



Progression in Physical Education



Outlined below is the progression in Physical Education. This should be used alongside the Physical Education policy and Physical Education LTPs and MTPs.

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Running	<p>Explore running and stopping.</p> <p>Explore running on the balls of their feet.</p>	<p>Explore running at different speeds.</p> <p>Explore running over obstacles.</p>	<p>Develop the sprinting action.</p> <p>Explore rhythm when running over obstacles.</p>	<p>Develop the sprinting technique and apply it to relay events.</p> <p>Develop fluency and rhythm when running over obstacles.</p>	<p>Develop an understanding of speed and pace in relation to distance.</p> <p>Develop power and speed in the sprinting technique.</p>	<p>Apply fluency and coordination when running for speed in relay changeovers.</p> <p>Effectively apply speeds appropriate for the event.</p>	<p>Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.</p> <p>Hurdle with greater control and coordination</p>
Jumping	<p>Explore jumping and hopping safely</p>	<p>Develop balance whilst jumping and landing</p> <p>Explore hopping, jumping and leaping for distance</p>	<p>Develop jumping, hopping and skipping actions.</p> <p>Explore safely jumping for distance and height.</p>	<p>Develop technique in a range of approaches and take off positions.</p> <p>Develop jumping for height and</p>	<p>Develop technique when jumping for distance.</p> <p>Explore fluency and technique in the vertical jump.</p>	<p>Develop power, control, consistency in jumping for distance.</p> <p>Explore technique and</p>	<p>Develop take off position when jumping for height.</p> <p>Develop power, control and technique in the triple jump.</p>

				safety on landing.		rhythm in the triple jump.	
Throwing	<p>Explore throwing to a target.</p> <p>Explore rolling, throwing and catching using a variety of equipment.</p>	<p>Explore throwing for distance and accuracy.</p> <p>Explore technique when throwing over and underarm towards a target.</p>	<p>Develop overarm throwing.</p> <p>Develop coordination and technique when throwing over and underarm at a target.</p>	<p>Explore the technique for a pull throw.</p> <p>Use overarm and underarm throwing in game situations.</p> <p>Explore throwing at a moving target.</p>	<p>Explore power and technique when throwing for distance in a pull throw.</p> <p>Use overarm and underarm throwing with increased consistency in game situations.</p>	<p>Develop technique and power in javelin and shot put.</p> <p>Demonstrate clear technique when using a variety of throws under pressure.</p>	<p>Develop power, control and technique when throwing discus and javelin.</p> <p>Consistently make good decisions on who and when to pass to in order to get batters out.</p>
Catching	<p>Explore rolling, throwing and catching using a variety of equipment.</p>	<p>Develop coordination and technique when catching.</p>	<p>Catch with two hands with some coordination and technique.</p>	<p>Catch with some consistency in game situations.</p> <p>Build the confidence to attempt catching in game situations.</p>	<p>Beginning to catch with one and two hands with some consistency in game situations.</p>	<p>Explore catching skills (close/deep and wicketkeeping) and apply these with some consistency in game situations.</p>	<p>Consistently demonstrate good technique in catching skills under pressure.</p>
Striking and Fielding	<p>Striking Explore sending a ball to a partner.</p> <p>Fielding Explore tracking and stopping a rolling ball.</p>	<p>Striking Explore striking a ball with their hand and equipment.</p> <p>Fielding Develop tracking and retrieving a</p>	<p>Striking Develop striking a ball with their hand and equipment with some consistency.</p>	<p>Striking Begin to strike a bowled ball using different equipment.</p> <p>Fielding Explore bowling and fielding skills</p>	<p>Striking Develop batting technique consistent with the rules of the game.</p> <p>Fielding</p>	<p>Striking Explore defensive and driving hitting techniques and directional batting.</p>	<p>Striking Strike a bowled ball with increasing accuracy and consistency.</p> <p>Fielding</p>

		ball for their team.	Fielding Understand that there are different roles within a fielding team.	to include a two-handed pick up and long and short barriers.	Develop bowling with some consistency, abiding by the rules of the game.	Fielding Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation.	Consistently select and apply the appropriate fielding action for the situation.
Net and Wall	<p>Hitting Explore hitting a ball with their hands.</p> <p>Feeding and Rallying Explore sending a ball to a partner.</p> <p>Footwork Explore changing direction, running and stopping.</p>	<p>Hitting Explore hitting a dropped ball with a racket.</p> <p>Feeding Throw a ball over a net to land into the court area.</p> <p>Rallying Explore underarm rallying with a partner.</p> <p>Footwork Use the ready position to move towards a ball.</p>	<p>Hitting Develop hitting a dropped ball over a net.</p> <p>Feeding Accurately underarm throw over a net to a partner.</p> <p>Rallying Explore underarm rallying with a partner catching after one bounce.</p> <p>Footwork Consistently use the ready</p>	<p>Shots Explore returning a ball using focus shots such as the forehand and backhand.</p> <p>Serving Explore serving from an underarm serve.</p> <p>Rallying Explore rallying with a forehand.</p> <p>Footwork Consistently use and return to the ready position in between shots.</p>	<p>Shots Demonstrate increased technique when using shots both cooperatively and competitively.</p> <p>Serving Develop technique in serving underarm with increased consistency.</p> <p>Rallying Develop rallying using both forehand and backhand with</p>	<p>Shots Develop the range of shots used in the games they play.</p> <p>Serving Develop their range of serving techniques appropriate to the game they are playing.</p> <p>Rallying Use a variety of shots to keep a continuous rally.</p> <p>Footwork Demonstrate effective footwork</p>	<p>Shots Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.</p> <p>Serving Serve accurately and consistently. Beginning to apply tactics to their serve.</p> <p>Rallying Successfully apply a variety of shots to keep a continuous rally.</p>

