




Progression of Key Concepts EYFS - Year 6:

PE



Concept	Key Stage	What understanding and using that concept looks like...
<p>Resilience</p> <p>Be able to recover, overcome adversity and accept defeat</p> 	EYFS	Develop problem-solving skills through physical tasks that have been set up by the teacher
	Year 1	Attempt to problem solve through physical activity e.g. obstacle course
	Year 2	Show awareness and express feelings on winning and losing.
	Year 3	Begin to develop skills to overcome hurdles and accept defeat in sport
	Year 4	Show recovery from adversity in sport e.g. not winning a match or missing a goal
	Year 5	Begin to accept defeat, congratulate others and evaluate own performance
	Year 6	Be able to accept defeat, congratulate others and evaluate own performance
<p>Cooperation & Courtesy</p> <p>The ability to work well with a partner, group and team.</p>	EYFS	Begin to share and communicate with peers kindly during play and physical activity
	Year 1	Begin to work well in a pair or as part of a group
	Year 2	Work well with others in physical activity and begin to support team members

<p>Respect and reassure peers, give positive feedback and congratulate achievements</p> 	Year 3	Work well as whole class and show support for team members and opposing team members.
	Year 4	Be able to give positive feedback to peers in relation to sports skills and achievements
	Year 5	Show respect towards teammates during matches and competitive sports
	Year 6	Reassure, celebrate and show respect towards teammates during matches and competitive sports
<p>Health (mental and physical)</p> <p>Understand the importance of being physically active, be aware of their own bodies and focus on their mental well being.</p> 	EYFS	Know and talk about the different factors that support their overall health and wellbeing e.g. exercise
	Year 1	Discuss a range of different factors that support their overall health and wellbeing
	Year 2	Aware that mental wellbeing is a normal part of daily life, in the same way as physical health
	Year 3	Understand that mental wellbeing is a normal part of daily life, in the same way as physical health
	Year 4	Acknowledge and understand that physical and mental health are closely linked
	Year 5	Explain the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
	Year 6	Use and explain the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness

Competition
 Motivation
 drives
 competitive
 play to
 achieve goals
 and personal
 bests.
 Compete
 against
 others with
 determination,
 confidence
 and ambition.



EYFS	Begin to work towards a goal or target set by the teacher
Year 1	Work towards a physical goal set by the teacher and play sports with peers
Year 2	Begin to play competitively and achieve personal goals and targets set by the teacher
Year 3	Set own goals and push self to achieve personal bests.
Year 4	Play competitively and be motivated and attempt to win in sport against another team
Year 5	Play competitively with confidence and be driven to win in sport against another team
Year 6	Achieve personal bests in sports and show determination to win in competitive sports.