

**CAPTAIN WEBB PRIMARY SCHOOL**  
**PE Curriculum – Key knowledge and skills**

EYFS			KS1		KS2			
Range 4	Range 5	Range 6	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Fitness								
			<p>I know that my body can feel hotter after an activity.</p> <p>I can describe how my body feels before and after an activity.</p>	<p>I know that my body can sweat and feel hotter during and after an activity.</p> <p>I can describe how my body feels before, during and after an activity.</p>	<p>I know that warming up can prevent injury.</p> <p>I can explain why it is important to warm-up</p>	<p>I know that warming up and cooling down can prevent injury.</p> <p>I can explain why warming up and cooling-down is important.</p> <p>I know that exercise helps my heart work more efficiently</p> <p>I can explain why keeping fit is good for my health.</p>	<p>I know that warming up and stretching can prevent injury.</p> <p>I can explain some important safety principles when preparing for exercise.</p> <p>I know that exercise can increase the temperature of the body and produce sweat.</p> <p>I can explain what effect exercise has on my body.</p> <p>I know that exercise helps your heart work more efficiently and improves your strength and endurance.</p> <p>I can explain why exercise is important.</p>	<p>I know that increasing the tempo of an exercise can increase the heart rate.</p> <p>I can explain how the body reacts to different kinds of exercise.</p> <p>I know the tempo of a warm up needs to gradually increase to fasten the heart rate.</p> <p>I can choose appropriate warm ups that prevents injury.</p> <p>I know the tempo of a cool down needs to gradually decrease to slow down the heart rate.</p> <p>I can choose appropriate cool downs that prevents injury.</p> <p>I know that exercise helps your heart work more efficiently, so you have more energy</p> <p>I know that it improves your strength and endurance.</p> <p>I can explain why we need regular and safe exercise.</p>
Acquiring and developing skills								
			<p>I can copy some actions.</p> <p>I can repeat some actions and skills.</p> <p>I can move with some control and care.</p>	<p>I can copy actions.</p> <p>I can repeat actions and skills.</p> <p>I can move with control and care.</p>	<p>I can select and use some appropriate skills, actions or ideas.</p> <p>I can move and use actions with some co-ordination and control.</p>	<p>I can select and use the most appropriate skills, actions or ideas.</p> <p>I can move and use actions with co-ordination and control.</p>	<p>I can link skills, techniques and ideas and apply them accurately and appropriately.</p> <p>I can show good control in their movements.</p>	<p>I can apply taught skills, techniques and ideas consistently.</p> <p>I can show precision, control and fluency.</p>
Evaluating and improving								
			<p>I can talk about what I have done.</p> <p>I can describe what other people did.</p>	<p>I can show how to exercise safely.</p> <p>I can talk about what they have done.</p> <p>I can describe what other people did.</p>	<p>I can explain how my work is similar and different from that of others.</p> <p>I can recognise how performances could be improved with some help.</p>	<p>I can explain how their work is similar and different from that of others.</p> <p>I can use comparison to someone else's performance to improve my own.</p>	<p>I can compare and comment on skills, techniques and ideas that they and others have used.</p> <p>I can use my own observations to improve my performance.</p>	<p>I can analyse and explain why I have used specific skills or techniques.</p> <p>I can modify the use of skills or techniques to improve my performance.</p>