

Physical Education Progression Map

Key Stage One

Introduction to Fundamental movement skills:

Nursery - Fundamental Movements and Fundamental Movements through Dance.
Reception - Traveling over/under/around objects and Exploring balance/crawling/jumping through dance.
Year 1 - Dance, Athletics.
Year 2 - Football, Athletics.
Year 2/1 - Athletics, Gymnastics - Fundamental movement skills.

Key Stage One

Developing and strengthening movement skills:

Nursery - Gymnastics, balancing/climbing and Running, kicking and passing.
Reception - Gymnastics, moving in different ways/balancing and Dance.
Year 1 - Football, Ball skills.
Year 2 - Ball skills, Tennis.
Year 2/1 - Dance, Gymnastics.

Key Stage One

Increasing competence and confidence in a broad range of opportunities:

Nursery - Jumping/running/throwing skills and Bouncing/dribbling/throwing balls.
Reception - Different movements through movement in games and Fundamental movement skills rolling/throwing/catching.
Year 1 - Gymnastics, Tennis.
Year 2 - Dance, Gymnastics.
Year 2/1 - Tennis, Football.

Lower Key Stage Two

Introduction to a broader range of sports skills:

Year 3 - Dance, Athletics/Dodge ball.
Year 4 - Basketball, Gymnastics.
Year 4/3 - Gymnastics, Athletics/Dodge ball.

Lower Key Stage Two

Continue to apply and develop these skills in new ways while looking at communication and teamwork:

Year 3 - Swimming, Cricket.
Year 4 - Tennis, Cricket.
Year 4/3 - Dance/Basketball, Tennis.

Lower Key Stage Two

Applying and linking skills to make actions and sequences of movement successfully:

Year 3 - Basketball, Gymnastics.
Year 4 - Dance, Swimming.
Year 4/3 - Cricket, Swimming.

Upper Key Stage Two

Develop a deeper understanding of how to improve in different sports:

Year 6/5 - Swimming, Rugby.
Year 6 - Swimming, Rugby.
Year 5 - Gymnastics, Dance.

Upper Key Stage Two

Developing communication, collaborating and competing with each other while evaluating and recognising their own success:

Year 6/5 - Hockey precision/control/fluency OR Team building and Rounders.
Year 6 - Hockey precision/control/fluency and Gymnastics.
Year 5 - Swimming, Rugby.

Upper Key Stage Two

Starting to build and embed previous skills learned to ensure full confidence in their techniques:

Year 6/5 - Gymnastics, Rounders.
Year 6 - Gymnastics Rounders
Year 5 - Hockey precision/control/fluency and Rounders.