

Progression in P.E.

EYFS – Physical Development & PSE Development

Autumn	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Football & Hockey			Children learn how to outwit their opponents and score when playing invasion games. They develop skills in finding space and using space to keep the ball. They play with the same basic court set up and rules, but use a range of equipment and skills, including throwing, catching, kicking and striking skills.	Children learn simple attacking tactics using a range of equipment and skills and start to think about how to organise themselves to defend their goal. They start by playing small, uneven sided games and move on to even-sided games.	Children develop skilful attacking and team play. They learn how to work well as a team when attacking and explore a range of ways to defend.	Children develop skilful attacking and team play. They learn how to work well as a team when attacking and explore a range of ways to defend.
Gymnastics & Dance	Children investigate movement, stillness and how to find and use space safely. They explore basic gymnastic actions on the floor and using apparatus. They copy or create, remember and repeat short movement phrases of 'like' linked actions, e.g. two jumps or two rolls.	Children focus on increasing their range of basic gymnastic skills. They create simple sequences of 'unlike' actions on the floor, e.g. a roll, jump and a shape. They then incorporate basic skills into rhythmic gymnastics.	Children focus on improving the quality of their movement, e.g. by stretching fingers and pointing toes to help them improve tension and extension. They plan and perform sequences of contrasting actions and develop flow by linking actions smoothly and planning variations in speed.	Children create sequences that include changes of level and speed and focus on using different body shapes clearly. They work mostly with a partner or in a small group, additionally incorporating hand apparatus.	Children create longer sequences to perform for an audience. They learn a wider range of actions and explore more difficult ways to perform.	Children use their knowledge of compositional principles, e.g. how to use variations in speed, level and direction, how to combine and link actions, how to relate to partners and apparatus, to develop sequences that show an awareness of their audience.
Football (KS1 Games)	Children develop basic game-playing skills, in particular throwing and catching. They play net-based games and striking and fielding games. They have an opportunity to play one-on-one games, one-on-two and one-on-three games.	Children improve and apply their basic skills in games. They play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points.				
Netball						Children improve their attacking and defending play. They are able to play High-5 Netball and can apply tactics and strategies to be successful in team performance.
Sports Leaders					Children learn the characteristics of being a good sports leader and how to apply these when leading a group of younger pupils. Children also learn how to plan, deliver and evaluate sports activities.	
Spring	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Basketball		Children improve and apply their basic skills in games. They play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points.	Children learn how to outwit their opponents and score when playing invasion games. They develop skills in finding space and using space to keep the ball. They play with the same basic court set up and rules, but use a range of equipment and skills, including throwing, catching, kicking and striking skills.	Children learn simple attacking tactics using a range of equipment and skills and start to think about how to organise themselves to defend their goal. They start by playing small, uneven sided games and move on to even-sided games.	Children develop skilful attacking and team play. They learn how to work well as a team when attacking and explore a range of ways to defend.	Children develop skilful attacking and team play. They learn how to work well as a team when attacking and explore a range of ways to defend.

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Cricket			Children learn how to hit or strike the ball into spaces so that they can score runs in different ways. When fielding, they learn how to how to work together to keep the batters' scores down.			
Dance	Children investigate movement, stillness and how to find and use space safely. They explore basic gymnastic actions on the floor and using apparatus. They copy or create, remember and repeat short movement phrases of 'like' linked actions, e.g. two jumps or two rolls.	Children focus on increasing their range of basic gymnastic skills. They create simple sequences of 'unlike' actions on the floor, e.g. a roll, jump and a shape. They then incorporate basic skills into rhythmic gymnastics.	Children focus on improving the quality of their movement, e.g. by stretching fingers and pointing toes to help them improve tension and extension. They plan and perform sequences of contrasting actions and develop flow by linking actions smoothly and planning variations in speed.		Children create longer sequences to perform for an audience. They learn a wider range of actions and explore more difficult ways to perform.	Children use their knowledge of compositional principles, e.g. how to use variations in speed, level and direction, how to combine and link actions, how to relate to partners and apparatus, to develop sequences that show an awareness of their audience.
Ball Games (KS1 Games)	Children develop basic game-playing skills, in particular throwing and catching. They play net-based games and striking and fielding games. They have an opportunity to play one-on-one games, one-on-two and one-on-three games.	Children improve and apply their basic skills in games. They play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points.				
Netball			Children develop the ability to find and use space. They use a range of equipment to develop their throwing, catching and movement skills. Children learn to outwit their opponents through applying simple choices and decisions.	Children develop movement and ball handling skills. They learn simple attacking tactics as part of a small team and start to think about how to organise themselves to defend their goal. They play with a basic court set up and rule for High 5 netball.		
Rounders				Children learn how to send or strike the ball into spaces so that they can score rounders in different ways. When fielding, they learn how to work together to keep the batters scores down.		
Tag Rugby			Children learn how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing and tackling) within a match scenario.	Children learn how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing and tackling) in both isolation and together within a match scenario.	Children learn how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing and tackling) with accuracy and precision in both an individual and team-based scenario.	Children learn how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing and tackling) with accuracy and precision in both an individual and team-based scenario.
Tennis					Children develop the range and quality of their skills when playing tennis. They also learn specific tactics and skills for tennis.	Children develop the range and quality of their skills when playing tennis. They also learn specific tactics and skills for tennis.
Summer	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6

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Athletics	Children explore running, jumping activities and take part in simple competitions. They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance.	Children explore running, jumping activities and take part in simple competitions. They experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance.	Children concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.	Children concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.	Children focus on developing their technical understanding of athletic activity. They learn how to set targets and improve their performance in a range of running, jumping and throwing activities.	Children focus on developing their technical understanding of athletic activity. They learn how to set targets and improve their performance in a range of running, jumping and throwing activities.
Cricket, Rounders				Children learn how to hit or strike the ball into spaces so that they can score runs in different ways. When fielding, they learn how to how to work together to keep the batters' scores down.	Children develop the range and quality of their skills and understanding. They learn how to play the different roles of bowler, wicket-keeper, backstop, fielder and batter.	Children develop the range and quality of their skills and understanding. They learn how to play the different roles of bowler, wicket-keeper, backstop, fielder and batter.
Gymnastics & Dance				Children create sequences that include changes of level and speed and focus on using different body shapes clearly. They work mostly with a partner or in a small group, additionally incorporating hand apparatus.		
Outdoor Adventurous Activities					Children learn how to work with and communicate with others and are able to delegate roles within a team. They will also know how to read and interpret and scale of a map as well as having the knowledge of how to orientate a compass when undertaking journey.	Children learn how to work with and communicate with others and are able to delegate roles within a team. They will also know how to read and interpret and scale of a map as well as having the knowledge of how to orientate a compass when undertaking journey.
Netball					Children develop skilful attacking and team play. They explore different ways to defend. Children have a good understanding of high-5 netball rules and being to apply tactics to outwit their opponents.	
ATennis	Children focus on developing skills they need for net games.	Children focus on developing skills they need for net games. They learn to direct the ball towards the target area.	Children focus on developing the skills they need for net games and on how to use these skills to make the game difficult for their opponent. They learn to direct the ball towards the target area and away from their opponent.	Children focus on developing the skills they need for net games and on how to use these skills to make the game difficult for their opponent. They learn to direct the ball towards the target area and away from their opponent.		
Ball Games (KS1 Games)		Children improve and apply their basic skills in games. They play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points.				