

PE progression map

EYFS						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Yoga	Dance	Wall bars and benches	Dance	Ball skills	Multi skills
Key vocabulary						
Knowledge						
	<p>To move safely in a space.</p> <p>To stop safely</p> <p>To be able to balance</p> <p>To listen to instructions and copy actions</p> <p>To develop rocking and rolling</p> <p>To know how to get into a space</p>	<p>To be able to run and stop</p> <p>To be able to change direction</p> <p>To be able to jump</p> <p>To be able to hop</p> <p>To be able to negotiate space</p>	<p>To be able to climb</p> <p>To balance and safely use apparatus</p> <p>To jump and land safely from a bench</p> <p>To create short sequences using shapes, balances and travelling actions</p> <p>To explore travelling around, over and through apparatus</p> <p>To move with control and coordination, copying, linking and repeating actions</p>	<p>To be able to skip</p> <p>To create short sequences linking actions together.</p> <p>To move safely with confidence and imagination, communicating ideas through movement.</p> <p>To move in time to music.</p> <p>To work with a partner.</p> <p>To remember and repeat actions, exploring pathways and shapes.</p>	<p>To develop control when using equipment</p> <p>To roll and track a ball</p> <p>To develop accuracy when throwing to a target</p> <p>To begin to catch</p> <p>To dribble a ball using feet</p> <p>To kick a ball to a target</p> <p>To move carefully around obstacles</p>	<p>To develop accuracy when throwing or balancing an object</p> <p>To follow instructions and move safely</p> <p>To learn to play against an opponent</p> <p>To play by the rules and develop coordination</p> <p>To work cooperatively as a team.</p>

Year 1						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic</b>	Tag Rugby Attack,defend,shoot	Hockey Dance	Netball Gymnastics	Football Hit,catch,run	Cricket Send&return	Athletics Run,jump,throw
<b>Key vocabulary</b>	See knowledge organisers					
<b>Knowledge</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Net &amp; Wall</b>	<b>Striking &amp; Fielding</b>	<b>Invasion Games</b>	<b>Athletic activity</b>
	<ul style="list-style-type: none"> <li>Respond to a range of stimuli and types of music.</li> <li>Explore space, direction, levels and speeds.</li> <li>Experiment creating actions and performing movements with different body parts.</li> </ul>	<ul style="list-style-type: none"> <li>Identify and use simple gymnastics actions and shapes.</li> <li>Apply basic strength to a range of gymnastics actions.</li> <li>Begin to carry simple apparatus such as mats and benches.</li> <li>To recognise 'like' actions and link them.</li> </ul>	<ul style="list-style-type: none"> <li>Able to send an object with increased confidence using hand or bat.</li> <li>Move towards a moving ball to return it.</li> <li>Sending and returning a variety of balls/objects.</li> <li>Track, intercept and stop a variety of objects such as balls and beanbags.</li> <li>Select and apply skills to beat the opposition.</li> </ul>	<ul style="list-style-type: none"> <li>Able to hit objects with hand or bat.</li> <li>Track and retrieve a rolling ball.</li> <li>Throw and catch a variety of balls and objects.</li> <li>Develop sending and receiving skills to benefit fielding as a team.</li> <li>Distinguish between the roles of batters and fielders.</li> <li>Introduce the concept of simple tactics.</li> </ul>	<ul style="list-style-type: none"> <li>To practice basic movements including running, jumping, throwing and catching.</li> <li>To begin to engage in competitive activities.</li> <li>To experience opportunities to improve agility, balance and coordination.</li> <li>To recognise rules and apply them in competitive and cooperative games.</li> <li>Use and apply simple strategies for invasion games.</li> <li>Preparing for, and explaining the reasons why we enjoy exercise.</li> </ul>	<ul style="list-style-type: none"> <li>Pupils will begin to link running and jumping.</li> <li>To learn and refine a range of running which includes varying pathways and speeds.</li> <li>Develop throwing techniques to send objects over long distances.</li> <li>Increase stamina and core strength needed to undertake athletics activities.</li> <li>Take part in a broad range of opportunities to extend strength, balance, agility and coordination.</li> <li>Cooperate with others to carry out more complex tasks.</li> </ul>

