



PE Progression Grid



Concept	FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Movement – How can I control my body and how does this impact my performance?	<ul style="list-style-type: none"> - Move safely within a space - Begin to stop with some control - Explore running and stopping - Explore changing direction safely - Explore balancing whilst stationary and on the move - Begin to explore take off and landing safely - Explore hopping on both feet - Explore skipping as a travelling action - Show contrast with my body including wide/narrow, straight/curved - Explore shapes in stillness using different parts of my body - Explore rocking and rolling - Explore jumping safely - Work safely and develop running/stopping 	<ul style="list-style-type: none"> - Explore changing direction and dodging, and discover how the body moves at different speeds - Move with some control and balance - Demonstrate control in take off and landing when jumping - Begin to explore hopping in different directions - Show coordination when turning a rope, using rhythm to jump continuously - Explore basic shapes such as straight, tuck, straddle and pike - Perform balances making my body tense, stretched and curled - Explore barrel, straight and forward roll progressions 	<ul style="list-style-type: none"> - Demonstrate balance when changing direction. Clearly show different speeds when running - Demonstrate balance when performing movements - Demonstrate jumping for distance, height and in different directions - Demonstrate hopping for distance, height and in different directions - Explore single and double bounce when jumping with a rope - Explore using shapes in different gymnastic balances - Remember, repeat and link combinations of gymnastic balances - Explore barrel, straight and 	<ul style="list-style-type: none"> - Change direction. - Show an increase and decrease in speed. - Demonstrate balance when performing other fundamental skills. - Link jumping and hopping actions. - Jump and turn a skipping rope. - Explore matching and contrasting shapes. - Explore point and patch balances and transition smoothly into and out of them. - Develop the straight, barrel, and forward roll. - Develop stepping into shape jumps with control. - Develop using space as a team. - Develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. - Develop tracking opponents to limit 	<ul style="list-style-type: none"> - Show balance when changing direction at speed. - Show control whilst completing activities which challenge balance. - Explore increased speed when co-ordinating my body. - Demonstrate improved sprinting technique. - Develop the range of shapes I use in my sequences. - Develop strength in bridge and shoulder stand. - Develop control and fluency in individual and partner balances. - Develop the straight, barrel, forward and straddle roll and perform them with increased control. - Develop control in performing and landing rotation jumps. - Develop an understanding of 	<ul style="list-style-type: none"> - Perform shapes consistently and fluently linked with other gymnastic actions. - Explore progressions of a cartwheel. - Explore symmetrical and asymmetrical balances. - Develop control in the straight, barrel, forward, straddle and backward roll. - Select a range of jumps to include in sequence work. - Explore moving to create space for themselves and others in their team. - Use a variety of techniques to lose an opponent e.g. change of direction or speed. - Apply fluency and co-ordination when running for speed in relay changeovers. - Effectively apply speeds 	<ul style="list-style-type: none"> - Change direction with a fluent action and transition smoothly between varying speeds. - Show fluency and control when travelling, landing, stopping and changing direction. - Co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge. - Adapt running technique to meet the needs of the distance. - Combine and perform gymnastic shapes more fluently and effectively. - Develop control in progressions of a cartwheel and a headstand. - Explore counter balance and counter tension. - Develop fluency and consistency in the straddle,

	<ul style="list-style-type: none"> - Explore how my body moves. Copy basic body actions and rhythms. - Explore actions in response to music and an idea. - Begin to explore pathways and the space around me and in relation to others. - Perform short phrases of movement in front of others. 	<ul style="list-style-type: none"> - Explore shape jumps including jumping off apparatus - Explore varying speeds to represent an idea - Explore pathways within my performance - Begin to explore actions and pathways with a partner - Explore running at different speeds - Develop balance whilst jumping and landing - Explore hopping, jumping and leaping for distance 	<ul style="list-style-type: none"> - forward roll and put into sequence work - Explore shape, jumps and take off combinations - Accurately remember, repeat and link actions to express an idea - Develop an understanding of dynamics. - Develop the use of pathways and travelling actions to include levels. - Explore working with a partner using unison, matching and mirroring. - Develop the use of facial expressions in my performance - Explore moving into space away from others. - Developing moving into space away from defenders. - Explore staying close to other players to try and stop them getting the ball. - Develop the sprinting action. - Develop jumping, hopping and skipping actions. Explore safely 	<ul style="list-style-type: none"> - their scoring opportunities - Develop the sprinting technique and apply it to relay events. - Develop technique when jumping for distance in a range of approaches and take off positions. 	