



PE Progression

Reception

EYFS Physical Development Education Programme (Statutory)

Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Knowledge and Skills

- Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing
- Progress towards a more fluent style of moving, with developing control and grace.
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.
- Develop their small motor skills so that they can use a range of tools competently, safely and confidently.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Combine different movements with ease and fluency.
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- Develop overall body-strength, balance, co-ordination and agility.
- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

ELG: Gross Motor Skills (Statutory)

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Skills	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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Gymnastics	<p>Explore rolling and traveling movements with control and spacial awareness, travelling forward, backwards and sideways with jumps and steps.</p> <p>Develop control, flexibility and balance using different parts of the body.</p> <p>Explore movement actions with control, and to link them together with flow.</p> <p>Explore travelling on benches and other apparatus, showing spacial awareness.</p> <p>Link 2 actions to make a sequence.</p>	<p>Copy and repeat simple movements with fluency, control and awareness of space.</p> <p>Explore movements using different apparatus e.g. mats, bars, hoops, bench etc.</p> <p>Link two or more actions to make a sequence and perform confidently.</p> <p>Develop control, flexibility and balance using different parts of the body individually and as a pair/group.</p>	<p>Plan, refine and perform a movement sequence showing contrast in speed, level and direction.</p> <p>Link four or more actions to devise a sequence.</p> <p>Develop combinations of movements using different apparatus e.g. mats, bars, hoops, bench etc.</p> <p>Begin to self-assess and assess others giving guidance.</p>	<p>Plan, refine and perform a movement sequence showing contrast in speed, level and direction in response to stimuli.</p> <p>Link four or more actions to devise a sequence showing a clear beginning, middle and end.</p> <p>Develop combinations of movements using different apparatus e.g. mats, bars, hoops, bench etc and perform a sequence or routine.</p> <p>Develop confidence to assess and lead others sharing constructive feedback.</p>	<p>Plan, refine and perform a range of movement sequences showing contrast in speed, level and direction in response to stimuli.</p> <p>Link sequences showing a clear beginning, middle and end and flow.</p> <p>Develop longer and more varied sequences and routines, using different apparatus e.g. mats, bars, hoops, bench etc and perform a sequence or routine.</p> <p>Collaborate with others to plan and lead a group sequence.</p>	<p>Plan, refine and perform a range of movement sequences clearly showing entrance and exits, with varying speeds and levels.</p> <p>Link sequences using similar or contrasting shapes/movements showing a clear beginning, middle and end and flow.</p> <p>Demonstrate and perform on a range of apparatus using good body tension with the emphasis on extension and clear body.</p> <p>Collaborate with others to plan, lead and evaluate lead a group sequence.</p>
Dance	<p>Copy and repeat some simple dance movements with control.</p> <p>Link two at least actions to perform a sequence.</p> <p>Change rhythm, speed, level and direction.</p>	<p>Copy and repeat simple dance movements with more control.</p> <p>Link two or more actions to perform a sequence.</p> <p>Choose movements to communicate a mood, feeling or idea.</p>	<p>Plan, perform and repeat movements clearly, fluently and expressively to form sequences.</p> <p>Respond to music in time and rhythm, expressing a variety of moods & feelings.</p> <p>Develop physical strength and suppleness.</p>	<p>Respond imaginatively to stimuli related to character/music/story</p> <p>Plan, perform and repeat clear & fluent dances with varying speeds and levels that show sensitivity to idea/stimuli.</p> <p>Move in a clear fluent and expressive manner.</p>	<p>Learn structured movement patterns, creating short sequences in response to stimuli.</p> <p>Compose creative, imaginative sequences and perform expressive, fluent dances with high energy.</p> <p>Develop greater physical strength and suppleness</p> <p>Perform expressively and hold a precise and strong body posture.</p>	<p>Learn structured movement patterns, creating short sequences in response to stimuli.</p> <p>Compose creative, imaginative sequences and perform expressive, fluent dances with high energy and knowledge.</p> <p>Continue to develop greater physical strength and suppleness</p>

						<p>Perform expressively and hold a precise and strong body posture.</p> <p>Perform and analyse own and others' performance.</p>
Invasion games	<p>Master basic sending and receiving techniques.</p> <p>Develop balance, agility and co-ordination.</p> <p>Develop basic sending and receiving skills.</p> <p>Kick/stop a ball using a confident foot while static.</p> <p>Use the term opponent and team.</p>	<p>Develop sending and receiving skills</p> <p>Vary types of pass.</p> <p>Develop skills for moving/dribbling with a ball.</p> <p>Understand simple rules and apply to a game.</p> <p>Further develop tactics in a game.</p>	<p>Pass with more control and accuracy.</p> <p>Choose appropriate tactics to gain an advantage in a game.</p> <p>Follow the rules of the game and play fairly.</p> <p>Pass to team mates at appropriate times.</p>	<p>Pass and control with accuracy.</p> <p>Choose appropriate tactics to cause problems for the opposition.</p> <p>Follow the rules of the game and play fairly.</p> <p>Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</p> <p>Lead others and act as a respectful team member.</p>	<p>Develop more sophisticated ways of passing and striking.</p> <p>Choose and combine techniques in game situations (running, catching, passing, jumping and kicking, etc.).</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Increasingly lead others when called upon and act as a good role model within a team.</p>	<p>Choose and combine techniques in game situations (running, catching, passing, jumping and kicking, etc.) linking with others.</p> <p>Work alone, or with team mates in order to gain points or possession.</p> <p>Choose the most appropriate tactics for a game showing increasing anticipation of play.</p> <p>Lead others when called upon and act as a good role model within a team.</p> <p>Understand the rules of different games and use rules in a game to umpire/referee.</p>
Striking and fielding	<p>Develop co-ordination</p> <p>Understand and apply simple rules and play fairly</p> <p>Understand what a team is.</p>	<p>Develop hand-eye coordination to hit a ball.</p> <p>Develop sending and receiving skills.</p> <p>Vary types of throw.</p>	<p>Throw and catch with increasing accuracy.</p> <p>Develop the correct striking technique for different bats/rackets.</p>	<p>Throw and catch with increasing accuracy and power.</p> <p>Further develop correct technique for catching a ball.</p>	<p>Demonstrate a range of skills in striking and fielding including using forehand and backhand and hitting for distance and direction.</p>	<p>Master different ways of throwing and to throw accurately and efficiently.</p> <p>Demonstrate the correct batting technique and hit for distance and direction</p>

