

# Physical Education Progression Map

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Invasion Games</b>	<p>Drop and catch with two hands.</p> <p>Throw and roll a variety of objects.</p> <p>Begin to move around in space.</p> <p>Run and stop when instructed.</p>	<p>Catch a large object.</p> <p>Move a ball with feet.</p> <p>Throw and roll a variety of objects and larger balls to space.</p> <p>Move around showing limited awareness of others in space.</p>	<p>Drop and catch a ball after one bounce on the move.</p> <p>Dribble a ball with two hands on the move.</p> <p>Move a ball using different parts of the foot.</p> <p>Throw and roll towards a target with some varying techniques.</p> <p>Kick towards a stationary target.</p> <p>Catch a small and medium sized ball.</p> <p>Recognise space in relation to others.</p>	<p>Dribble a ball with two hands on the move.</p> <p>Dribble a ball with some success, stopping it when required.</p> <p>Throw and roll towards a target using varying techniques with some success.</p> <p>Show balance when kicking towards a target.</p> <p>Move to space to help score goals or limit others scoring.</p> <p>Catch an object passed to them, with and without a bounce.</p>	<p>Dribble a ball with one hand with some control.</p> <p>Dribble a ball with feet with some control.</p> <p>Use a variety of throwing techniques.</p> <p>Kick towards a partner.</p> <p>Catch a ball passed to them using one and two hands with some success.</p> <p>Use space with some success in a game situation.</p>	<p>Link dribbling the ball with other actions with increasing control.</p> <p>Change direction when dribbling with feet with some control.</p> <p>Use a variety of throwing techniques with increasing success.</p> <p>Kick with increasing success towards a target or partner.</p> <p>Catch a ball passed to them using one and two hands with increasing success.</p> <p>Create and use space with some success in game situations.</p>	<p>Use dribbling to change the direction of play with some control under pressure.</p> <p>Dribble with feet with some control under pressure.</p> <p>Use a variety of throwing techniques with some control under increasing pressure.</p> <p>Use a variety of kicking techniques with some control under increasing pressure.</p> <p>Catch and intercept a ball using one and two hands with some success.</p> <p>Create and use space for self and others with some success.</p>	<p>Use dribbling to change the direction of play with control under pressure.</p> <p>Use a variety of dribbling techniques to maintain possession under pressure.</p> <p>Use a variety of throwing techniques including fake passes to outwit an opponent.</p> <p>Select and apply the appropriate kicking technique with control.</p> <p>Catch and intercept a ball using one and two hands with increasing success in game situations.</p> <p>Effectively create and use space for self and others to outwit and opponent.</p>
<b>Gymnastics</b>	<p>Create shapes using different parts of the body.</p> <p>Show shapes and actions using different parts of the body.</p>	<p>Begin to take weight on different parts of the body.</p> <p>Show shapes and actions that stretch their body.</p> <p>Copy and link simple actions together.</p>	<p>Perform balances making their body tense, stretched and curled.</p> <p>Take body weight on hands for short periods of time.</p> <p>Demonstrate poses and movements that challenge their flexibility.</p> <p>Remember, repeat and link simple actions together.</p>	<p>Perform balances on different body parts with some control and balance.</p> <p>Take body weight on different body parts, with and without apparatus.</p> <p>Show increased awareness of extension and flexibility in actions.</p> <p>Copy, remember, repeat and plan linking simple actions with some control and technique.</p>	<p>Complete balances with increasing stability, control and technique.</p> <p>Demonstrate some strength and control when taking weight on different body parts from longer periods of time.</p> <p>Demonstrate increased flexibility and extension in their actions.</p> <p>Choose actions that flow well into one another both on and off apparatus.</p>	<p>Use body tension to perform balances both individually and with a partner.</p> <p>Demonstrate increasing strength, control and technique when taking own and others weight.</p> <p>Demonstrate increased flexibility and extension in more challenging actions.</p> <p>Plan and perform sequences showing control and technique with and without a partner.</p>	<p>Show increasing control and balance when moving from one balance to another.</p> <p>Use strength to improve the quality of an action and the range of actions available.</p> <p>Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them.</p> <p>Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.</p>	<p>Combine and perform more complex balances with control, technique and fluency.</p> <p>Demonstrate more complex actions with a good level of strength and technique.</p> <p>Confidently transition from one action to another showing appropriate control and extension for the complexity of the action.</p> <p>Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills.</p>
