

PE Progression Map

	EYFS	<p>Move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Travel with confidence around, under, over and through balancing and climbing equipment.</p> <p>Show increasing control over an object in pushing, patting, throwing, catching, or kicking it.</p> <p>I can show good control and co-ordination in large and small movements (ELG)</p>				
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games	<p>Begin to dribble, defend, attack and pass to a friend.</p> <p>Begin understanding the basic rules of invasion games.</p> <p>Throw, catch and kick a ball in a game.</p> <p>Catch and throw various size balls.</p> <p>Bounce a ball with control whilst moving.</p> <p>Strike a ball with a range of bats for accuracy and distance.</p> <p>Analyse, modify and refine skills and techniques and how these are applied</p>	<p>Dribble, defend, attack and pass to a friend with increasing accuracy</p> <p>Understand the basic rules of invasion games with increasing accuracy</p> <p>Throw, catch and kick a ball in a game.</p> <p>Catch and throw various size balls.</p> <p>Bounce a ball with control whilst moving.</p> <p>Strike a ball with a range of bats for accuracy and distance.</p> <p>Analyse, modify and refine skills and techniques and how these are applied</p>	<p>Dribble, defend, attack and pass to a friend accurately</p> <p>Understand the basic rules of invasion games</p> <p>Vary skills, actions and ideas and link these in different ways to suit different activities</p> <p>Compare and contrast their performance with other</p> <p>Analyse, modify and refine skills and techniques and how these are applied.</p>	<p>Dribble, defend, attack and pass to a friend accurately and confidently</p> <p>Understand the basic rules of invasion games</p> <p>Pass a ball underarm, overarm and at chest height to a partner</p> <p>Compare and contrast their performance with other</p> <p>Analyse, modify and refine skills and techniques and how these are applied</p>	<p>Dribble, defend, attack and pass to a friend without mistakes</p> <p>Understand the basic rules of invasion games and explain it to someone else</p> <p>Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy</p> <p>When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others</p> <p>Strike a ball with a range of bats for accuracy and distance.</p> <p>Analyse, modify and refine skills and techniques and how these are applied</p>	<p>Dribble, defend, attack and pass to a friend without mistakes</p> <p>Understand the basic rules of invasion games and explain it to someone else</p> <p>Participate in recognised activities and games with skill and precision showing creativity with tactics and strategy</p> <p>When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others</p> <p>Strike a ball with a range of bats for accuracy and distance.</p> <p>Analyse, modify and refine skills and techniques and how these are applied</p>

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Athletics	<p>Jump vertically and horizontally with developing strength with a clean take off and landing.</p> <p>Catch a bean bag and throw a small ball underarm, using the correct technique</p> <p>Hop on the spot using the same foot and alternate between feet</p> <p>Run at different speeds and use the correct technique when running.</p> <p>Develop flexibility, strength, technique and control when running, throwing and jumping.</p> <p>Compare their performance with others</p>	<p>Jump vertically and horizontally with confidence with a clean take off and landing.</p> <p>Run at different speeds and use the correct technique when running.</p> <p>Develop flexibility, strength, technique and control when running, throwing and jumping.</p> <p>Compare their performance with others</p>	<p>Run at a consistent speed over a given distance</p> <p>Run at their quickest speed over a short distance</p> <p>Develop flexibility, strength, technique and control when running, throwing and jumping.</p> <p>Compare their performance with others</p> <p>Consider their own strengths and weaknesses</p>	<p>Run at a consistent speed over a given distance</p> <p>Run at their quickest speed over a short distance</p> <p>Develop flexibility, strength, technique and control when running, throwing and jumping.</p> <p>Compare their performance with others</p> <p>Consider their own strengths and weaknesses</p>	<p>Run at a consistent speed over a given distance</p> <p>Run at their quickest speed over a short distance</p> <p>Develop flexibility, strength, technique and control when running, throwing and jumping.</p> <p>When planning activities and actions, take into account a range of strategies, tactics and routes to success</p> <p>Consider their own strengths and weaknesses and make plans to improve</p>	<p>Run at a consistent speed over a given distance</p> <p>Run at their quickest speed over a short distance</p> <p>Develop flexibility, strength, technique and control when running, throwing and jumping.</p> <p>When planning activities and actions, take into account a range of strategies, tactics and routes to success</p> <p>Consider their own strengths and weaknesses and make plans to improve</p>
Dance	<p>Listen to music with developing concentration</p> <p>Copy the dance moves they're taught</p> <p>Begin sequencing dance moves they have come up with</p> <p>Move along to music</p> <p>Begin exploring space, directions, levels and speed</p> <p>Move into different positions and different formations</p> <p>Contribute to a whole class dance routine</p>	<p>Listen to music with concentration</p> <p>Copy the dance moves they're taught</p> <p>Sequence dance moves they have come up with, with developing confidence</p> <p>Move along to music with increasing time precision</p> <p>Begin exploring space, directions, levels and speed</p> <p>Move into different positions and different formations</p> <p>Contribute to a whole class dance routine</p>	<p>Listen to music and share opinions</p> <p>Copy the dance moves they're taught</p> <p>Sequence a range of dance moves</p> <p>Move in time to music mostly accurately</p> <p>Move into different positions and different formations based on the music being listened to</p> <p>Begin commenting on skills and techniques applied in their own work</p> <p>Contribute to a whole class dance routine</p>	<p>Listen to music and share opinions and make comparisons</p> <p>Copy the dance moves they're taught</p> <p>Sequence a range of dance moves</p> <p>Moving in time to music accurately</p> <p>Move into different positions and different formations based on the music being listened to</p> <p>Begin commenting on skills and techniques applied in theirs and others work. Begin making suggestions to improve</p> <p>Contribute to a whole class dance routine</p>	<p>Begin sequencing a range of dance moves which have a purpose</p> <p>Moving in time to music accurately</p> <p>Move into advanced positions and different formations</p> <p>Begin commenting on skills and techniques applied in theirs and others work. Make suggestions to improve</p> <p>Contribute to a whole class dance routine</p>	<p>Sequence a range of dance moves which have a purpose</p> <p>Moving in time to music accurately</p> <p>Move into advanced positions and different formations</p> <p>Begin commenting on skills and techniques applied in theirs and others work. Make changes and refine performance</p> <p>Contribute to a whole class dance routine</p>