<ul style="list-style-type: none"> - speed and pace in relation to distance. Develop power and speed in the sprinting technique. - Develop technique when jumping for distance. - Develop an understanding of speed and pace in relation to Distance. Develop power and speed in the sprinting technique. - Develop technique when jumping for distance. 	<ul style="list-style-type: none"> - appropriate for the event. - Explore technique and rhythm in the triple jump. 	<ul style="list-style-type: none"> - forward and backward roll. - Combine and perform a range of gymnastic jumps more fluently and effectively. - Move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. - Confidently change direction to lose an opponent - Apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. - Explore technique and rhythm in the triple jump.
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			jumping for distance and height.				
Skills & Knowledge – What do we need to practice and develop to master an activity?	<ul style="list-style-type: none"> - Begin to use equipment safely. - Develop throwing and how to keep score. 	<ul style="list-style-type: none"> - Explore dribbling with hands and feet - Recognise good space when playing games - Explore changing direction to move away from a partner - Explore tracking and moving to stay with a partner - Explore sending and receiving with hands and feet to a partner - Explore technique when throwing overarm towards a target - Explore technique when throwing underarm towards a target - Roll and throw with some accuracy towards a target. - Begin to catch with two hands, and catch after a bounce. - Track a ball being sent directly. - Explore dribbling with hands and feet. 	<ul style="list-style-type: none"> - Explore dribbling with hands and feet with increasing control on the move. - Explore moving into space away from others. - Developing moving into space away from defenders. - Explore staying close to other players to try and stop them getting the ball. - Developing sending and receiving with increased control. - Develop co-ordination and technique when throwing overarm towards a target. - Develop co-ordination and technique when throwing underarm towards a target. - Develop striking a ball with equipment with some consistency - Roll, throw and kick a ball to hit a target. 	<ul style="list-style-type: none"> - Apply sending and receiving skills within the rules of a game - Explore dribbling the ball abiding by the rules of the game under some pressure. - Develop using space as a team. - Develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. - Develop tracking opponents to limit their scoring opportunities - Explore throwing at a moving target. - Begin to catch whilst on the move. - Send a ball with accuracy and increasing consistency to a target. - Catch a range of objects with increasing consistency. - Track a ball not sent directly. - Dribble a ball with hands and feet with control. 	<ul style="list-style-type: none"> - Apply sending and receiving skills within the rules of a game - Develop passing techniques appropriate to the game with increasing success. - Catch a ball using one and two hands and receive a ball with feet/object with increasing success. - Link dribbling the ball with other actions and change direction whilst dribbling with some control. - Develop moving into space to help my team. - Change direction to lose an opponent with some success. - Develop defending one on one and begin to intercept. - Explore power and technique when throwing for distance in a pull and heave throw. - Explore using my breath to maintain balance within a pose. 	<ul style="list-style-type: none"> - Apply sending and receiving skills within the rules of a game - Develop control when sending and receiving under pressure. - Dribble with some control under pressure. - Explore moving to create space for themselves and others in their team. - Use a variety of techniques to lose an opponent e.g. change of direction or speed. - Develop tracking and marking with increased success. - Explore intercepting a ball using one and two hands. - Demonstrate clear technique and accuracy when throwing at a target. - Demonstrate good technique and consistency in catching skills - Develop the range of shots used in a variety of games. 	<ul style="list-style-type: none"> - Apply sending and receiving skills within the rules of a game - Send and receive consistently using a range of techniques with increasing control under pressure. - Dribble consistently using a range of techniques with increasing control under pressure. - Move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. - Confidently change direction to lose an opponent - Use a variety of defending skills (tracking, interception, jockeying) in game situations. - Demonstrate increased success and technique in a variety of shots. - Serve accurately and consistently.

