

EYFS & KS1

Complete PE Progression Map

Locomotion

Skill Area	EYFS	Year 1	Year 2
Dodging			Explore dodging Develop dodging Apply dodging: Explore attacking to beat an opponent Apply dodging in teams
Jumping	Explore jumping in a variety of ways. Explore jumping, in different directions, at different speeds and different levels.	Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping	

Ball Skills

Skill Area	EYFS	Year 1	Year 2
Hands 1	<p>Explore pushing</p> <p>Explore rolling</p> <p>Explore bouncing</p> <p>Explore bouncing into space</p> <p>Combine pushing and rolling</p> <p>Combine rolling, pushing and bouncing</p>	<p>Introduce sending (bouncing) with control</p> <p>Introduce aiming with accuracy</p> <p>Introduce power and speed when sending a ball</p> <p>Introduce/develop stopping, combining sending skills</p> <p>Combine sending and receiving skills</p>	<p>Develop dribbling/passing and receiving</p> <p>Combine dribbling, passing and receiving, keeping possession</p> <p>Develop dribbling/passing and receiving to score a point</p> <p>Combine dribbling, passing and receiving to score a point</p>
Hands 2	<p>Explore throwing overarm</p> <p>Explore throwing underarm</p> <p>Explore rolling</p> <p>Explore stopping a ball</p> <p>Explore catching</p>	<p>Consolidate pupils' application and understanding of underarm throwing</p> <p>Applying the underarm and overarm throw to win a game</p> <p>Applying the underarm throw to beat an opponent</p>	<p>Introduce throwing with accuracy</p> <p>Apply throwing with accuracy in a team</p> <p>Introduce stopping a ball</p> <p>Develop sending (rolling) skills to score a point</p> <p>Consolidate sending and stopping to win a game</p>
Feet	<p>Explore moving with a ball using our feet</p>	<p>Develop moving the ball using the feet</p> <p>Apply dribbling into games</p> <p>Consolidate dribbling</p> <p>Explore kicking (passing)</p> <p>Apply kicking (passing) to score a point</p>	<p>Understand dribbling</p> <p>Develop dribbling against an opponent</p> <p>Develop dribbling/passing/receiving, keeping possession</p> <p>Combine dribbling, passing and receiving, keeping possession/to score a point</p> <p>Apply dribbling, passing and receiving as a team to score a point</p>

Games for Understanding

Skill Area	EYFS	Year 1	Year 2
Game Play	<p>Taking turns/keeping the score</p> <p>Understanding and playing by the rules</p> <p>Avoiding a defender</p> <p>Preventing an attacker from scoring</p>	<p>Understanding the principles of attack/defence</p> <p>Applying attacking/defending principles into a game</p> <p>Consolidate attacking/defending</p>	<p>Attacking/defending as a team</p> <p>Understanding the transition between defence and attack</p> <p>Create and apply attacking/defensive tactics</p>

Rackets, Bats and Balls

Skill Area	EYFS	Year 1	Year 2
Balloons & Balance (EYFS)	<p>Explore pushing/hitting a balloon with control</p> <p>Explore hitting a balloon with power into space</p> <p>Explore hitting/pushing (sending) a balloon with accuracy</p> <p>Explore balancing an object on a racket/bat</p>		
Racket & Bat Control		<p>Develop pushing (dribbling) a ball with a racket:</p> <p>Introducing control</p> <p>Explore hitting and develop pushing a ball (with a racket) towards a target</p> <p>Explore hitting a ball (with a racket) with accuracy and power</p>	<p>Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent</p> <p>Introduce hitting (sending/striking) a ball into a space: Where and why?</p> <p>Striking the ball (with a bat) into space with intent</p>

Health and Wellbeing

Skill Area	EYFS	Year 1	Year 2
Movement & Feelings	<p>Understanding what we mean by movement and exercise</p> <p>Exploring our heartbeat/breathing when we exercise</p> <p>Understanding how exercise makes us feel</p> <p>Making exercise fun!</p>	<p>Introduce and explore agility</p> <p>Introduce and explore balance</p> <p>Introduce and explore coordination:</p> <p>Bouncing, rolling and throwing</p>	<p>Consolidate agility</p> <p>Consolidate balancing:</p> <p>Explore balancing on apparatus</p> <p>Introduce and explore coordination:</p> <p>Dribbling and kicking</p>

