

Physical Education – Learning Progression

Key Area	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Games	<p>Move energetically through running. Show co-ordination when playing. Negotiate space and obstacles safely. Consider themselves and others in a space.</p>	<p>Basic striking, sending and receiving Throw underarm and overarm Catch and bounce a ball Roll and travel with a ball Kick a ball accurately to someone Begin to mark a player and to dodge</p>	<p>Position the body to strike a ball Throw different equipment in different ways Throw, catch and bounce a ball with a partner Bounce and kick a ball while travelling Change speed and direction while running Begin to recognise the best space in a game</p>	<p>Striking a ball with the correct technique Strike the ball for distance Develop overarm bowl Travel with the ball in different ways Pass the ball in different ways during a game Know how to keep possession Find useful space</p>	<p>Use a bat, racket or stick to hit a ball/shuttlecock with control Serve underarm Begin to rally Strike a moving ball Pass the ball with speed and accuracy Make the best use of space to pass and receive Use fielding skills to prevent a player from scoring</p>	<p>Choose a technique to hit/dribble/throw/catch a ball Develop backhand technique Use an overhead serve Keep and win back possession Use space effectively Shoot in a game Know when to pass and dribble Create their own games</p>	<p>Direct a ball when striking or hitting Serve to start a game Throw and catch accurately under pressure Apply skills in game situations Choose and make the best pass available Create a plan of attack or defence Follow and create rules to play a game Use tactics to maximise space</p>
Vocabulary	<p>Run Jump Space Avoid Move Kick Hit Roll Balance</p>	<p>Throw Catch Hit Bounce Roll Kick Player Dodge Bat Ball Avoid</p>	<p>Attack Defence Strike High Low Fast slow Speed Direction Avoid</p>	<p>Possession Space Technique Distance Bowl Overarm</p>	<p>Racket Shuttlecock Control Rally accuracy Fielding</p>	<p>Dribble Overhead Backhand</p>	<p>Direct Apply Tactics</p>

Dance	<p>Show strength and balance. Show co-ordination in movements. Move energetically through jumping, hopping and skipping.</p>	<p>Copy exercises Move fast and slow Put actions together Use choreographic devices – unison, mirroring</p>	<p>Copy, remember and repeat actions. Perform a short routine Change the speed and level of actions Improvise to create a simple dance Use different transitions Use choreographic devices – canon. Move in time to music Perform sequences of their own</p>	<p>Improvise with a partner to create simple dance Create a routine from different stimuli Perform with awareness of rhythm and expression Develop the quality of actions</p>	<p>Repeat and perform patterns and actions of a chosen dance style Compose a dance that reflects a style Improvise with a partner Compose longer dance sequences in small groups Vary dynamics and develop actions and routines to a stimuli Demonstrate rhythm and spatial awareness Change parts of the dance upon self-evaluation</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style. Compose individual, partner and group dances that reflect a chosen style Show change of pace and timing in movements Use transitions to link motifs smoothly together Ensure actions fit the rhythm Modify as part of self and peer evaluation</p>	<p>Perform patterns and actions of a chosen dance style Compose individual, partner and group dances that reflect a chosen style Use dramatic expression Control movements throughout the dance Create a fluent sequence Show change of pace and timing Move rhythmically and accurately Link all movements</p>
Vocabulary	<p>Stand still Balance shape move beat Dance</p>	<p>Dance Travel Space Body parts Fast Slow Actions Together (unison) Mirroring Rhythm</p>	<p>Direction Speed Repeat Perform Routine Improvise Canon Sequence</p>	<p>Stimuli Rhythm Expression Awareness Choreography</p>	<p>Style Patterns Compose Dynamics Evaluation Self-evaluation Variation</p>	<p>Reflect Pace Transition Motifs Modify</p>	<p>Dramatic Dramatic expression Fluent Rhythmically</p>
Gymnastics	<p>Demonstrate strength, balance and co-ordination. Move energetically in climbing.</p>	<p>Copy actions with a beginning, middle and end Produce contrasting actions – small/tall, narrow/wide Travel at different speeds Hold still shapes and simple balances</p>	<p>Perform a movement sequence Travel in a variety of ways, including rolling Hold a still shape while balancing on different parts of the body</p>	<p>Compose and perform simple sequences on own and with others Link combinations of actions including changes of direct, speed and level Use turns whilst travelling in a variety of ways</p>	<p>Create a series of actions that fit a theme Use a range of actions, directions and levels in sequences Move with clarity, fluency and expression</p>	<p>Select ideas to compose a sequence of movements, shapes and balances Perform jumps, shapes and balances fluently and with control Placement of their bodies in balances</p>	<p>Create and perform own complex sequences involving a full range of actions and movements Show precise and controlled movements Confidently use the equipment</p>

