

PE Progression – Years R-6

Progressions	Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fundamental movement skills	Reception	To practice fundamental movement skills e.g. walking and running. To introduce changing direction.	To roll and track a ball. To practise throwing and catching a ball and begin to develop accuracy.	To practice fundamental movement skills: -To roll -To crawl -To hop -To jump -To climb To be taught how to use the large apparatus in the halls safely.	To practice fundamental movement skills: -To skip -To dance To understand a sequence of movements. Combine different movements with ease and fluency.	To throw, catch aim and pass a ball with increasing accuracy. To roll and track a ball towards a target with increasing accuracy.	To further develop and refine ball skills including throwing, catching, kicking, passing, batting and aiming.
	Year 1	Fundamental Movement skills -To develop balancing whilst stationary and on the move. -To develop running, stopping and changing direction and -To explore balance, stability and landing safely. -To explore how the body moves differently when running at different speeds.	Ball Games (play variety of invasion games similar to main sports) -I can throw and roll a ball a ball to a target using control and accuracy. -I can catch an object using the correct technique. -I can use my throwing and catching skills in a game.	Gymnastics -I can explore different shapes using different parts of my body simultaneously. -I can copy basic actions to balance with some accuracy and control. -I can travel using gymnastic actions, including travelling, rolling, jumping and climbing, and stay still when required.	My healthy Body -I can recognise how my body responds to exercise (sweating, breathing, heart rate, and body heat). -I know why exercise is important and how to make sure I exercise every day. -I can perform a variety of exercises using the correct technique independently.	Hit, catch, run -I can keep my eye on the ball and make a 'cup' shape when catching a bean bag. -I can grip a bat with two hands and strike a large stationary ball with growing control. -I can react, chase and retrieve a ball when fielding. I can use underarm and overarm throwing with growing control and accuracy	Run, throw, jump – Athletics (focus on skills rather than events) -I can explore running at different speeds and using space safely. -I can run safely including jumping over and under obstacles. -I can throw different equipment underarm and overarm for accuracy
	Year 2	Fundamental movement and ball games (using a range of simplified invasion games) -To explore different ball handling skills. -To apply rolling skills into a game scenario and follow simple rules -To develop passing a ball using chest pass, bounce pass, overhead pass, dribbling a ball. -To use a range of equipment in small games.	Fundamental movement skills Throwing, dribbling, catching -I can roll and stop a ball and ounce a ball with control whilst moving. -I can throw and catch a ball with a partner. -I can slide a beanbag along the floor.	Gymnastics -I can move and balance with agility and coordination. -I can roll with control and coordination. -I can take my weight on my hands and feet. -I can create a sequence of movements.	OAA & Team building games -I can communicate as part of a team to suggest ideas and use equipment in different ways. -I can copy and create a simple pattern in different scenarios and perform in front of others. -I can take different roles when performing within a team.	Hit Catch Run (cricket) -I can create a 'cup' shape with my hands to catch a tennis ball thrown towards me. -I can grip a bat and position myself sideways when striking a ball. -I can keep my eye on the ball strike a stationary ball towards an intended direction with growing accuracy. -I can play a mini-game of cricket and understand basic rules.	Run Jump Throw -I can run safely including jumping over hurdles. -I can use by body to jump for distance with one and two feet. -I can throw a range of equipment underarm and overarm for distance. -I can run for continuous periods and recognise how my body responds to running different speeds/distances.
	Year 3	Invasion Games (variety of invasion games which match skills) -I can begin to shoot at a target, pass and receive a ball to create space. -I can begin to link skills of passing, receiving, moving and shooting. -I understand how to use a ball in different invasion games.	Basketball -I can dribble and then further develop dribbling skills, including moving. -I can use a chest pass. -I can put all learnt skills together and play in a basketball game.	Gymnastics -I can perform a tuck, straddle and pike positions in different ways. -I can use some basic travel actions when joining actions together. -I can forward roll from different starting points. -I can develop and perform gymnastics actions with growing control.	Health and Fitness -I know what heart rate is and how to measure it. -I can exercise at different intensities -I can name basic muscles.	Cricket -I can catch a tennis ball thrown gently by a partner. -I can use an overarm and underarm throw towards a target with accuracy. -I can successfully use a range of fielding techniques. -I can grip a bat correctly and strike a ball away from fielders.	Athletics -I can run safely over hurdles and can focus on my stride pattern. -I can identify and use the correct technique for the standing long jump. -I can identify, use and describe how to perform a one-handed and two-handed push throw. -I can run for continuous periods and work on improving my personal best.