			position to move towards a ball.		increased technique. Footwork Begin to use appropriate footwork patterns to move around the court.	patterns to move around the court.	Footwork Demonstrate a variety of footwork patterns relevant to the game they are playing e.g. a split step and a chasse.
Agility	Explore changing direction safely.	Change direction whilst running.	Demonstrate improved technique when changing direction on the move.	Show balance when changing direction.	Show balance when changing direction at speed.	Demonstrate improved body posture and speed when changing direction.	Change direction with a fluent action and can transition smoothly between varying speeds.
Co-ordination	Explore moving different body parts together.	Explore coordination through the use of equipment.	Perform actions with increased control when coordinating their body with and without equipment.	Can coordinate their bodies with increased consistency in a variety of activities.	Explore increased speed when coordinating their bodies.	Demonstrate increased speed when coordinating their bodies.	Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.
Team Games	Problem Solving Explore activities in which they make their own decisions in response to a task.	Problem Solving Suggest ideas in response to a task. Communication Communicate simple	Problem Solving Begin to plan, and with some success, apply strategies to overcome a challenge.				

	<p>Communication Develop their confidence in expressing themselves.</p> <p>Navigational Skills Make decisions about where to move in space.</p> <p>Reflection Begin to identify when they were successful.</p>	<p>instructions and listen to others.</p> <p>Reflection Identify when they were successful Reflection and make basic observations about how to improve.</p>	<p>Communication Work cooperatively with a partner and a small group.</p> <p>Reflection Verbalise when they were successful and areas that they could improve.</p>				
Competitive games				<p>Sending & receiving Explore S&R abiding by the rules of the game.</p> <p>Dribbling Explore dribbling the ball abiding by the rules of the game under some pressure.</p>	<p>Sending & receiving Develop passing to a teammate using a variety of techniques appropriate to the game.</p> <p>Dribbling Develop control whilst dribbling under pressure.</p> <p>Attacking</p>	<p>Sending & receiving Develop control when S&R under pressure.</p> <p>Dribbling Select and apply a variety of dribbling techniques to game situations.</p> <p>Attacking</p>	<p>Sending & receiving Develop making quick decisions about when, how and who to pass to.</p> <p>Dribbling Dribble consistently using a range of techniques with increasing</p>

				<p>Attacking Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p> <p>Defending Track opponents to limit their scoring opportunities.</p> <p>Space Develop moving with a ball towards goal with some control.</p>	<p>Develop decision making around when to pass and when to shoot.</p> <p>Defending Develop defending one on one and know when to win the ball.</p> <p>Space Move into space to help their team keep possession and score goals.</p>	<p>Explore creating tactics with others and applying them to game situations.</p> <p>Defending Develop tracking and marking with a variety of techniques and increased success.</p> <p>Space Move to create space for themselves and others in their team.</p>	<p>control under pressure.</p> <p>Attacking Explore creating attacking tactics with others in response to the game.</p> <p>Defending Explore creating and applying defending tactics with others in response to the game.</p> <p>Space Move to the correct space when transitioning from attack to defence.</p>
OAA				<p>Problem Solving Can plan and implement strategies to solve problems.</p>	<p>Problem Solving Plan independently and in small groups, implementing a strategy with</p>	<p>Problem Solving Explore tactical planning within a team to overcome increasingly</p>	<p>Problem Solving Pool ideas within a group, selecting and applying the best method to solve a problem.</p>

				<p>Navigational Skills Developing map reading skills.</p> <p>Communication Can follow and give instructions and are accepting of other peoples' ideas.</p> <p>Reflection Can reflect on when and why they were successful at solving challenges.</p>	<p>increased success.</p> <p>Navigational Skills Identify key symbols on a map and use a key to help navigate around a grid.</p> <p>Communication Confidently communicate ideas and listen to others.</p> <p>Reflection With increased accuracy, Reflection critically reflect on when and why they were successful at solving challenges.</p>	<p>challenging tasks.</p> <p>Navigational Skills Develop navigational skills and map reading in increasingly challenging tasks including map orientation.</p> <p>Communication Explore a variety of communication methods with increasing success.</p> <p>Reflection Reflect on when they were successful at solving challenges and alter their methods in order to improve.</p>	<p>Navigational Skills Orientate a map efficiently to navigate around a course.</p> <p>Communication Inclusively communicate with others, share job roles and lead when necessary. With increasing accuracy.</p> <p>Reflection With increasing accuracy they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.</p>
Dance	Actions	Actions	Actions Accurately	Actions	Actions	Actions	Actions