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	<p>Body Management Perform 10 rebound jumps without stopping</p> <p>Perform broad jump</p> <p>Perform tucked dish, back support, straddle sit, arch and front support</p> <p>Floor exercises Perform a forward roll from standing into a pine position</p> <p>Perform a teddy bear roll</p> <p>Rock back and forth on the back accurately</p> <p>Step turn into a one footed stand</p> <p>Perform a stretched jump and land neatly</p> <p>Vault Use the vault safely by executing take-off and landing with developing control</p> <p>Jump onto the vault with two feet and land on two feet with bent knees</p> <p>Squat jump onto a low platform and land on feet</p>	<p>Body Management Perform 10 rebound jumps without stopping</p> <p>Perform broad jump</p> <p>Perform tucked dish, back support, straddle sit, arch and front support</p> <p>Floor exercises Perform a forward roll from standing into a pine position</p> <p>Perform a teddy bear roll</p> <p>Rock back and forth on the back accurately</p> <p>Step turn into a one footed stand</p> <p>Perform a stretched jump and land neatly</p> <p>Vault Use the vault safely by executing take-off and landing with developing control</p> <p>Jump onto the vault with two feet and land on two feet with bent knees</p> <p>Squat jump onto a low platform and land on feet</p>	<p>Body Management Perform 5 skips with a rope</p> <p>Perform a broad jump</p> <p>Perform a dish with one leg out at a time</p> <p>Perform a half lever into a japana, an arch and a front support lowered to the floor</p> <p>Floor exercises Perform a forward roll from standing and into stood position</p> <p>Perform an arabesque into a ½ jump turn</p> <p>Perform a backwards roll onto their knees</p> <p>Perform a shoulder stand</p> <p>Perform a cartwheel</p> <p>Vault Use the vault safely by executing take-off and landing with precision</p> <p>Jump onto the vault with two feet and land on two feet with bent knees</p> <p>Squat jump onto a medium platform and land on feet</p>	<p>Body Management Perform 5 skips with a rope</p> <p>Perform a broad jump</p> <p>Perform a dish with one leg out at a time</p> <p>Perform a half lever into a japana, an arch and a front support lowered to the floor</p> <p>Floor exercises Perform a forward roll from standing and into stood position</p> <p>Perform an arabesque into a ½ jump turn</p> <p>Perform a backwards roll onto their knees</p> <p>Perform a shoulder stand</p> <p>Perform a cartwheel</p> <p>Vault Use the vault safely by executing take-off and landing with precision</p> <p>Jump onto the vault with two feet and land on two feet with bent knees</p> <p>Squat jump onto a medium platform and land on feet</p>	<p>Body Management Perform 10 skips with a rope</p> <p>Perform a broad jump</p> <p>Perform a dish on front and back and roll between the two</p> <p>Perform a half lever into a japana, an press up and bridge</p> <p>Floor exercises Perform a round off</p> <p>Perform a Y balance on one leg</p> <p>Perform a backwards straddle roll into a standing position</p> <p>Perform a whole turn jump</p> <p>Perform two cartwheels consecutively</p> <p>Perform a handstand into a forward roll</p> <p>Vault Use the vault safely by executing take-off and landing with precision</p> <p>Jump onto the vault with two feet and use hands to project body over the platform without feet touching platform.</p> <p>Squat jump onto a high platform and land on feet</p>	<p>Body Management Perform 10 skips with a rope</p> <p>Perform a broad jump</p> <p>Perform a dish on front and back and roll between the two</p> <p>Perform a half lever into a japana, an press up and bridge</p> <p>Floor exercises Perform a round off</p> <p>Perform a Y balance on one leg</p> <p>Perform a backwards straddle roll into a standing position</p> <p>Perform a whole turn jump</p> <p>Perform two cartwheels consecutively</p> <p>Perform a handstand into a forward roll</p> <p>Vault Use the vault safely by executing take-off and landing with precision</p> <p>Jump onto the vault with two feet and use hands to project body over the platform without feet touching platform.</p> <p>Squat jump onto a high platform and land on feet</p>
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Swimming			<p>Jump into the pool and submerge briefly</p> <p>Sink, push away from the wall and glide underwater for a short distance</p> <p>Submerge fully to pick up an object from the bottom</p> <p>Have a reasonable knowledge of the water safety code</p>	<p>Jump into the pool and submerge briefly</p> <p>Sink, push away from the wall and glide underwater for a short distance</p> <p>Perform a sequence of changing shapes whilst floating on the surface</p> <p>Swim approx 10m using a range of different strokes (back / breast / front crawl)</p>	<p>Perform a surface dive</p> <p>Swim over 10m using a range of strokes accurately</p> <p>Perform a range of jumps into deep water and tread water when resurfacing</p> <p>Perform a range of jumps into deep water and tread water when resurfacing</p>	<p>Swim 25m using any stroke</p> <p>Perform a range of movements in deep water demonstrating confidence and competence</p>
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