PE Progression – Years R-6

	Year 4	Basketball -I can develop marking skills. -I can develop a range of passing. -I can develop different techniques of shooting. -I can develop knowledge of the rules of the game and apply them in small game situations.	Hockey/ tag rugby Hockey -I can use passing and moving skills to keep possession of the ball. -I can work with teammates to attack and defend in a game. Tag Rugby -I can pass and receive a ball with control and accuracy. -I can use a range of skills to keep possession and make progress towards a goal, on my own and with others.	OAA and Health and Fitness -I can explain what happens to my pulse rate when taking part in a range of exercise activities. -I understand how different fitness and skill tests can measure my body's performance. -I understand why my body reacts to exercise in the way it does.	Gymnastics and Dance -I can recall and be able to perform a range of shapes with control and accuracy. -I can accurately perform a forward roll from standing and a tucked backward roll. -I can perform a squat on vault accurately. -I can link movements together by performing a chassis step, straight jump half-turn and cat leap	Athletics -I can develop my technique to throw for distance and accuracy. -I can throw a variety of throwing implements using the correct technique. -I can discover an effective take-off, flight phase when performing a standing long jump.	Swimming -I can push and glide using a float -I can kick on front and back using a floating aid and travel 5m -I can begin to use effective kicking to travel 5m -I know how to stay safe in a water emergency
--	---------------	---	--	---	--	--	---

	Year 5	Basketball -I can use a range of techniques to pass a basketball successfully. -I can pivot and move effectively around the court. -I can use strategies to keep possession of the ball. -I can apply my basketball skills when playing as part of a team in a game.	Tag Rugby -I can grip and pass a rugby ball using the correct technique I can learn to move with the ball whilst changing direction. -I can pass within a team applying the offside rule -I know the basic rules of rugby and can apply them in a small game Hockey -I can explore and apply a range of techniques when passing in hockey. -I can grip the bat correctly and change direction and speed when moving with the ball.	Gymnastics -I can describe and perform a range of jumps with good control and accuracy. -I can perform different types of rolls safely and with control. -I can use jumps, pivots and other linking movements to create flow in my gymnastics sequence.	Swimming -I can use effective kicking and travel at least 5m unaided -I can begin to use effective breathing in when using front stroke with a floating aid -I can combine arms and legs to travel 15m unaided	Cricket -I can select a shot to direct the ball away from fielders. -I can throw a ball for accuracy and use the short throw to run players out. -I can keep the wicket in a game situation. -I can apply overarm bowling consistently in a game.	Athletics -I can run as part of a relay team for speed and distance. -I can work to improve distance covered in set times -I can explore combining jumping sequences, e.g. hop, step, jump. -I can perform a baton exchange as part of a relay team.
	Year 6	Swimming Intermediate swimming -I can use a recognised stroke to swim 5m+ without a float. -I can use arm action in FC and BC effectively over longer distances. -I can swim 15m without stopping using my strongest stroke Advanced swimming -I can swim backstroke using arms correctly and swim 25m without stopping.	Netball -I can develop passing and moving towards a goal. -I can use the attacking principle of creating and using space. -I can change direction and lose a defender. -I can change direction to get free from a defender and receive a pass. To develop the shooting action.	Gymnastics & Dance -I can adapt my performance to reflect a theme and perform in time to music. -I can link and perform a range of movements in canon and unison. -I can work in a large group to choreograph and perform a gymnastics routine in time to music.	Health and Fitness and OAA -I can compare how exercise affects HR and learn to measure it and how to maintain a healthy heart. -I can develop knowledge on what activities to perform to target different muscle groups. -I can organise and perform a workout to target strength, endurance or cardiovascular endurance.	Athletics -I can develop running over obstacles with greater control and co-ordination. -I can run and jump for distance. -I can experiment with varying body positions to maximise my standing long jump. -I can explore different ways of passing the baton at speed.	Rounders -I can field the ball effectively from different positions. -I can bowl accurately. -I can play the game within the rules and know how to score half or full rounder.