	<p>Explore how their body moves. Copy basic body actions and rhythms.</p> <p>Dynamics Explore actions in response to music and an idea.</p> <p>Space Explore pathways and the space around them and in relation to others.</p> <p>Performance Are given opportunities to perform in front of others.</p>	<p>Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme.</p> <p>Dynamics Explore varying speeds to represent an idea.</p> <p>Space Explore pathways within their performances.</p> <p>Relationships Begin to explore actions and pathways with a partner.</p> <p>Performance Begin to use counts within their performance.</p>	<p>remember, repeat and link actions to express an idea.</p> <p>Dynamics Develop an understanding of dynamics.</p> <p>Space Develop the use of pathways and travelling actions to include levels.</p> <p>Relationships Explore working with a partner using unison, matching and mirroring.</p> <p>Performance Develop the use of facial expressions in their performance.</p>	<p>Create actions in response to a stimulus individually and in groups.</p> <p>Dynamics Use dynamics effectively to express an idea.</p> <p>Space Use directions to transition between formations.</p> <p>Relationships Develop an understanding of formations.</p> <p>Performance Perform short, self-choreographed phrases showing and awareness of timing.</p>	<p>Respond imaginatively to a range of stimuli related to character and narrative.</p> <p>Dynamics Change dynamics confidently within a performance to express changes in character.</p> <p>Space Confidently use changes in level, direction and pathway.</p> <p>Relationships Use action and reaction to represent an idea.</p> <p>Performance Perform complex dances that communicate</p>	<p>Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.</p> <p>Dynamics Confidently use dynamics to express different dance styles.</p> <p>Space Use direction and patterning to express different dance styles.</p> <p>Relationships Confidently use formations, canon and unison to express a dance idea.</p> <p>Performance Perform dances</p>	<p>Show controlled movements which express emotion and feeling.</p> <p>Dynamics Explore, improvise and combine movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group.</p> <p>Space and Relationships Use a variety of basic compositional principles when creating their own dances.</p> <p>Performance Demonstrate a clear understanding of timing in</p>

					narrative and character well, performing clearly and fluently.	expressively, using a range of performance skills, showing accuracy and fluency.	relation to the music and other dancers throughout their
Flexibility, strength, and balance	<p>Balance Explore shapes in stillness using different parts of their bodies.</p> <p>Flexibility Explore shapes and actions to stretch their bodies.</p> <p>Strength Explore taking weight on different body parts.</p>	<p>Balance Perform balances and poses making their body tense, stretched and curled.</p> <p>Flexibility Explore poses and movements that challenge their flexibility.</p> <p>Strength Explore strength whilst transitioning from one pose to another.</p>	<p>Balance Remember, copy, and repeat sequences of linked poses.</p> <p>Flexibility Show increased awareness of extension in poses.</p> <p>Strength Demonstrate increased control in performing poses.</p>	<p>Balance Demonstrate increased control when in poses and explore control in paired poses.</p> <p>Flexibility Explore poses and movement in relation to their breath.</p> <p>Strength Explore arm balances with some control.</p>	<p>Balance Explore using their breath to maintain balance within a pose.</p> <p>Flexibility Demonstrate increased extension in their poses.</p> <p>Strength Demonstrate increased control and strength when in a pose.</p>	<p>Balance Use their breath to maintain balance within a pose.</p> <p>Flexibility Develop flexibility by connecting their movement with their breath.</p> <p>Strength Demonstrate increased control and strength when in and transitioning between poses.</p>	<p>Balance Link combinations of poses for balance with increased control in transition.</p> <p>Flexibility Confidently transition from one pose to another showing extension connected to their breath.</p> <p>Strength Explore poses that challenge their strength and work to maintain increased control and strength when in</p>

							and transitioning between poses.
Swimming						<p>Strokes Demonstrate increased technique in a range of strokes, swimming over a distance of 25m.</p> <p>Breathing Explore underwater breaststroke breathing technique over a distance of 25m.</p> <p>Water Safety Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.LP and huddle positions.</p>	<p>Strokes Identify their personal best in a range of strokes. Successfully select and apply their fastest stroke over a distance of 25m.</p> <p>Breathing Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m</p> <p>Water Safety Can select and apply the appropriate survival technique for the situation</p>
Mindfulness	Explore their own feelings in	Recognise their own feelings in	Explore controlling their	Develop their ability to stay	Can engage with mindfulness	Understand that there are methods they	Explore methods they can use to control how

	response to an activity or task.	response to a task or activity.	focus and sense of calm.	still and keep their focus	activities with increased focus.	can use to control how they feel.	they feel with some success.
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