**Year 2**

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic</b>	Tag Rugby Attack,defend,shoot	Hockey Dance	Netball Gymnastics	Football Hit,catch,run	Cricket Send&return	Athletics Run,jump,throw
<b>Key vocabulary</b>	See knowledge organisers					
<b>Knowledge</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Net &amp; Wall</b>	<b>Striking &amp; Fielding</b>	<b>Invasion Games</b>	<b>Athletic activity</b>
	<ul style="list-style-type: none"> <li>Describe and explain how performers can transition and link shapes and balances.</li> <li>Perform basic actions with control and consistency at different speeds and on different levels.</li> <li>Challenge themselves to move imaginatively responding to music.</li> <li>Work as part of a group to create and perform short movement sequences to music.</li> </ul>	<ul style="list-style-type: none"> <li>Describe and explain how performers can transition and link gymnastic elements.</li> <li>Perform with control and consistency basic actions at different speeds and on different levels.</li> <li>Challenge themselves to develop strength and flexibility.</li> <li>Create and perform a simple sequence that is judged using simple gymnastic scoring.</li> </ul>	<ul style="list-style-type: none"> <li>Be able to track the path of a ball over a net and move towards it</li> <li>Begin to hit and return a ball using hands and racquets with some consistency</li> <li>Play modified net/wall games throwing, catching and sending over a net</li> <li>Begin to choose specific tactics appropriate to the situation.</li> <li>Improve agility and coordination and use in a game</li> </ul>	<ul style="list-style-type: none"> <li>To develop hitting skills with a variety of bats.</li> <li>Practice feeding/bowling skills.</li> <li>Hit and run to score points in games.</li> <li>Work on a variety of ways to score runs in the different hit, catch, run games.</li> <li>Attempt to work as a team to field.</li> <li>Begin to play the role of wicketkeeper or backstop.</li> </ul>	<ul style="list-style-type: none"> <li>Can send a ball using feet and can receive a ball using feet.</li> <li>Refine ways to control bodies and a range of equipment.</li> <li>Recall and link combinations of skills, e.g. dribbling and passing.</li> <li>To select and apply a small range of simple tactics.</li> <li>Recognise good quality in self and others.</li> <li>To work with others to build basic attacking play.</li> </ul>	<ul style="list-style-type: none"> <li>Develop power, agility, coordination and balance over a variety of activities.</li> <li>Can throw and handle a variety of objects including quoits, beanbags, balls, hoops.</li> <li>Can negotiate obstacles showing increased control of body and limbs.</li> <li>Improve running and jumping movements, work for sustained periods of time.</li> <li>Reflect on activities and make connections between a healthy active lifestyle.</li> <li>Experience and improve on jumping for distance and height.</li> </ul>

Year 3							
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
<b>Topic</b>	Tag Rugby Gymnastics	Netball Orienteering	Hockey Dance	Football Tennis	Cricket Basketball	Athletics Swimming	
<b>Key vocabulary</b>	See knowledge organisers						
<b>Knowledge</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Net &amp; Wall Tennis</b>	<b>Striking &amp; Fielding Cricket</b>	<b>Invasion Games</b> Netball/Football/Basketball/ Hockey/Tag Rugby	<b>Athletic activity</b>	<b>Orienteering</b>
	<ul style="list-style-type: none"> <li>Practise different sections of a dance aiming to put together a performance.</li> <li>Perform using facial expressions.</li> <li>Perform with a prop.</li> </ul>	<ul style="list-style-type: none"> <li>Modify actions independently using different pathways, directions and shapes.</li> <li>Consolidate and improve the quality of movements and gymnastics actions.</li> <li>Relate strength and flexibility to the actions and movements they are performing.</li> <li>To use basic compositional ideas to improve sequence work.</li> </ul>	<ul style="list-style-type: none"> <li>Identify and describe some rules of net/wall games.</li> <li>Serve to begin a game.</li> <li>Explore forehand hitting.</li> <li>Play with some understanding of modified court boundaries.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to adhere to some of the basic rules of cricket of striking and fielding games.</li> <li>To develop a range of skills to use in isolation and a competitive context.</li> <li>To use basic skills with more consistency including striking a bowled ball.</li> <li>Work cooperatively with others to complete fielding tasks.</li> </ul>	<ul style="list-style-type: none"> <li>To perform some basic invasion games skills, throwing, catching, kicking and dribbling.</li> <li>To build attacking/offensive play.</li> <li>Able to show basic control skills including sending and receiving the ball.</li> <li>To send the ball with some accuracy to maintain possession and build attacking play.</li> <li>Able to implement basic rules of modified games e.g. basketball.</li> <li>Develop motor skills to handle sticks with ease and improve agility.</li> <li>Show basic skills to maintain possession.</li> <li>Use space efficiently to build an attack.</li> <li>Link skills to perform as a team.</li> </ul>	<ul style="list-style-type: none"> <li>Control movements and body actions in response to specific instructions.</li> <li>Demonstrate agility and speed.</li> <li>Jump for height and distance with control and balance.</li> <li>Throw with speed and power and apply appropriate force.</li> </ul>	<ul style="list-style-type: none"> <li>Work with others to solve problems.</li> <li>Describe their work and use different strategies to solve problems.</li> <li>Lead others and be led</li> <li>Differentiate between when a task is competitive and when it is collaborative.</li> </ul>