<b>Dance</b>	<p>Copy basic actions.</p> <p>Choose and use travelling actions.</p> <p>Travel in different pathways.</p>	<p>Choose and use basic actions and rhythms.</p> <p>Choose and use travelling actions, shapes and balances.</p> <p>Begin to use dynamics and expression with guidance.</p> <p>Begin to count to music.</p>	<p>Copy and remember and repeat actions.</p> <p>Choose actions for an idea.</p> <p>Use changes of direction, speed and levels with guidance.</p>	<p>Copy, remember and repeat a series of actions.</p> <p>Select from a wider range of actions in relation to a stimulus.</p> <p>Use pathways, levels, shapes, directions, speeds and timing with guidance.</p>	<p>Copy, remember and perform a dance phrase.</p> <p>Create short dance phrases that communicate an idea.</p> <p>Use canon, unison and formation to represent an idea.</p>	<p>Copy, remember and adapt set choreography.</p> <p>Choreograph considering structure individually, with a partner and in a group.</p> <p>Use action and reaction to represent an idea.</p>	<p>Accurately copy and repeat set choreography in different styles of dance showing good sense of timing.</p> <p>Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus.</p> <p>Confidently perform choosing appropriate dynamics to represent an idea.</p>	<p>Perform dances confidently and fluently with accuracy and good timing.</p> <p>Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structured dances considering actions, shape, relationship and dynamics in relation to a theme.</p> <p>improvise and combine dynamics demonstrating an awareness of the impact on performance.</p>



<p><b>Striking &amp; Fielding</b></p>	<p>Hit a ball with hands. Stop an object sent to them using hands. Make a choice with some understanding of the situation.</p>	<p>Hit a ball with hands and feet. Stop objects and larger balls sent to them using hands. Make simple decisions in response to a situation.</p>	<p>Attempt to track balls and other equipment sent to them. Strike a stationary ball using a bat. Run, stop and change direction with some control. Begin to use simple tactics with guidance.</p>	<p>Move to track a ball and stop it using feet or hands with limited success. Strike a ball using a bat. Run, stop and change direction with balance and control. Use simple tactics.</p>	<p>Move to track a ball and stop it using hands with increasing success. Strike a ball with varying techniques. Change direction with increasing speed. Use simple tactics individually and within a team.</p>	<p>Move body to track a ball and use the appropriate body position to retrieve. Strike a ball using varying techniques with increasing accuracy. change direction to outwit an opponent. Use simple tactics to help their team score.</p>	<p>Move body to appropriate position to track a ball and use the appropriate body position to retrieve with increasing success. Strike a ball using a wider range of skills. Apply these with some success under pressure. Use varying speeds to outwit an opponent with increasing success. Understand the need for tactics and can identify when to use them in different situations.</p>	<p>Move body to appropriate position to track a ball and use the speed and body position to retrieve and send with accuracy. Strike a ball using a wider range of skills to outwit an opponent. Apply these with increasing control under pressure. Confidently change direction to successfully outwit an opponent. Work collaboratively to create tactics within their team and evaluate the effectiveness of these.</p>
<p><b>Athletics</b></p>	<p>Run and stop with some control. Explore skipping as a travelling action. Throwing small objects into space.</p>	<p>Balance whilst stationary and on the move. Change direction at a slow pace. Throw larger objects and balls into space. Explore moving different body parts together.</p>	<p>Attempt to run at different speeds showing an awareness of technique. Begin to link running and jumping movements with some control. Throw towards a target. Begin to show balance and co-ordination when changing direction.</p>	<p>Show balance and co-ordination when running at different speeds. Link running and jumping movements with some control and balance. Change technique to throw for distance. Demonstrate balance and co-ordination when changing direction.</p>	<p>Show balance, co-ordination and technique when running at different speeds and stopping with control. Link running, hopping and jumping actions using different take offs and landing. Throw a variety of objects, changing action for accuracy and distance, Show balance when changing direction in combination with other skills.</p>	<p>Demonstrate how and when to speed up and slow down when running. Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Show balance when changing direction at speed in combination with other skills.</p>	<p>Run at the appropriate speed over longer distances or for longer periods of time. Show control at take-off and landing in more complex jumping activities. Perform a range of more complex jumps showing some technique. Show accuracy and power when throwing for distance. Demonstrate improved body posture and speed when changing direction.</p>	<p>Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time. Link running, jumping and hopping actions with greater control and co-ordination. Perform jumps for height and distance using good technique. Show accuracy and good technique when throwing for distance. Change direction with a fluent action and can transition smoothly between varying speeds.</p>
