



# Physical Education Progression Map

	Gymnastics	Dance	Basic movement, Team/Competitive Games	Athletics	Outdoor Adventure	Swimming
<b>EYFS</b>						
<b>Year 1</b>	<ul style="list-style-type: none"> <li>developing balance, agility and coordination.</li> <li>control body when travelling and balancing</li> <li>travel and balance in different ways</li> </ul>	<ul style="list-style-type: none"> <li>perform own dance moves</li> <li>copy or make up a short dance</li> <li>move safely in a space</li> </ul>	<ul style="list-style-type: none"> <li>throw underarm</li> <li>throw and kick in different ways</li> <li>use hitting, kicking and/or rolling in a game</li> </ul>	<ul style="list-style-type: none"> <li>To develop basic movements including running, jumping, throwing and catching.</li> </ul>	<ul style="list-style-type: none"> <li>to develop fundamental movement skills</li> <li>extend their agility, balance and coordination, individually and with others</li> <li>Have the opportunity to be creative in order to develop problem solving &amp; thinking skills (in a group and independently)</li> <li>to use nature and natural resources to make games and develop appreciation</li> </ul>	
<b>Year 2</b>	<ul style="list-style-type: none"> <li>plan and perform a sequence of movements using pathways, such as curling</li> <li>improve sequence based on feedback</li> </ul>	<ul style="list-style-type: none"> <li>change rhythm, speed, level and direction in dance</li> <li>make a sequence by linking sections together</li> </ul>	<ul style="list-style-type: none"> <li>use hitting, kicking and/or rolling in a game</li> <li>decide the best space to be in during a game</li> <li>use a tactic in a game</li> <li>follow rules</li> </ul>	<ul style="list-style-type: none"> <li>To master basic movements including running, jumping, throwing and catching.</li> </ul>	<ul style="list-style-type: none"> <li>to extend their agility, balance and coordination, individually and with others</li> <li>to develop the fundamental skills of</li> </ul>	



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	<ul style="list-style-type: none"> <li>think of more than one way to create a sequence which follows some 'rules'</li> </ul>	<ul style="list-style-type: none"> <li>use dance to show a mood or feeling</li> </ul>			travelling, throwing and balancing <ul style="list-style-type: none"> <li>recognise how different rules work within a game</li> <li>to understand teamwork and some of the roles within a team</li> </ul>	
<b>Year 3</b>	<ul style="list-style-type: none"> <li>plan and perform a sequence of movements</li> <li>adapt sequences to suit different types of apparatus and criteria</li> <li>move in a controlled way</li> </ul>	<ul style="list-style-type: none"> <li>improvise freely and translate ideas from a stimulus into movement</li> <li>share and create phrases with a partner and small group</li> </ul>	<ul style="list-style-type: none"> <li>be aware of space and use it to support team-mates and to cause problems for the opposition</li> <li>know and use rules fairly</li> </ul>	<ul style="list-style-type: none"> <li>run at fast, medium and slow speeds; changing speed and direction</li> <li>take part in a relay, remembering when to run and what to do</li> </ul>	<ul style="list-style-type: none"> <li>to develop some basic map reading skills</li> <li>problem solve and work cooperatively during paired and team challenges</li> <li>to explore the outdoors to establish a sense of challenge</li> </ul>	
<b>Year 4</b>	<ul style="list-style-type: none"> <li>travel in a controlled way</li> <li>include change of speed and direction in a sequence, with various rolls</li> </ul>	<ul style="list-style-type: none"> <li>take the lead when working with a partner or group</li> <li>use dance to communicate an idea</li> </ul>	<ul style="list-style-type: none"> <li>throw and catch accurately with one hand</li> <li>hit a ball accurately with control</li> <li>vary tactics and adapt skills depending on what is happening in a game</li> </ul>	<ul style="list-style-type: none"> <li>sprint over a short distance and show stamina when running over a long distance</li> <li>jump in different ways</li> <li>throw in different ways and hit a target, when needed</li> </ul>	<ul style="list-style-type: none"> <li>to know how to follow instructions/directions to follow a route safely</li> <li>to know how to work as a team to solve problems</li> <li>follow a map in a familiar context</li> </ul>	<ul style="list-style-type: none"> <li>use front crawl, back and breast stroke including breathing control</li> <li>to know water safety rules and how to respond if they or someone else is in danger</li> <li>swim competently and confidently a distance of at least 25 metres</li> </ul>



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						<ul style="list-style-type: none"> <li>using a range of strokes</li> <li>To enter, exit and move around a pool safely</li> <li>perform safe self-rescue in different waterbased situations.</li> </ul>
<b>Year 5</b>	<ul style="list-style-type: none"> <li>work with a partner to create, repeat and improve a sequence with at least three phases</li> <li>critique and improve on sequence with partner collaboratively</li> <li>combine action, balance and shape</li> </ul>	<ul style="list-style-type: none"> <li>compose own dances in a creative way</li> <li>perform dance to an accompaniment</li> <li>dance shows clarity, fluency, accuracy and consistency</li> </ul>	<ul style="list-style-type: none"> <li>gain possession by working a team and pass in different ways</li> <li>choose a specific tactic for defending and attacking</li> <li>use a number of techniques to pass, dribble and shoot</li> </ul>	<ul style="list-style-type: none"> <li>jumping: controlled when taking off and landing</li> <li>throw with increasing accuracy</li> <li>combine running and jumping</li> </ul>	<ul style="list-style-type: none"> <li>follow a route in a time limit</li> <li>use clues and a compass to navigate a route</li> <li>change route to overcome a problem</li> <li>use new information to change route</li> </ul>	<ul style="list-style-type: none"> <li>use front crawl, back and breast stroke including breathing control</li> <li>to know water safety rules and how to respond if they or someone else is in danger</li> <li>swim competently and confidently a distance of at least 25 metres using a range of strokes</li> <li>To enter, exit and move around a pool safely</li> <li>perform safe self-rescue in different water-based situations.</li> </ul>



## Physical Education Progression Map

<b>Year 6</b>	<ul style="list-style-type: none"><li>• work with a partner to create, repeat and improve a sequence, involving counter balance and tension</li><li>• perform to a variety of audiences and sequences to a variety of timings</li></ul>	<ul style="list-style-type: none"><li>• develop sequences in a specific style</li><li>• choose own music and style</li></ul>	<ul style="list-style-type: none"><li>• agree and explain rules to others</li><li>• work as a team and communicate a plan</li><li>• lead others in a game situation when the need arises</li></ul>	<ul style="list-style-type: none"><li>• to know there are a variety of running/jumping and throwing activities that require different skills/approaches/equipment</li><li>• demonstrate stamina and increased strength</li></ul>	<ul style="list-style-type: none"><li>• plan a route and a series of clues for someone else</li><li>• plan with others, taking account of safety and danger</li></ul>	
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