Year 4							
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Topic	Tag Rugby Gymnastics	Netball Orienteering	Hockey Dance	Football Badminton	Cricket Basketball	Athletics Rounders	
Key vocabulary	See knowledge organisers						
Knowledge	<b>Dance</b>	<b>Gymnastics</b>	<b>Net &amp; Wall Tennis</b>	<b>Striking &amp; Fielding</b> Cricket/Rounders	<b>Invasion Games</b> Netball/Football/Basketball/ Hockey/Tag Rugby	<b>Athletic activity</b>	<b>Orienteering</b>
	<ul style="list-style-type: none"> <li>• Work to include freeze frames in routines.</li> <li>• Practise and perform a variety of different formations in dance.</li> <li>• Develop a dance to perform as a group with a set starting position.</li> </ul>	<ul style="list-style-type: none"> <li>• To become increasingly competent and confident to perform skills more consistently.</li> <li>• Able to perform in time with a partner and group.</li> <li>• Independently use compositional ideas in sequences such as changes in height, speed and direction.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore and use different shots with both the forehand and backhand.</li> <li>• Demonstrate different net/wall skills.</li> <li>• Work to return the serve.</li> <li>• Demonstrate different court positions in gameplay</li> </ul>	<ul style="list-style-type: none"> <li>• To develop the range of striking and fielding skills they can apply in a competitive context</li> <li>• Choose and use a range of simple tactics in isolation and in a game context.</li> <li>• Consolidate existing skills and apply with consistency.</li> <li>• Strike to ball with intent, use decision making attempt direction.</li> </ul>	<ul style="list-style-type: none"> <li>• Show increased confidence and perform with more consistency showing a selection of basic skills such as dribbling, throwing and shooting.</li> <li>• Develop a broader range of ball handling skills</li> <li>• Use footwork rules in a game situation and explore basic marking.</li> <li>• Passing over longer distance.</li> <li>• Moving towards the ball to receive the pass.</li> <li>• Pass and move with the ball as a team to build attacks.</li> <li>• Apply a small range of tactics in a competitive situation.</li> <li>• Demonstrate increased speed and endurance during gameplay.</li> </ul>	<ul style="list-style-type: none"> <li>• Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities.</li> <li>• Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.</li> </ul>	<ul style="list-style-type: none"> <li>• Work well in a team or group within defined and understood roles.</li> <li>• Plan and refine strategies to solve problems.</li> <li>• Identify the relevance of and use maps, compass and symbols.</li> <li>• Identify what they do well and suggest what they could do to improve.</li> </ul>

					• Evaluating skills, tactics and team play to aid improvement.		
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Year 5							
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
<b>Topic</b>	Tag Rugby Gymnastics	Netball Orienteering	Hockey Dance	Football Tennis	Cricket Basketball	Athletics Rounders	
<b>Key vocabulary</b>	See knowledge organisers						
<b>Knowledge</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Net &amp; Wall</b> Tennis	<b>Striking &amp; Fielding</b> Cricket/Rounders	<b>Invasion Games</b> Netball/Football/Basketball/ Hockey/Tag Rugby	<b>Athletic activity</b>	<b>Orienteering</b>
	<ul style="list-style-type: none"> <li>• Perform different styles of dance fluently and clearly.</li> <li>• Refine &amp; improve dances adapting them to include the use of space rhythm &amp; expression.</li> <li>• Worked collaboratively in groups to compose simple dances.</li> <li>• Recognise and comment on dances suggesting ideas for improvement.</li> </ul>	<ul style="list-style-type: none"> <li>• Create longer and more complex sequences and adapt performances.</li> <li>• Take the lead in a group when preparing a sequence.</li> <li>• Develop symmetry individually, as a pair and in a small group.</li> <li>• Compare performances and judge strengths and areas for improvement.</li> <li>• Select a component for</li> </ul>	<ul style="list-style-type: none"> <li>• Use different types of serves in-game and new shots learnt in games.</li> <li>• Play with others to score and defend points in competitive games.</li> <li>• Move confidently around the playing area using footwork techniques.</li> <li>• Develop different ways of playing with others cooperatively and in competition.</li> <li>• Further, explore Tennis service rules.</li> </ul>	<ul style="list-style-type: none"> <li>• Link together a range of skills and use them in combination.</li> <li>• Collaborate with a team to choose, use and adapt rules in games.</li> <li>• Recognise how some aspects of fitness apply to striking and fielding, e.g., power, flexibility, and cardiovascular endurance.</li> <li>• Develop retrieving and returning the ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Use strength, agility and coordination when defending.</li> <li>• Increase power and strength of passes, moving the ball accurately in a variety of situations.</li> <li>• Select and apply a range of tactics and techniques and play with consistency.</li> <li>• To play effectively in a variety of positions and formations on the pitch.</li> <li>• Relate a more significant number of attacking and defensive tactics to gameplay.</li> <li>• Become more skilful when performing movements at speed.</li> <li>• Select and apply the appropriate skill in a game situation.</li> <li>• Play effectively as a team in defence, taking individual responsibility for your role.</li> </ul>	<ul style="list-style-type: none"> <li>• Sustain pace over short and longer distances such as running 100m and running for 2 minutes.</li> <li>• Able to run as part of a relay team working at their maximum speed.</li> <li>• Perform a range of jumps and throws demonstrating increasing power and accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore ways of communicating in a range of challenging activities.</li> <li>• Navigate and solve problems from memory.</li> <li>• Develop and use trust to complete the task and perform under pressure.</li> </ul>