		<ul style="list-style-type: none"> - Explore throwing for distance and accuracy - Explore hitting a dropped ball with a racket. - Throw a ball over a net to land into the court area. - Explore sending a ball with hands and a racket. - Use the ready position to move towards a ball. 	<ul style="list-style-type: none"> - Develop catching a range of objects with two hands. Catch with and without a bounce. - Consistently track and collect a ball being sent directly. - Explore dribbling with hands and feet with increasing control on the move - Develop overarm throwing for distance. - Develop striking a ball with their hand and equipment with some consistency. - Develop tracking a ball and decision making with the ball. - Develop co-ordination and technique when throwing over and underarm. - Catch with two hands with some co-ordination and technique. - Develop hitting a dropped ball over a net. - Accurately underarm throw over a net to a partner. - Explore underarm rallying with a 	<ul style="list-style-type: none"> - Explore the technique for a pull throw - Explore returning a ball using shots such as the forehand and backhand. - Explore rallying using a forehand. - Consistently use and return to the ready position in between shots - Identify where I am on a simple map. - Use and begin to create simple maps and diagrams and follow a trail. 	<ul style="list-style-type: none"> - Demonstrate using my breath to maintain my work rate. - Identify key symbols on a map and follow a route. - Develop batting technique with a range of equipment. - Develop bowling with some consistency, abiding by the rules of the game. - Use overarm and underarm throwing with increased consistency in game situations. - Begin to catch with one and two hands with some consistency in game situations. - Swim with a range of strokes - Swim over increasing distances and for increasing lengths of time - Perform safe self-rescue 	<ul style="list-style-type: none"> - Develop the range of serving techniques appropriate to the game. - Use a variety of shots to keep a continuous rally. - Demonstrate effective footwork patterns to move around the court. - Explore technique and rhythm in the triple jump. - Develop technique and power in javelin and shot put. - Develop navigational skills and map reading in increasingly challenging tasks. 	<ul style="list-style-type: none"> - Successfully apply a variety of shots to keep a continuous rally. - Demonstrate a variety of footwork patterns relevant to the game I am playing. - Develop power, control and technique in the triple jump. - Develop power, control and technique when throwing discus and shot put. - Use my breath to increase my ability to move for sustained periods of time. - Strike a bowled ball with increasing accuracy and consistency. - Use a wider range of fielding skills with increasing control under pressure. - Consistently demonstrate good technique in throwing skills under pressure. - Consistently demonstrate good technique in catching skills under pressure. - Orientate a map efficiently to
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			partner catching after one bounce. - Consistently use the ready position to move towards a ball.				navigate around a course with multiple points.