<p><b>Net &amp; Wall Games</b></p>	<p>Hit a ball with hands. Stop an object sent to them using hands. Make a choice with some understanding of the situation.</p>	<p>Hit a ball with hands. Stop objects and larger balls sent to them using hands. Make simple decisions in response to a situation.</p>	<p>Attempt to track balls and other equipment sent to them. Strike a stationary ball using a racket. Run, stop and change direction with some control. Begin to use simple tactics with guidance.</p>	<p>Move to track a ball and stop it using a racket with limited success. Strike a ball using a racket. Run, stop and change direction with balance and control. Use simple tactics.</p>	<p>Move to track an object and stop it using a racket with increasing success. Strike an object with varying techniques. Change direction with increasing speed. Use simple tactics individually and within a team.</p>	<p>Move body to track an object and use the appropriate body position to strike and send. Strike an object using varying techniques with increasing accuracy. Change direction to outwit an opponent. Use simple tactics to help their team score.</p>	<p>Move body to appropriate position to track an object and use the appropriate body position to strike and send with increasing success. Strike an object using a wider range of skills. Apply these with some success under pressure. Use varying speeds to outwit an opponent with increasing success. Understand the need for tactics and can identify when to use them in different situations.</p>	<p>Move body to appropriate position to track an object and use the speed and body position to strike and send with accuracy. Strike an object using a wider range of skills to outwit an opponent. Apply these with increasing control under pressure. Confidently change direction to successfully outwit an opponent. Work collaboratively to create tactics within their team and evaluate the effectiveness of these.</p>



<p><b>Team Building/OAA</b></p>	<p>Follow simple instructions. Share their ideas with others. Explore activities making own decisions in response to a task.</p>	<p>Make decisions about where to move in a space. Follow a path. Begin to identify personal success.</p>	<p>Follow instructions. Begin to work with a partner and a small group. Understand the rules of the game and suggest ideas to solve simple tasks. Copy a simple diagram/map. Identify own and others' success.</p>	<p>follow instructions accurately. Work co-operatively with a partner and a small group, taking turns and listening to each other. Try different ideas to solve a task. Follow and create a simple diagram/map. Understand when a challenge is solved successfully and begin to suggest simple ways to improve.</p>	<p>Follow instructions from a peer and give simple instructions. Work collaboratively with a partner and a small group, listening to and accepting others' ideas. Plan and attempt to apply strategies to solve problems. Orientate and follow a diagram/map. Reflect on when and why challenges are solved successfully and use others' success to help them to improve.</p>	<p>Accurately follow instructions given by a peer and give clear and usable instructions to a peer. Confidently communicate ideas and listen to others before deciding on the best approach. Plan and apply strategies to solve problems. Identify key symbols on a map and use a key to help navigate around a grid. Watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements.</p>	<p>Use clear communications when working in a group and taking on different roles. Begin to lead others, providing clear instructions. Play and apply strategies with others to more complex challenges. Orientate a map confidently using it to navigate around a course. Explain why a particular strategy worked and alter methods to improve.</p>	<p>Communicate with others clearly and effectively when under pressure. Confident to lead others and show consideration of including all within a group. Use critical thinking skills to form ideas and strategies selecting and applying the best method to solve a problem. Confidently and effectively orientate a map, identifying key features to navigate around a course. Accurately reflect on when challenges are solved successfully and suggest well thought out improvements.</p>
<p><b>Swimming</b></p>				<p>Submerge and regain feet in the water. Breathe in sync with an isolated kicking actions from poolside. Use arms and legs together to move effectively across a short distance in the water.</p>	<p>Glide on front and back over short distances. Float on front and back for short periods of time. Confidently roll from front to back and then regain a standing position.</p>	<p>Confidently and consistently retrieve an object from the floor with the same breath. Begin to co-ordinate breath in time with basic strokes showing some consistency in timing. Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes. Combine gliding and floating on front and back over an increased distance. Float on front and back using different shapes with increased control. Comfortably demonstrate sculling head first, feet first and treading water.</p>	<p>Confidently combine skills to retrieve an object from greater depth. Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes. Confidently demonstrate good technique in a wider range of strokes over increased distances. Combine gliding and transitioning into an appropriate stroke with good control. Confidently link a variety of floating actions together demonstrating good technique and control. Select and apply the appropriate survival technique to the situation.</p>	