		improvement— for example - timing or flow.					
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Year 6							
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
<b>Topic</b>	Tag Rugby Gymnastics	Netball Orienteering	Hockey Dance	Football Badminton	Cricket Basketball	Athletics Rounders	
<b>Key vocabulary</b>	See knowledge organisers						
<b>Knowledge</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>Net &amp; Wall</b> Badminton	<b>Striking &amp; Fielding</b> Cricket/Rounders	<b>Invasion Games</b> Netball/Football/Basketball/ Hockey/Tag Rugby	<b>Athletic activity</b>	<b>Orienteering</b>
	<ul style="list-style-type: none"> <li>• Work collaboratively to include more complex compositional ideas</li> <li>• Develop motifs and incorporate them into self-composed dances as individuals, pairs &amp; groups.</li> <li>• Talk about different styles of dance with understanding, using appropriate language &amp; terminology</li> </ul>	<ul style="list-style-type: none"> <li>• Lead group warm-up showing understanding for the need for strength and flexibility.</li> <li>• Demonstrate accuracy, consistency, and clarity of movement.</li> <li>• Work independently and in small groups to make up your own sequences.</li> <li>• Arrange own apparatus to enhance work and vary</li> </ul>	<ul style="list-style-type: none"> <li>• Develop a broader range of shots.</li> <li>• Begin to select and apply more sophisticated tactics such as netplay and offensive and defensive positioning.</li> <li>• Play with fluency with a partner in doubles/partner scenarios.</li> <li>• Develop backhand shots.</li> <li>• Begin to use full scoring systems.</li> <li>• Continue developing doubles play and tactics to improve.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply consistently standard rules in a variety of different styles of games.</li> <li>• Attempt a small range of shots in isolation and competitive scenarios.</li> <li>• Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply aspects of fitness to the game such as power, strength, agility and coordination.</li> <li>• Choose and implement a broader range of strategies to play defensively and offensively.</li> <li>• Grasp more technical aspects of the game.</li> <li>• Observe, recognise and analyse good individual and team performances.</li> <li>• Suggest, plan and lead simple drills for given skills.</li> <li>• Combine and perform more complex skills at speed in games.</li> <li>• Use set plays in game situation and explain when and why they are used.</li> <li>• Switch effectively as a team between defence and attack.</li> </ul>	<ul style="list-style-type: none"> <li>• Become confident and expert in a range of techniques and recognise their success.</li> <li>• Apply strength and flexibility to a broad range of throwing, running and jumping activities.</li> <li>• Work in collaboration and demonstrate improvement when working with self and</li> </ul>	<ul style="list-style-type: none"> <li>• Use information given by others to complete tasks and work collaboratively.</li> <li>• Undertake more complex tasks.</li> <li>• Take responsibility for a role in a task.</li> <li>• Use knowledge of PE and physical activities to suggest design ideas &amp; amendments to games.</li> </ul>

		compositional ideas. • Experience flight on and off of high apparatus.				others. • Accurately and confidently measure and time keep for both track and field events.	
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**SWIMMING (Years 3-6)**

<b>Knowledge</b>	<ul style="list-style-type: none"> <li>• Swim short distances unaided between 5 &amp; 20 metres using one consistent stroke.</li> <li>• Propel themselves over longer distances with the assistance of swimming aids.</li> <li>• Move with more confidence in the water including submerging themselves fully.</li> <li>• Enter and exit the water independently.</li> <li>• Swim over greater distances, between 10 &amp; 20 meters with confidence in shallow water.</li> <li>• Begin to use basic swimming techniques for a variety of strokes (front crawl, back stroke, breaststroke) including correct arm and leg action.</li> <li>• Explore and use basic breathing patterns.</li> <li>• Enter and exit the water in a variety of ways.</li> <li>• Swim over greater distances, 25 meters with confidence in deeper water.</li> </ul>
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