PE Progression – Years R-6

		-I can swim front stroke and combine arms and legs effectively to propel myself 15+ -I can use timing and breathing effectively to swim 25m Develop technique in a range of strokes					
--	--	--	--	--	--	--	--

Nursery Physical Development						
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Early Learning Goal
Fundamental movement skills		Gymnastics	Dance	Ball skills	Athletics	
To begin to choose the right resources to carry out a plan (i.e. small spade for a small hole). To go up steps using alternate feet. To use large muscle movements to paint and make marks. To develop fundamental movement skills e.g. walking, running. To stop safely. To begin to develop ball skills e.g throwing.		To practise the skills of walking, crawling and running across a plank. To begin to safely move large equipment such as carrying a wooden block (with adult supervision). To further develop fundamental movement skills e.g. hop, skip, stand on one leg.	To begin to climb up apparatus using alternate feet. Go up steps using alternate feet. To use large muscle movements to paint, make marks, wave flags and streamers. To choose the right resources to carry out a plan (i.e. small spade for a small hole). To learn sequences and patterns of music related to music or rhythm.	To match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. To apply fundamental movement skills to play a game i.e. musical statues. To further develop ball skills i.e. throwing.	To safely move large equipment such as carrying a wooden block (with adult supervision). To further development fundamental movement skills e.g. running and jumping.	-Negotiate space and obstacles safely, with consideration for themselves and others. -Demonstrate strength, balance and coordination when playing. -Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Reception Physical development

Skill	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Early Learning Goal
	Fundamental movement skills	Ball games	Gymnastics	Dance	Manipulating and co-ordinating objects (ball skills and team games)		
Gross Motor Skills	To practice fundamental movement skills e.g. walking and running. To introduce changing direction. To stop safely. To teach children the skills to manage the day successfully (lining up, lunchtimes).	To roll and track a ball. To practise throwing and catching a ball and begin to develop accuracy. To negotiate space successfully.	To practice fundamental movement skills: -To roll -To crawl -To hop -To jump -To climb To be taught how to use the large apparatus in the halls safely. To negotiate space successfully, including obstacles.	To practice fundamental movement skills: -To skip -To dance To understand a sequence of movements. Combine different movements with ease and fluency.	To throw, catch aim and pass a ball with increasing accuracy. To roll and track a ball towards a target with increasing accuracy.	To further develop and refine ball skills including throwing, catching, kicking, passing, batting and aiming.	-Negotiate space and obstacles safely, with consideration for themselves and others. -Demonstrate strength, balance and coordination when playing. -Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

PE Progression – Years R-6

Year Group	Autumn		Spring		Summer	
Nursery	FMS and tag games	Bean bag games	Manage body using obstacles	Coordinate actions to music	Send and receive objects	Sports day games
Reception	FMS through BEAM	Sending and Receiving	Body management gymnastics	Coordination of movements (dance fitness)	Cooperation and problem solving	Speed agility and travel
1	Send and return	Attack and defend	Gymnastics	OAA and Dance	Hit catch run	Run throw jump
2	Send and return	Attack and defend	Gymnastics	OAA and Dance	Hit catch run	Run throw jump
3	Netball and football	Hockey and Rugby	Gymnastics Dance	OAA and Health and Fitness	Cricket	Athletics and Tennis
4	Netball and football	Hockey and Rugby	Gymnastics Dance	OAA and Health and Fitness	Cricket and Tennis	Athletics
5	Netball and football	Hockey and Rugby	Gymnastics and OAA	Swimming	Cricket	Athletics
6	Netball and football	Swimming Unit 1	Gymnastics and Dance	OAA and Health and Fitness	Athletics	Swimming Unit 2