



Physical Education Progression Map

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics / Dance		<p>Travel on hands and feet in bunny jumps and scrambling</p> <p>Balance on points (Hands and feet, knees) and patches Back, front, bottom)</p> <p>Travel close to the ground</p>	<p>Jumps - tuck, ½ turn</p> <p>Pencil, star jump and jump with ¼ turn</p> <p>Start sequences on floor and apparatus in clearly defines starting and finishing positions</p> <p>Jump off an object and land appropriately.</p> <p>Create and practice simple sequences</p>		<p>Work with counter-balance and counter tension with a partner</p> <p>Perform symmetrical/ asymmetrical balances</p> <p>Perform sequences with changes in level individually, in pairs and in small groups</p>		<p>Work in canon and with clear relationships between group members</p> <p>Execute Pike and Straddle jumps</p> <p>Transition smoothly and in a variety of ways from one move to another</p> <p>Work with a partner, mirroring, performing front and back, adjacent.</p>	
Striking & Fielding		<p>Stop a ball with my hands</p> <p>Strike a ball off a tee</p> <p>Chase after a ball and retrieve it</p> <p>Throw underarm accurately</p>	<p>Pick a ball up with one hand or two.</p> <p>Adopt a high back lift and stand sideways on when batting</p> <p>Run between wickets to accrue runs</p> <p>Throw overarm at a target from a sideways on position</p> <p>Catch a ball that is thrown directly to me</p>		<p>Catch a ball having moved to catch it</p> <p>Adopt a good position when wicket keeping and take balls on both sides of the wicket</p> <p>Stop a ball consistently that I have had to run to stop</p> <p>Be decisive and call for catches when the ball goes high and use soft hands to cushion the ball</p>		<p>Back up other fielders in the field without prompting</p> <p>Get behind the wickets when keeping wicket and the ball is hit into the field.</p> <p>Bowl using more than one technique e.g. spin, seam</p> <p>Score on both sides of the Wicket when batting.</p> <p>Make the right decisions about what fielding technique to use</p>	



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Invasion Games	<p>Run forwards & backwards whilst being aware of others and my environment.</p> <p>Send & receive a ball</p> <p>Throw using underarm and overarm and can sometimes catch a ball thrown to me</p>	<p>Dodge off both feet, evading others.</p> <p>Start to make decisions about when to attack and when to defend</p> <p>Increase my awareness of other children and the space we have to play in.</p> <p>Pass accurately over short distances and then move into space without prompting</p> <p>Receive a ball whilst I am on the move.</p>	<p>Manipulate the ball in a variety of ways to outwit an opponent in a one to one situation.</p> <p>Turn in a variety of ways enabling me to retain possession and evade opponents</p> <p>Cushion a ball & move the ball into a good position to send</p> <p>Pass and then move into space to receive the ball back.</p> <p>Close the space down quickly between me and an opponent and then jockey awaiting the right moment to dispossess them.</p>	<p>Use the width of the pitch when attacking to stretch the opposition's defence and pull opponents out of position</p> <p>Deceive opponents by feinting, faking and 'giving the eyes'</p> <p>Mark an opponent directly, staying with them at all times.</p> <p>Use a variety of ways of sending a ball and make good decisions about which technique to use under pressure</p> <p>Stay in a defensive shape and communicate well with other defender</p>
Swimming				<p>Put face in water and blow bubbles</p> <p>Fully submerge under water Be able to swim 10 metres across the pool without support.</p> <p>To develop swimming strokes of back stroke and a front stroke over the distance of 10 metres.</p> <p>Be able to swim 20 metres across the pool without support To swim 10 metres front crawl and back stroke. To</p>



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				<p>dive down below the water surface to pick up an item.</p> <p>To Be able to swim 25 metres any style, unsupported. To be able to swim in the deep end of the pool with confidence.</p>
Outdoor Adventurous Activities				