	<p>Use rolling, catching and throwing (overarm or underarm).</p>	<p>Understand simple rules and apply to a game/match.</p> <p>Start using simple tactics.</p>	<p>Develop the correct technique for fielding.</p> <p>Begin to understand and apply the basic rules of a game e.g. – cricket/rounders.</p>	<p>Further develop the correct batting technique and hit for distance.</p> <p>Develop the correct technique for fielding and use it in a game situation.</p> <p>Understand the basic rules of a game (e.g. cricket/rounders) and use rules in a game.</p>	<p>Master different ways of throwing to throw accurately.</p> <p>Correctly and confidently demonstrate technique for catching a ball.</p> <p>Choose the most appropriate tactics for a game.</p>	<p>including forehand and backhand.</p> <p>Demonstrate the correct technique for fielding and use it in a game situation.</p> <p>Understand the rules of different games and use rules in a game to umpire/referee.</p> <p>Uphold the spirit of fair play and respect.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Athletics</p>	<p>Use varying speeds when running.</p> <p>Explore footwork patterns.</p> <p>Explore arm mobility.</p> <p>Explore different methods of throwing.</p> <p>Practise short distance running</p>	<p>Run with agility and confidence.</p> <p>Learn the best jumping techniques for distance.</p> <p>Throw different objects in a variety of ways.</p> <p>Hurdle an obstacle and maintain effective running style.</p> <p>Run for distance.</p> <p>Complete an obstacle course with control and agility.</p>	<p>Run in different directions and at different speeds, using a good technique.</p> <p>Improve throwing technique.</p> <p>Reinforce jumping techniques.</p> <p>Understand the relay and passing the baton.</p> <p>Choose and understand appropriate running techniques.</p> <p>Compete in a whole school competition.</p>	<p>Select and maintain appropriate running speeds for event and refine technique.</p> <p>Improve throwing technique with power and accuracy.</p> <p>Reinforce jumping techniques showing understanding of which is most effective.</p> <p>Understand the relay and passing baton techniques</p> <p>Compete in whole school competition, recording scores.</p>	<p>Use correct technique to run at speed.</p> <p>Develop the ability to run for distance.</p> <p>Throw with accuracy and power.</p> <p>Identify and apply techniques of relay running.</p> <p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance or height.</p> <p>Learn how to use skills to improve the distance of a pull throw.</p>	<p>Demonstrate and refine previous skills showing strength, stamina and speed when running, jumping and throwing.</p> <p>Identify and apply techniques of relay running.</p> <p>Refine different footwork patterns.</p> <p>Understand rules and judge events.</p> <p>Refine skills to improve the distance of a pull and push throw.</p> <p>Demonstrate good techniques in a competitive situation.</p> <p>Assess and reflect on personal performance and</p>

					<p>Demonstrate good techniques in a competitive situation.</p> <p>Assess and reflect on personal performance and understand how to develop.</p>	<p>understand how to improve the quality of a performance.</p> <p>Understand the importance of and demonstrate responsibility in warm up/cool down activities.</p> <p>Demonstrate safe practise and playing within rules.</p>
Swimming		<p>Develop basic pool safety skills and confidence in water.</p> <p>Travel further, float and submerge.</p> <p>Use one basic stroke, breathing correctly.</p> <p>Control leg movements.</p>	<p>Develop push and glides, any kick action on front and back with or without support aids.</p> <p>Develop entry and exit.</p> <p>Develop balance, link activities and travel further on whole stroke.</p> <p>Show breath control.</p> <p>Swim unaided up to 25m.</p> <p>Co-ordinate leg and arm movements.</p>			
Orienteering					<p>Develop and refine orienteering and problem-solving skills when working in groups and on their own.</p> <p>Decide what approach to use to meet the challenge set.</p> <p>See the importance of a group or team plan, and the value of pooling ideas.</p>	<p>Develop and refine problem-solving skills when working in groups and on their own.</p> <p>Decide what approach to use to meet the challenge set.</p> <p>Further adapt their skills and understanding as they move from familiar to unfamiliar environments.</p>

					<p>Show the ability to both lead and form part of a team.</p>	<p>Understand how the challenge of outdoor and adventurous activities can help their fitness, health and wellbeing.</p> <p>Improve their performance by changing or adapting their approaches as needed.</p>
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