



P.E. Progression of Skills Map

| | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
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| Net and Wall | Target Games Developing technique involved in sending an object with accuracy and also power and encouraging children from the outset to use both hands/feet. | Introduction to Net and Wall games Children will be introduced to the skills used in sports they will engage with later, such as volleyball, short tennis and dodgeball. | Net and Wall Game Skills Developing children's striking skills on the forehand and backhand; their ability to move around a corner and to play passive and active rallies over a net | Badminton Learning how to play different shots and how to move around the court from a ready position using different foot patterns. | Tennis Developing movements around the court, how to control the ball and to send it across the net using a variety of ground strokes. | Volleyball Understanding and practicing the array of ways of receiving and sending volleyball and the associated techniques. | Volleyball To recognise how to score and rotate around court and apply all skills in a volleyball game. |
| Athletics | | Coordinating Movements Demonstrating agility, balance and coordination by developing styles of jumps and linking them with a run | Jumping and Throwing To develop techniques for jumping and to develop the combination of running with jumping and throwing. | Running and Throwing Events To utilise the correct technique when starting a race and to replicate the technique for running, jumping and throwing events. | Athletics skills revisited Developing the technique of jumps, sprints and hurdles in competitive situations | Controlling running, jumping and throwing Looking at different ways of running, jumping and throwing whilst developing children's technique and awareness of safety. | Honing technique Performing correct techniques for sprinting combined with hurdling and throwing with greater distance and accuracy |
| OAA | | | | Planning and Communication To develop planning and communication skills during Outdoor adventures and Activities | Teamwork Negotiating and communicating with the team to compete whilst using a map and photographs to identify places around school. | Non-Verbal and Verbal Comms To utilise non- verbal and verbal communication and team work to solve a variety of team challenges | Creative Communication Thinking creatively and communicating effectively with a partner in a variety of outdoor and adventure settings. |
| Gymnastics | Flight - Bouncing, jumping and landing Execute a variety of jumps and leaps with control and include jumps and leaps in sequence work on the floor and apparatus | Balancing & spinning on Points & Patches Supporting the body and performing controlled and asymmetrical spins at different levels on points. | Pathways: Straight, Zigzag & Curving Perform a sequence of moves in a variety of pathways and to perform a variety of moves on floor and apparatus. | Linking movements together Finding ways of moving from one balancing position to another and performing a range of gymnastics moves at my own level. | Arching and Bridges Supporting your own weight on hands and feet and applying a variety of controlled positions to create a sequence with a partner. | Matching, Mirroring and Contrast Performing matching moves in sequence with a partner and contrasting moves on a different pathway. | Flight learn how to jump in different ways and perform shapes in flight which are varied and aesthetically pleasing. |
| Invasion Games | | Introducing bouncing, dribbling and dodging Exploring how to send and | Using area to attack and defend Strategising ways to | Invasion Games skills To recognise and use different attacking and | Retaining possession and positioning Using dodging, | Using Space and Communication Learning how to use the | In-Game Intelligence Making intelligent runs and using mobility and |

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| | | receive and how to bounce, dribble dodge and evade. | attack and defend, such as using the width of the pitch when attacking and closing the space down quickly when defending | defending skills and strategies which are transferable across different sports. | shielding and positioning as well as anticipation and communication and how they can be used in games. | width of the pitch when attacking and how to overload as well as learning how to condense space and communicate with their team. | fluidity to be effective in team invasion games as well as finding teammates in space. |
| Dance | Toys Use my body to express simple theme related shapes, movements and feelings and remember a sequence of moves. | Mini-Beasts Use my body to create and express simple theme related shapes, movements and feelings. | Under the Sea Remembering and performing a basic sequence of movements when led by a teacher | Developing static action transitions into travelling movements and demonstrating balance, ability and precision. | Romans Showing different levels and pathways when you travel and creating a dance with a partner for peer evaluation. | Dance through the Ages Using chance choreography to create a sequence and to recognise good timing, execution and skills. | The Haka Evaluating our own dance moves as well as the dance moves of our peers. |
| Striking and Fielding | Fine Motor skills Building on children's gross motor skills and combines locomotion skills with fine motor activities. | Striking and Fielding – Game skills 1 Practicing basic batting, fielding and bowling skills. They learn how to run between wickets; of some basic rules and how to work together through good communication. | Striking and Fielding - Game Skills 2 Exploring more advanced skills like backing up in the field and chasing down the pitch to strike a ball whilst we are on the move. | | | | |
| Movement and Health Related Fitness | Fundamental Movement skills Show increasing control over objects and to control body through running, balancing and picking up/carrying tools. Locomotion Introducing children to moving in different ways whilst learning about their own space and negotiating space with others | Fundamental Movement Skills 1 Focusing on developing their fine motor skills through manipulation of objects, balancing and running. | Fundamental Movement Skills 2 Exploring locomotion skills in an attempt to ensure that children have mastered different ways of moving and whilst doing so can show awareness of others and their surroundings. | Health Related Fitness Develop a range of the components of fitness whilst developing in children an understanding of how we target specific elements of fitness and the importance of body preparation and cooling down after. | Health Related Fitness Performing a variety of exercises demonstrating proper control and technique and recording scores to focus on improvement. | Circuit Challenges Learning about how we should warm up for different ways for different events. They will work on specific areas of fitness and get the opportunity to set up their own circuit challenges too. | Circuit Challenges Continue working on specific areas of fitness using circuits. Improving upon previous performances and scores to set new PBs. |