		Land safely after single jumps Perform simple rolls Perform simple jumps	Climb onto and jump off equipment Perform simple rolls Perform simple jumps Perform simple balances – standing, kneeling, large body parts, on apparatus, with partner, different shapes, front and back support	Use a range of jumps in their sequences Create interesting body shapes while holding balances Develop roll techniques in performances Develop jump in performances Perform balances and shapes on apparatus, matching and contrasting balances with a partner	Show placement and alignment when balancing Perform a number of rolls in a sequence Perform a number of jumps in a sequence. Squat jump on to apparatus, straddle, star jump off, tuck jump off, straddle jump off, pike jump off Demonstrate smooth transitions	recognising the centre of gravity Combine equipment with movement to create sequences Enter and exit equipment in as part of a sequence Perform in time to music Modify as part of self and peer evaluation	
Vocabulary	Climb Shape Balance Move Tidy Big Small Jump Safe	Beginning Middle End Small Tall Narrow Wide Speed Shape Balance Jump Perform	Movement Sequence Travel Variety Apparatus	Performance Technique Contrast Matching	Placement Alignment Demonstrate Transition Clarity Fluency Expression	Centre of gravity Modify Evaluation Self-evaluation Peer evaluation	Complex Precise
Athletics	Move energetically when running, jumping, hopping and skipping. Negotiate space and obstacles safely. Demonstrate strength, balance and co-ordination.	Vary pace and speed when running Run with a basic technique Jog and sprint in a straight line Change direction Perform different types of jump Land safely and with control	Begin to select the most suitable pace and speed for distance Perform and compare different types of jump Combine jumps together with some control	Choose a technique for the best performance Combine running with jumping over hurdles Use one and two feet to take off and land safely Throw with control and accuracy	Refine sprinting technique including sprint start Perform in a relay – baton passing Combine a hop, step and jump for standing triple jump Perform a pull throw	Accelerate from different starting positions Select the most suitable pace for the distance they run Perform an effective standing jump Perform a standing triple jump	Practise and refine sprinting technique Build up speed quickly for sprint finish Run over hurdles with fluency Work as a team in a relay Demonstrate stamina over longer distances to

		Thrown underarm and overarm Throw towards a target	Jump for distance from a standing position Throw different equipment in different ways Throw with accuracy at a target	Overarm throw with accuracy and distance		Begin to develop techniques for a vertical jump Perform a fling throw Throw a variety of implements Measure and record throws and jumps and try and improve	maintain a sustained speed Standing vertical jump Perform using preferred technique
Vocabulary	Run Jump Throw Catch Land Target	Speed Running style Jog Sprint Direction underarm Overarm Avoid	Pace Distance Muscles Technique Combine Position Accuracy Sprinting Avoid	Performance Take off Landing	Refine Sprint start Relay Combine Triple jump	Accelerate Suitable Effective vertical Implement	Fluency Consistent Stride Stamina
Swimming				Basic pool safety skills Water Confidence Travel in vertical or horizontal position Use floats Push and glide Kick action on front and back Entry and exit to the water	Travel, float and submerge Travel with a whole stroke To show breath control Introduction to deeper water Treadingwater		
Vocabulary				Swimming pool Safety Confidence Vertical Horizontal Push Glide Entry Exit	Travel Float submerge Breath control Treading water		

<p>Outdoor activities</p>						<p>Orientate themselves on a short trail Use navigation equipment Complete route as a team. Identify a key on a map Create a plan of the activity Identify the quickest route Use a map to complete an orienteering course</p>	<p>Orientate themselves with confidence around a course Design a course that is clear to follow and offers challenge Communicate clearly Orienteer as an individual Use a compass for navigation</p>
						<p>Orienteering Direction Trail Navigation Route Map Key Identify</p>	<p>Communicate Compass</p>