Challenge – Why and how do we challenge ourselves?	<ul style="list-style-type: none">- Try again if they do not succeed- Practise skills independently- Confident to try new tasks and challenges	<ul style="list-style-type: none">- Show determination to continue working over a longer period of time- Determined to complete the challenges and tasks set- Explore skills independently before asking for help- Confident to share ideas, contribute to class discussion and perform in front of others	<ul style="list-style-type: none">- Persevere when finding a challenge difficult- Understand what their best looks like and that they work hard to achieve it- Begin to use rules showing awareness of fairness and honesty- Show an awareness of how other people feel	<ul style="list-style-type: none">- Understand what maximum effort looks and feels like, and show determination to achieve it- Use different strategies to persevere to achieve personal best- Compete within the rules showing fair play and honesty when playing independently- Confident to attempt tasks and challenges outside of their comfort zone			
Evaluation - How can reflecting on what we do lead to further improvements?	<ul style="list-style-type: none">- Begin to identify personal success- Choose own movements and actions in response to simple tasks (e.g. choosing to travel by skipping)- Begin to provide simple feedback saying what they liked or thought was good about someone else's performance	<ul style="list-style-type: none">- Make decisions when presented with a simple challenge (e.g. move to an open space towards goal)- Begin to select and apply skills to use in a variety of different situations (e.g. choose to balance on their bottom on a wider piece of apparatus)- Provide feedback beginning to use key words from the lesson	<ul style="list-style-type: none">- Pupils make quicker decisions when selecting and applying skills to a situation (e.g. who to pass to and where to move)- Select and apply from a wider range of skills and actions in response to a task- Provide feedback using key terminology	<ul style="list-style-type: none">- Reflect and evaluate their performances both as a group and as an individual and suggest areas for improvement- Recognise and explain their thought process when playing games or completing tasks (e.g. I moved here because my teammate was over there)- Identify their own and others' strengths and areas for development providing sensitive feedback and suggesting ways to improve- Select and apply appropriate skills for the situation when under pressure			
Health – What can people do to be healthy and how do these choices affect their performance?	<ul style="list-style-type: none">- Manage their own needs – (un)dressing and personal hygiene- Know and can talk about the different factors that support overall health and well being –	<ul style="list-style-type: none">- Develop their own independence to be ready for physical activity- Begin to recognise how their bodies change during physical activity- Begin to understand why we need to warm	<ul style="list-style-type: none">- Further develop their own independence to be ready for physical activity- Can begin to explain why certain changes take place during physical activity	<ul style="list-style-type: none">- Know how and why we need to be ready for physical activity (including the importance of warming up, develop skills, applying new skills, reflecting on what has been	<ul style="list-style-type: none">- Explain the benefits and reasons for warming up prior to sporting activity- Identify and explain changes to the body during exercise, using	<ul style="list-style-type: none">- Explain the benefits and reasons for warming up prior to sporting activity, and begin to lead these warm ups independently if appropriate	<ul style="list-style-type: none">- Explain the benefits and reasons for warming up prior to sporting activity, and begin to lead these warm ups independently if appropriate

	regular physical activity	up, participate and cool down to exercise safely	<ul style="list-style-type: none">- Begin to understand the importance of regular physical exercise and links with a healthy diet	<ul style="list-style-type: none">learnt and cooling down).- Explain how and why our bodies change during physical activity (e.g. why the heart beats faster)- *Begin to use correct terms for the body (e.g. abdominals when working our core in a plank or stretching the quadriceps)- Begin to understand the importance of a balanced diet, regular physical activity and mental well-being.	<ul style="list-style-type: none">age-appropriate terminology- Use scientific knowledge to describe the benefits of a balanced diet- Understand how to safely behave in water, in order to maintain health	<ul style="list-style-type: none">- Identify and explain changes to the body during exercise, using age-appropriate terminology- Use scientific knowledge to describe the benefits of a balanced diet and exercise	<ul style="list-style-type: none">- Identify and explain changes to the body during exercise, using age-appropriate terminology- Use scientific knowledge to describe the benefits of a balanced diet and exercise
Fairness – How do we use or adapt rules to make sure that everyone can compete and be challenged in physical activity?	<ul style="list-style-type: none">- Take turns- Learn to share equipment with others- Share ideas with others	<ul style="list-style-type: none">- Encourage others to keep trying- Talk to a partner about their ideas and take turns to listen to each other- Work with a partner and small group to play games and solve challenges	<ul style="list-style-type: none">- Encourage and motivate others to work to their personal best- Work with others to achieve a shared goal- Work with others to self-manage games	<ul style="list-style-type: none">- Share ideas with others and work together to decide on the best approach to a task- Lead others and show consideration of including all within a group- Communicate with others clearly and effectively			

	Athletics	Ball Skills	Dance	Fitness	Gymnastics	Invasion	Net and Wall	OAA	Striking and Fielding	Swimming	Target Games	Yoga
				Fundamentals								

