



PE- Progression skill map



	Dance & Gymnastics	Invasion	Striking & Fielding	Net/ Wall	Athletics
EYFS	<p>Begin to navigate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when performing simple tasks.</p> <p>Explore moving energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Begin to work together as part of a team.</p> <p>Explore moving around a congested space safely and moving at different speeds and in different directions.</p> <p>Begin to name different equipment.</p>	<p>Explore rolling a ball in the direction of another child or target and stopping a ball that is coming towards them.</p> <p>Begin to throw a small ball/beanbag towards a target.</p>	<p>Begin balancing a ball on a racquet.</p> <p>Begin hitting a stable ball using bat/racquet.</p>	<p>Demonstrate good control and co-ordination in large and small movements.</p> <p>Explore how using the body changes the speed and effect of movement (e.g. using arms when running)</p>
Year 1	<p>Develop spatial awareness and confidently move safely in space and basic agility, balance and coordination skills. Create and repeat a variety of short dances inspired by a range of stimuli.</p> <p>Begin to work individually, in pairs, small groups and as a whole class.</p> <p>Explore awareness of different dances through themes.</p>	<p>Begin to play competitive sports one against one, one against two and one against three.</p> <p>Develop basic game playing skills (throwing, running, catching, jumping, hand eye coordination etc.)</p>	<p>Explore different types of throwing (under arm and over arm) with accuracy towards the target.</p> <p>Begin to grip and hold a bat in the correct way.</p> <p>Develop a connection between bat/racquet and ball.</p>	<p>Develop balancing a tennis ball on a racquet in standing position.</p> <p>Begin connect with a slow-moving ball using a racquet/hand.</p>	<p>Explore running, jumping and throwing activities, and take part in simple challenges and competitions.</p> <p>Develop different ways of travelling, throwing and jumping, increasing their awareness of speed and distance.</p> <p>Begin practising field events and different race types, specific to Year 1 in preparation for Sports Day.</p>
Year 2	<p>Explore, remember, repeat and link a range of actions with coordination and control.</p> <p>Perform short dances that express and communicate moods, ideas and feelings.</p> <p>Develop simple routines and improve the quality of their movement, e.g. stretching fingers and pointing toes, to help produce tension and extension.</p>	<p>Explore different games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points.</p> <p>Begin to play competitive sports and activities in small teams.</p> <p>Perform different types of ball passes with accuracy.</p>	<p>Perform catching a small object such as a tennis ball coming from a distance.</p> <p>Begin to bowl a small ball underarm toward small target.</p> <p>Develop a basic understanding of fielding and batting roles.</p>	<p>Begin to hit a tennis ball/wall ball using a racquet after one bounce.</p> <p>Explore balancing a ball on a racquet while moving around slowly and directing a ball towards a target (net/wall).</p>	<p>Explore running, jumping and throwing activities, and take part in simple challenges and competitions.</p> <p>Develop different ways of travelling, throwing and jumping, increasing their awareness of speed and distance.</p> <p>Develop practising field events and different race types, specific to Year 2 in preparation for Sports Day.</p>
Year 3	<p>Perform dances using a range of movement patterns gaining inspiration from a range of stimuli.</p> <p>Perform pencil, star & tuck jumps accurately and with control.</p> <p>Develop sequences that include changes of level and speed, and focus on using different body shapes.</p> <p>Evaluate own and others performance.</p>	<p>Explore how to outwit their opponents and score when playing invasion games and how to work as a team and play in competitive games, modified so appropriate for Year 3, for example, tennis, netball and football.</p> <p>Develop skills in finding and using space to keep the ball.</p> <p>Begin playing with the same basic court setup and rules, but use a range of equipment and skills, including throwing, catching, kicking and striking skills.</p>	<p>Develop throwing and catching a small ball over a variety of different distances, using a number of different techniques e.g. overarm & underarm.</p> <p>Perform an underarm bowl with accuracy towards a batting opponent.</p> <p>Begin hitting a moving ball using a bat.</p>	<p>Begin hitting the ball in net/wall games and directing a ball towards a space on the court.</p> <p>Develop keeping a tennis ball bouncing up off of racquet with control and precision.</p> <p>Explore the basic rules in a variety of Net/Wall sports.</p>	<p>Develop good basic running, jumping and throwing techniques.</p> <p>Explore setting challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</p> <p>Develop practising field events and different race types, specific to Year 3 in preparation for Sports Day.</p>
Year 4	<p>Demonstrate rhythm & spatial awareness.</p> <p>Begin to build complex dance routines in small groups.</p> <p>Copy, remember, explore simple actions, and link & vary ideas with control & coordination.</p> <p>Create sequences that include changes of level and speed, and focus on using different body shapes.</p>	<p>Explore simple attacking tactics using equipment and skills, and think about how to organise themselves to defend their goals.</p> <p>Develop playing in competitive games, modified so appropriate for Year 4 (e.g. Basketball, netball and tag rugby) and knowledge of various team sports to play small-sided games fluently.</p> <p>Begin playing small, uneven-sided games and move on to even-sided games.</p>	<p>Demonstrate good knowledge and understanding of the rules of cricket and rounders.</p> <p>Perform fielding effectively and react quickly to get opponents out.</p> <p>Explore hitting a moving ball with the aim of outwitting opponents and using a variety of different fielding techniques.</p>	<p>Begin to rally with a partner over a small distance.</p> <p>Develop directing a ball towards a target with accuracy.</p> <p>Perform keeping the ball whilst moving in different directions.</p>	<p>Demonstrate good basic running, jumping and throwing techniques.</p> <p>Explore setting challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</p> <p>Develop practising field events and different race types, specific to Year 4 in preparation for Sports Day.</p>
Year 5	<p>Create longer sequences to perform for an audience.</p> <p>Develop a wider range of actions and explore more difficult ways to perform.</p> <p>Evaluate own performance.</p> <p>Develop increasing flexibility, strength, technique, control and balance.</p>	<p>Develop skillful attacking and team play, including the rules of the game.</p> <p>Explore how to work well as a team when attacking, and explore a range of ways to defend.</p> <p>Demonstrate a greater awareness of good sportsmanship, fairness and respect whilst playing sport.</p> <p>Perform good positional play to find space to be in the right position to send and receive passes in competitive game situations.</p>	<p>Develop understanding of the rules in cricket and rounders in order to be able to play with fluency.</p> <p>Explore good spaces to hit the ball into when batting.</p> <p>Develop reacting quickly and throwing with accuracy in order to get opponents out</p> <p>Demonstrate knowledge of when is a good time to complete runs.</p>	<p>Develop understanding of rules to a range of net/wall sports and can score in these sports.</p> <p>Perform a rally with an opponent on a court and direction a ball with accuracy.</p> <p>Explore completing a variety of different shots in order to outwit an opponent.</p>	<p>Demonstrate technical understanding of athletic activity.</p> <p>Explore how to set targets and improve their performance in a range of running, jumping and throwing activities.</p> <p>Develop practising field events and different race types, specific to Year 5 in preparation for Sports Day.</p>



