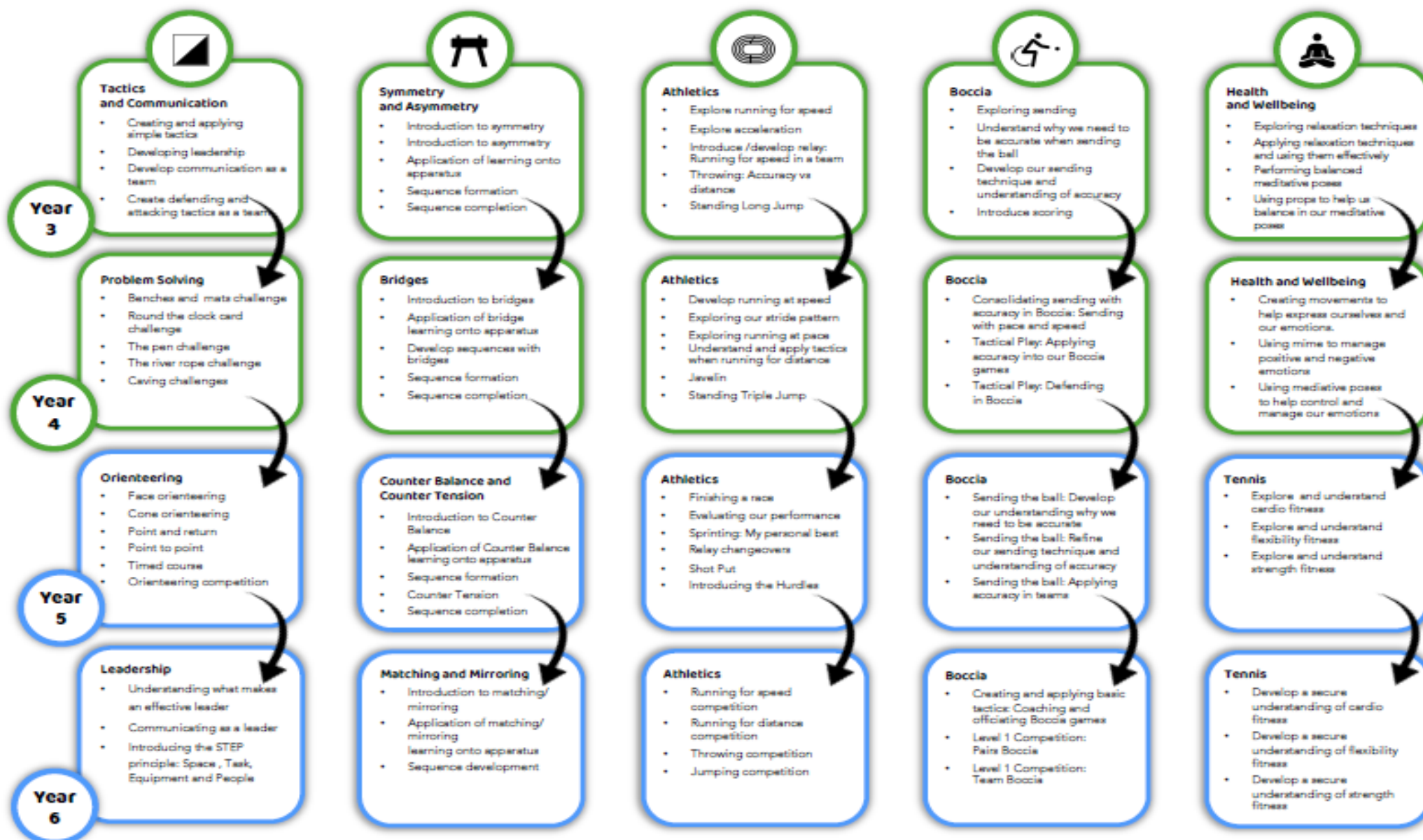
KS2 Progression of Skills Overview



Foundation and KS1 Progression of Skills Overview



KS2 Progression of Skills Overview



KS2 Progression of Skills Overview