

**DMS PE Knowledge Progression 21-22**

**Pupils will have the opportunity to develop their knowledge of the importance of living a Healthy Active Lifestyle, Sportsmanship, Leadership and the physical and mental demands of sport. They will know the importance of evaluating performance to aid improvement.**

**Games**

<b>Primary</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>	<b>Year 11/p16</b>
<p>Know the different areas of the pitch/court and can name the basic rules of a game.</p> <p>Know the range of positions and skills used within a given sport.</p> <p>Know the most effective skills to use to outwit an opponent.</p>	<p>Know the importance of rules and how to apply them in different situations.</p> <p>know the names of the core skills in my favourite sport.</p> <p>Know how to select the most appropriate attack or defence strategies within a game</p> <p>Know how to replicate skills (such as passing) with some accuracy and control in a game.</p>	<p>Know the importance of rules and how to apply them in different situations with greater consistency.</p> <p>Know the rules of a game in order to be able to referee with some consistency.</p> <p>Know how to replicate skills (such as shooting) with greater accuracy and control in a game.</p>	<p>Consistently know the full rules of the game.</p> <p>Know how to accurately referee a game.</p> <p>Know how to adapt formations and tactics to outwit opponents.</p> <p>Know how to replicate skills to consistently outwit opponents</p>	<p>Know that basic defensive and attacking strategies can be adapted/refined to respond to changing situations in a game.</p> <p>Know how to increase the difficulty of drills/set pieces to outwit the opponent.</p> <p>Know more advanced tactics and begin to use them in games.</p>	<p>Know how to apply some of the more advanced tactics in games and can adapt according to changing situations.</p> <p>Know that space and width of the pitch can be used to outwit opponents.</p> <p>Know how to use set plays under pressured situations.</p>

Athletics

Primary	Year 7	Year 8	Year 9	Year 10	Year 11/p16
<p><b>Running:</b> Know that I need to use both arms and legs when running.</p> <p>Know the commands 'Take your marks, Set, Go'</p> <p>know that track includes relay, sprint, middle and long distances</p> <p><b>Throwing:</b> Know the basic safety rules for throwing events.</p> <p>Know that the shot putt involves a pushing action</p>	<p><b>Running:</b> Know the rules of sprint, relay, middle, and long-distance races.</p> <p>Know how to pass and receive the baton but tend to be stationary.</p> <p>Know what is meant by the term 'pacing'.</p> <p><b>Throwing:</b> Know how to hold a Shot Putt and Javelin correctly</p> <p>Know where distances are measured from.</p> <p>Know how to perform a static throw safely.</p>	<p><b>Running:</b> Know the body position for sprinting</p> <p>Know how to pass and receive the baton whilst on the move.</p> <p>Know why to use the inside lane during long distance races.</p> <p><b>Throwing:</b> Know how to hold a Shot Putt, Javelin and Discus correctly.</p> <p>Know what a “no-throw” is in each event.</p>	<p><b>Running:</b> Know the rules of using a relay box.</p> <p>Know when to pass and receive a relay baton with greater consistency.</p> <p>Know how to pace a race with some consistency</p> <p><b>Throwing:</b> Know how to perform a Shot Putt and Discus throw with a shuffle.</p> <p>Know how to throw a Javelin with a 3-pace run up.</p>	<p><b>Running:</b> Know how to use a sprint start effectively</p> <p>Know the importance of arm and leg position in sprint technique</p> <p>Know how to pace for a sprint finish effectively.</p> <p><b>Throwing:</b> Know how to throw the javelin to land tip first with greater consistency</p> <p>Know the importance of core strength when throwing.</p>	<p><b>Running:</b> Know how to run a tactical race</p> <p>Know the components of fitness required for each event</p> <p>Know how to plan for improvement and achieve a PB.</p> <p><b>Throwing:</b> Know how to perform each technique with consistent control and accuracy</p> <p>Know the components of fitness required for each event</p>

<p><b>Jumping:</b> know how to take off from 1 foot on land on 2 feet.</p> <p>Know what is meant by "Take-off board".</p> <p>Know the difference between long jump and triple jump</p>	<p><b>Jumping:</b> Know how to perform a standing long jump correctly.</p> <p>Know the "hop-step-jump" phase of the triple jump.</p> <p>Know the basic rules of long and triple jump</p>	<p>Know how to perform a static throw in each event.</p> <p><b>Jumping:</b> Know the importance of using arms to create power.</p> <p>Know how to measure a basic run up.</p> <p>Know where to measure jumps to and from.</p>	<p>Know how to prepare the body effectively for throwing.</p> <p><b>Jumping:</b> Know how to run up and take-off effectively.</p> <p>Know that greater height at take-off results in further distances.</p> <p>Know how to adjust run up and speed for take-off in long jump.</p>	<p>Know how to analyse own performance/technique and that of others.</p> <p><b>Jumping:</b> Know how to control stride length to time run up/take-off.</p> <p>Know the optimal body position to increase hang time in the air.</p> <p>Know how to analyse own performance/technique and that of others.</p>	<p>Know how to plan for improvement and achieve a PB.</p> <p><b>Jumping:</b> Know how to perform each technique with consistent control and accuracy</p> <p>Know the components of fitness required for each event</p> <p>Know how to plan for improvement and achieve a PB.</p>
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Gymnastics

Primary	Year 7	Year 8	Year 9	Year 10	Year 11/p16
<p>Know a variety of different ways of travelling from A to B</p> <p>Know how to land jumps safely.</p> <p>Know different body parts that can support body weight</p>	<p>Know how to start and finish a sequence.</p> <p>Know how to link skills and movements into a basic sequence</p> <p>Know what makes a movement/balance look good</p>	<p>Know how to warm up effectively and safely for gymnastics</p> <p>Know what unison and canon means in routines/sequences</p> <p>Know how to perform balances/movements that are “aesthetically pleasing” in isolation.</p>	<p>Know how to use body tension and alignment to control balances.</p> <p>Know how to use small apparatus effectively to enhance balances and movements.</p> <p>Know how to develop more complex ways of bearing body weight</p>	<p>Know how to create sequences of movements/balances with some fluency and control.</p> <p>Know how to critically assess own sequence of movements</p> <p>Know the components of fitness that are relevant for gymnastics.</p>	<p>Know how to create sequences of movements/balances with consistent fluency and control</p> <p>Know how to effectively assess another person’s performance giving strengths and areas of improvement.</p> <p>Know the components of fitness that are relevant for gymnastics and methods to develop them.</p>