



# PE Curriculum Progression Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Transport- travelling Fundamental movement skills – jumping, hopping, skipping rolling and throwing to perform a variety of gymnastic rolls.	As autumn 1 with increasing accuracy climbing, controlling over pushing objects. Over arm throw for distance	Movement Skills To make a range of shapes, balancing, travelling in a range of ways.	FMS Jack and the beanstalk Experiment in different ways of moving. Move with control and co-ordination. Climb up and down apparatus using alternate feet.	Invasion games FMS Catching with increasing control and accuracy Travel over under and through climbing apparatus.	FMS Different ways of travelling using hand and feet. Roll a ball. Throw under arm.
	Locomotion	Dance/ Gymnastics	Net and Wall Games		Games	
<b>EYFS Framework 2021</b> In Reception Early Learning Goals	<p><b>In Reception</b></p> <p>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p>		<p><b>In Reception</b></p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Combine different movements with ease and fluency.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p>		<p><b>In Reception</b></p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p><b>Early Learning Goals</b></p> <p>Demonstrate strength, balance and coordination when playing</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	

Year 1	FMS Rolling a ball with some accuracy and using tactics. Over arm throw – bouncing and catching.	Dance link movements to show emotions. Create a sequence. Gymnastics – Travelling actions, a range of rolls into a sequence.	Overarm throw With increasing accuracy in a game. Under arm throw with accuracy at targets. Side gallop	Gymnastic Different shapes in a sequence. Travelling, 3 balances and 3 jumps on apparatus. To demonstrate a sequence using travelling, balance and 2 rolling actions.	Catching and Bouncing a Ball with some accuracy – show and apply simple tactics in a game.	Athletics Hopping with rhythm, under arm throw with accuracy, jumping for distance. Running fast with good posture.
	Baseline	Gymnastics				
Year 2	Games Under arm throw with accuracy, move into spaces, to use a simple tactic in a game. Net and wall games, holding a bat, striking a ball.	Gymnastics Create a sequence using travel, balance, rolling and jumping. To show a variety of rolls, egg, pencil and teddy bear.	Dance Activities Create and perform a movement sequence. To be able to use a stimulus effectively.	Games- Striking and Fielding. Over arm throw/ strike a ball for distance. Play a strike and field game with tactic.	OAA- The Great Outdoors Skills- co-operation and work as a team, complete a journey within school grounds. Navigate and mark a control card.	Athletics- Under arm, over arm and push throw for distance and accuracy. End of KS1 Assessment.
	Games- Net/Wall					FMS- Assessment
Year 3	Games. Perform fundamental movement skills of dodging in a tag game invasion game- netball, chest and bounce pass. To send an object in a target game with accuracy.	Dance- Gymnastic Pupils can copy movements accurately and can work as a team to create shapes with their bodies. Perform a duet dance in time with the music. Create a sequence with at least 6 actions	Invasion Games- Rugby , passing using swing and bounce pass in a game. Apply a tactic to outwit a defender.	OAA- Trust and Trials Trust trails demonstrate with a partner how to solve a trust challenges. Keep a map set and orientated.	Athletic Activities Explore different running techniques, perform a sling/push throw, jumping for distance. Pass a baton in a team relay.	Striking and Fielding Games- Rounders Strike a ball from a tee, or drop feed. Catch a ball in a striking and fielding game. Bowl under arm with accuracy. Pupils to make a simple assessment of their own performance.
	Invasion games- Netball	Gymnastics				

Year 4	Invasion Games- Handball 1 handed pass with accuracy, shoot ball with accuracy.	Dance- Sparks Might Fly	Striking and Fielding- Rounders	Target games Dodgeball – 1 handed throw on target with accuracy.	Invasion games Basketball use chest pass and bounce pass accurately. Use tactics to outwit opponent and evaluate what went well in a team.	Athletics Pull,push,sling throw Develop jumping actions for distance. Use a baton in a relay.
	Invasion games- Rugby using a swing pass, run with a rugby ball. Use a simple tactic in a game to outwit opponent.	Gymnastics/ Dance Demonstrate developing performance skills. Perform a duet with increasing choreography skills. Demonstrate a sequence of 6 action-teach and assess a partner.	Striking and Feilding Cricket- bowling under arm strike a ball from a bowler ,tee or drop feed. Apply a simple tactic in a competitive game.	Swimming.		OAA Teamwork and solving problems/ challenges using individual strengths and explain team roles.
Year 5	Invasion Games- Hockey Pass a ball to a team mate using a hockey stick, dribbling and passing shooting at a goal. Select attacking tactics when playing a game. Swimming.	Gymnastics 1 and 2 counter balance and counter tension, range of balances with a partner. Adapt a sequence with a partner using apparatus. Swimming	Striking and Fielding Games- Rounders Bowling and throwing with accuracy strike a ball with a bat, over arm throw when fielding. Use tactics in a game. Dance Create and demonstrate a solo dance and adapt to make a duet with timing.	Striking and Fielding Games- Cricket Bowling underarm with accuracy, catch a ball when fielding, strike a ball with accuracy in a game.	OAA- Orienteering Demonstrate how to keep a map set when moving . Use an 8 point compass plan a route. Navigate and control markers.	Athletics Perform running techniques for short and long distance, pull,push and sling throws. Take off and land using combination of jumps hop skip and jump.

Year 6	Invasion Games- Creative Games Football- dribbling,pass and receive a ball. Select and apply tactics when playing a game and to outwit an opponent. Attack and defending positions	Dance- Heroes and Villains Construct a dance and share own creations, create a group dance using dynamics accurately timed. Perform own dance sequence.	Invasion Games- Netball Passing and catching with consistency accurately. Apply simple attacking and defending tactics in a game.	Invasion Games- Rugby Passing and catching with consistency accuracy and control. Apply simple attacking and defending tactics in a game	Athletics Perform running techniques for short and long distance, running for speed. Pull, push and sling throw. Take part in athletics event and record time and distance . Take off and land using hop skip and jump.	Striking and Fielding- Rounders Bowl under arm with accuracy, catch a ball when fielding strike a ball with a bat. Throw over arm when fielding. Explain where to strike the ball in a game using a simple tactic in a rounders game.
	Invasion Games- Hockey pass , dribble ball select and attacking tactics in a game.	Gymnastic Activites Demonstrate counter balance counter tension sequence with a partner using apparatus.				