Team Building

Skill Area	EYFS	Year 1	Year 2
Cooperation & Communication		<p>Introducing teamwork</p> <p>Develop teamwork</p> <p>Building trust and developing communication</p> <p>Cooperation and communication</p> <p>Explore simple strategies</p> <p>Problem solving:</p> <p>Consolidate teamwork</p>	<p>Introducing teamwork</p> <p>Develop teamwork</p> <p>Building trust and developing communication</p> <p>Cooperation and communication</p> <p>Explore simple strategies</p> <p>Problem solving:</p> <p>Consolidate teamwork</p>
Play	<p>Explore playing with equipment safely</p> <p>Playing with equipment safely:</p> <p>Taking turns</p> <p>Learning to play with a partner</p> <p>Using equipment and other objects to travel</p>	<p>Following instructions when playing games</p> <p>Keeping count (the score) when playing games</p> <p>Competing against myself</p> <p>Competing against others</p> <p>Playing competitive games</p>	<p>Creating games on our own, with a partner and in teams</p> <p>Exploring the role of the referee</p> <p>Playing and creating competitive games with a referee</p> <p>Playing competitive games against other teams</p>

Dance Themes

Skill Area	EYFS	Year 1	Year 2
Ourselves	<p>Moving in sequence</p> <p>Responding in movement to words and music</p> <p>Moving with props and contrasting tempos</p> <p>Creating their own movements</p> <p>Exploring opposites</p>		
Dinosaurs	<p>Moving with control</p> <p>Adding movements together</p> <p>Responding to rhythm in character</p> <p>Adding expression to our characters' movements</p> <p>Performing with a partner</p> <p>Exploring relationships</p>		
Toys		<p>Perform movements with varying direction, levels and pace</p> <p>Perform dances using simple movement patterns</p> <p>Movements to represent toys:</p> <p>Characterisation</p> <p>Using toys from the past as inspiration for movement</p>	
Exploring			<p>Responding to stimuli</p> <p>Developing our motif with</p>

			<p>expression and emotion</p> <p>Applying choreography in our motifs</p> <p>Extending our motifs</p> <p>Sequences, relationships and performance</p>
Mr Candy's Sweet Factory			<p>Exploring expression</p> <p>Linking movements together</p> <p>Creating a motif with characterisation, expression and emotion</p> <p>Extending our motifs with different dynamics (fast and slow)</p>
Heroes		<p>Performing movements in sequence</p> <p>Creating movements that represent superpowers</p> <p>Creating movements that represent a superhero rescuing/saving someone or something</p> <p>Exploring character movements</p>	

Gymnastics

Skill Area	EYFS	Year 1	Year 2
Wide, Narrow, Curled		<p>Introduction to wide, narrow and curled</p> <p>Exploring the difference between wide, narrow and curled</p> <p>Transitioning between wide, narrow and curled movements</p> <p>Linking two movements together</p>	
Moving	<p>Explore moving and making shapes using different body parts</p> <p>Explore moving in different directions</p> <p>Explore big and small ways of moving and making shapes</p> <p>Moving in pairs</p> <p>Creating shapes in pairs</p>		
Body parts		<p>What do pupils remember from the wide, narrow, curled sequence of learning?</p> <p>The focus of the learning is to apply 'champion gymnastics' to explore movements and balances using the 'big' parts of our bodies on the floor and on apparatus.</p>	
Linking			Developing linking Linking on apparatus

			<p>Jump, roll, balance sequences/on apparatus</p> <p>Creation of sequences</p> <p>Completion of sequences and performance</p>
<p>High, Low, Over, Under</p>	<p>Introduction to high, low, over and under</p> <p>Introduction to the apparatus</p> <p>Applying high and low on apparatus</p>		