



Progression Overview – PE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS						
	Multi Skills	Multi Skills	Multi Skills	Multi Skills	Multi Skills	Multi Skills
	EYFS Fundamentals 1	EYFS Fundamentals 2	Gymnastics	Dance	Games	Athletics
	I can begin to use the skills I have learned to jump and bound, run and move in different directions and balance in different shapes	I can take part in an agility course using the skills I have learnt to bound, hop, jump and skip – I can take turns with other children\	I can show a variety of actions using the floor and where appropriate, the apparatus, such as; walking, running, slithering, sliding, jumping, galloping, rolling, skipping, hopping, sidestep balancing and climbing	I can create and perform a short topic-based dance I can move in a range of ways to perform a motif	I can begin to use the skills I have learned to start and stop, move in different directions, balance in different shapes, bounce and pass a ball in a small game situation	I can run, throw and jump with a little prompting
Y1						
	Balance, agility and Coordination	Balance, agility and Coordination	Balance, agility and Coordination	Balance, agility and Coordination	Balance, agility and Coordination	Balance, agility and Coordination
	KS 1 Fundamentals	Dance	Gymnastics	KS1 Games 1 & 2	Striking and Fielding – Throw and Catch	Athletics
	I can begin to use the skills I have learned to jump and bound, run, move in different directions and balance in different shapes	I can recall and perform a topic-based dance I can describe the work of others	I can choose 2 - 4 different gymnastic actions and link these together, so that I do one after the other, using the floor and apparatus. I can make a shape at the beginning and the end of my movements. (Start and finish positions).	I can use the skills I have learned to roll, throw, catch, strike and kick a ball in a small game situation I can use the skills I have learnt over this term (bouncing, dribbling, passing and receiving) and apply them to a Basketball game	I can begin to use the skills I have learned to bowl, roll, throw, catch, strike and hit a ball in a small game situation	I can demonstrate the skills I have learned, to throw jump and run in a competitive situation I am beginning to increase the distance I can jump by improving my technique and I can hop, jump and leap\

Y2						
	KS1 Games 3 - Frisbee	Blind fold games/team games/Healthy eating/Gardening\	Blind fold games/team games/Healthy eating/Gardening\	Blind fold games/team games/Healthy eating/Gardening\	Blind fold games/team games/Healthy eating/Gardening\	Blind fold games/team games/Healthy eating/Gardening\
	KS1 Games 4 - Unihoc	Football	Gymnastics - Directions and Pathways	OAA	Cricket	Athletics
	I can send, receive and steer a ball in a game situation	I can play a mini soccer game and I am beginning to understand attack and defence	I can join together four actions showing different pathways and moving in different directions. I can either, start on the floor and finish on the apparatus or start on the apparatus and finish on the floor	I can work with a partner to complete an orienteering course of 10 controls on a playground. I can work in a group to cross an imaginary river safely. I can use only the equipment on the river bank to help me and work as part of a team\	I can play a cricket game using the following skills: hit the ball a range of distances off a batting tee. I can bowl a ball underarm or overarm towards a target a designated area, allowing the ball to bounce once. I can stop the ball and throw back to the bowler or a set of stumps\	I can increase the distance I can jump by improving my technique and I can link a hop, jump and leap together. I am beginning to use my arms to help increase distance, my head for balance and my legs for a good take-off and landing \
Y3						
	Netball	Dance	Hockey	Physical Literacy Circuits	Cricket	Athletics
	I can demonstrate some footwork, shooting, passing and receiving, finding a space and positions skills in a game of High 5 Netball	I can create and perform a dance which has 3 sections within it. I can include an action - reaction element to my dance. I can include unison and canon within my dance.	I can control the ball whilst moving and pass and receive it in a game situation	I can perform a variety of activities (carousel) to improve my cardiovascular fitness	I can use the skills I have learnt to play a striking and fielding game. I can throw a ball overhand and stop a ball passing when fielding, and hit a ball at different distances\	I can participate in an athletics competition and am trying to improve my sprinting, jumping and throwing skills\
	Tag Rugby	Gymnastics	Football	Dodgeball	Basketball	Tennis
	I can run with the ball at speed, dodging	I can make up a sequence of 6 - 8 actions that link together using the floor and	I can play in a small football game, making some	I can play in a small games, making some effective decisions during play (BHF)	I can perform the 3 core skills – dribbling, passing	I can play a competitive tennis game using the following skills: to control a