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Year 6	<p>Explore more advanced moves (e.g. bridge).</p> <p>Develop knowledge of compositional principles (level and direction, how to combine and link actions, how to relate to partners and apparatus).</p> <p>Demonstrate jumps with good technique to create height and distance.</p> <p>Perform & create movement sequences with some complex skills & displaying accuracy & consistency.</p>	<p>Evaluate how to improve their defending and attacking play.</p> <p>Begin to play even-sided mini-versions of different games.</p> <p>Apply tactics and strategies learnt to be successful in a team performance.</p> <p>Demonstrate that good sportsmanship, fairness and respect is embedded in the way the children conduct themselves in sport.</p>	<p>Apply the skills needed for different roles and display positional awareness when playing.</p> <p>Perform a long arm bowl during match play, connect when batting a ball coming at speed and direct a ball into space when batting at speed.</p> <p>Analyse when and where to throw a ball to when fielding.</p>	<p>Perform a rally with fluency and accuracy at different speeds and distances.</p> <p>Apply a variety of different shots during match play.</p> <p>Demonstrate awareness of opponent's position to outwit them. Begin umpire and score point independently.</p> <p>Perform hitting a ball regularly with accuracy.</p>	<p>Develop their technical understanding of athletic activity.</p> <p>Develop setting targets and improve their performance in a range of running, jumping and throwing activities.</p> <p>Develop practising field events and different race types, specific to Year 6 in preparation for Sports Day.</p>
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