



## PE Progression Grid



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

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

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

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

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