	tackles and passing with accuracy	apparatus. I can show contrasting shapes, actions and travelling movements within a sequence. I can show different levels in a sequence	effective decisions during play. I can dribble the ball close to my body and pass and receive the ball with control.		and shooting and apply them in a game situation	tennis ball with a tennis racket, to play a forehand and backhand tennis shot, be able to serve consistently into an area and use some tactics in gameplay\
Y4						
	Alternative Sports (Golf)	Football	Dance	Basketball	Tennis	Athletics
	I can address and strike a golf ball with the correct technique\	I can make good decisions of when to attack and defend. I can pass and receive the ball with control to keep possession, dribble the ball at speed and be aware of space to support teammates\	I can create and perform a topic-themed dance on my own, as a pair or as part of a small group. I can create and perform a dance which has 3 sections within it. I can perform movements so that I start and finish at the same time as my friends. I can include unison and canon within my dance	I can move into space whilst dribbling a basketball and pass and receive a ball from a partner with accuracy in game 5v5 game of basketball	I can play a competitive tennis game using the following skills: to control a tennis ball with a tennis racket, to play a forehand and backhand tennis shot, be able to serve consistently into an area and use some tactics in gameplay\	I can sustain a sprint with a good arm/leg drive. I can pass/receive the baton successfully in a Shuttle relay race. I can combine a number of jumps with control, coordination and consistency. I can throw with accuracy at a target\
	Hockey	Gymnastics	Dodgeball	Physical Literacy Circuits	Cricket	Rounders
	I can dribble, pass and shoot in a games situation\	I can create a sequence of 6 - 8 elements using the floor and apparatus. I can name and include both symmetrical and asymmetrical elements and a start and finish position. I can show different levels in my sequence and perform with some body tension	I can play in a small games, making more effective decisions during play, including choice of throw and team-related choices (BHF)	I can perform a variety of activities (carousel) to improve my cardiovascular fitness I can develop my own exercises to add to a carousel of activities to improve my cardiovascular fitness	I can throw a ball overhand with increasing accuracy and distance and stop a ball passing when fielding. I am also starting to hit a ball at increasing distances	I can use the skills I have learnt to play a rounders game
Y5						
	Benchball	Gymnastics	Dance	Hockey	Swimming	Athletics

	I can use the 3 main passes (chest, bounce and overhead) in a game situation I can play man to man defence without the ball and can move to get open with team possession	I can work with a partner to create and perform a sequence of 8-10 actions on the floor and apparatus? I can travel apart and sometimes together showing a range of gymnastic elements and including at least 2 partner balances	I can be part of a group dance sequence based on the current topic, playing an effective role in storytelling	I can control the ball whilst moving and pass and receive it in a game. I can involve teammates, running into space controlling and passing the ball accurately and looking for intercepting opportunities	I can swim front crawl for 1 width showing a good technique and arm recovery I can swim back crawl for 1 width showing a good technique and arm recovery. I can scull head first for a distance of 5m and return feet first.	I can run using a good knee lift I can throw a variety of different implements with increasing distances and long jump by taking off on one foot and landing with both
	Tag Rugby	Basketball	Football	Dodgeball	Tri Golf	Cricket
	I can run forward with the ball and pass backwards to a player once tagged. I am beginning to evaluate my own performance and the performance of others	I can use the BEEF technique to shoot a jump-shot with increasing confidence in a game situation	I can decide which player it is best to pass the ball to so I can keep possession and I can you explain formation\	I can play in a small games, having more confidence to catch an opponent's throw to negate their attack	I can play a golf course within 20 shots on the target number using some correct techniques	I can play a competitive cricket game using the following skills: hit the ball a range of distances and bowl a ball over or underarm consistently into a designated area, allowing the ball to bounce once. I can stop the ball and throw over arm towards the bowler at the stumps.
Y6						
	Gymnastics	OAA	Basketball	Tennis	Striking and Fielding (Rounders)	Swimming
	I can work with a partner to create and perform a sequence of 8-10 actions on the floor and apparatus. I can show changes of levels in my sequence. I can include 3 or more partner balances and	I can take part in an orienteering competition using most of the skills that I have learned. I can work sensibly and collaboratively with your partner / group to achieve a safe outcome and be able to trust each other\	I can play in a 5 v 5 game using some of the skills I have learned	I can play a competitive tennis game using the following skills: to play a forehand and backhand tennis shot in a match, be able to overhead pop and push serve, to be able to volley and use some tactics	I can hit the ball a range of distances and bowl a ball underarm consistently into a designated area. I can stop the ball and throw over arm towards a receiver\	I can swim 25m front crawl. I can swim 1 length front crawl and follow with a strong push off from the pool side, on the back, using both feet and arms extended.

	travel in unison and cannon			in gameplay for both singles and doubles matches\		I can retrieve an object from the pool bottom using both hands
	Netball	Football	Dance	Handball	Tri Golf	Athletics
	I can play a game of High 5 Netball applying some of the skills such as: footwork, accurate passing and shooting, moving into a space, positions and roles\	I can decide when it is best to pass around the defenders or take them on, and I can play a position in a team\	I can copy a number of set steps and then change their order, size, direction or speed to make a new dance phrase. I can teach a dance phrase to a friend and learn theirs	I can play a competitive Handball game using the following skills: to pass and receive a ball under pressure and in a match situation at times, to be able to run with the ball in a match, be able to use some attacking and defending tactics in gameplay	I can design a short golf course and play it effectively using skills that I have learnt in Year 5 I can design and create a scorecard so that I can record my round score\	I can sprint with a good knee lift and arm action and hurdle at speed. I can aim and throw a variety of different implements with accuracy and long jump by landing on both feet\