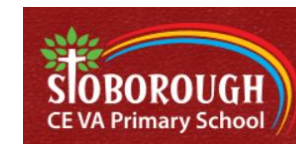
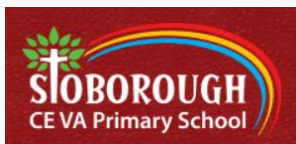


## PE Progression Map



Locomotion	Reception	Year 1	Year 2
<b>Running Dodging</b>	Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game	Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a competitive game	Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams
<b>Jumping</b>	Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping	Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game	Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations

Ball Skills	Reception	Year 1	Year 2
<b>Hands</b>	Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing	Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills	Develop dribbling/passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing and receiving to score a point
<b>Hands 2</b>	Explore throwing overarm Explore throwing underarm Explore stopping a ball Explore catching	Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game	Consolidate pupils application and understanding of underarm throwing Applying the underarm and overarm throw to win a game Applying the underarm throw to beat an opponent
<b>Feet</b>	Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent	Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point	Develop dribbling/passing/ receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point
<b>Games for Understanding</b>	Taking turns/keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring Applying attacking and defending into a game	Understanding the principles of attack/defence Applying attacking/ defending principles into a game Consolidate attacking/defending	Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/ defensive tactics

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Gymnastics</b>	<p><b>High, Low, Over, Under:</b> Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus</p> <p><b>Moving:</b> Explore moving and making shapes using different body parts Explore moving in different directions Explore big and small ways of moving and making shapes Moving in pairs Creating shapes in pairs</p>	<p><b>Wide, Narrow, Curled:</b> Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together</p> <p><b>Body Parts:</b> Introduction to big/small body parts Combining big and small with wide, narrow and curled Transition between wide narrow and curled using big and small body parts Adding (linking) movements together</p>	<p><b>Linking:</b> Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and performance</p> <p><b>Pathways:</b> Explore/develop zig-zag pathways/on apparatus Explore/develop curved pathways/ on apparatus Creation of pathway sequences Completion of pathways sequences and performance</p>	<p><b>Symmetry &amp; Asymmetry:</b> Introduction to symmetry and asymmetry Application of learning onto apparatus Sequence formation Sequence completion</p>	<p><b>Bridging:</b> Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion</p>	<p><b>Counter Balance &amp; Counter Tension</b> Introduction to counter balance Application of counter balance learning onto apparatus Sequence formation Counter Tension Sequence completion</p>	<p><b>Matching &amp; Mirroring</b> Introduction to matching/ mirroring Application of matching/ mirroring learning onto apparatus Sequence development</p>

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Dance</b>	<p><b>Nursery Rhymes</b> Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements</p>	<p><b>The Zoo</b> Exploring expression Developing our movements, adding movements together Responding to a rhythm: Introducing partner work Creating an animal sequence motifs Exploring relationships within our motifs</p>	<p><b>Exploring</b> Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequences, relationships and performance</p>	<p><b>Wild Animals</b> Responding to stimuli Developing character dance into a motif Developing sequences with a partner in character that show relationships Extending sequences with a partner in character</p>	<p><b>Cats</b> Responding to stimuli working together Extending sequences with a partner in character Exploring two contrasting Relationships and interlinking dance moves</p>	<p><b>The Circus</b> Developing character movements linked to 19th Century prejudices Creating movements to represent different characters and performers in a 19th Century circus Extending our Performance incorporating props and apparatus linked to the variety of performers</p>	<p><b>Titanic</b> Creating rhythmic patterns using our body Extending our choreography through controlled movements, character emotion and expression Explore the relationships between characters applying character emotion and expression Performance and reflection</p>

Invasion	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Handball</b>	<p><b>See Ball Skills Hands</b> Explore pushing and rolling Combine pushing and rolling</p>	<p><b>See Ball Skills Hands</b> Introduce sending with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills</p>	<p><b>See Ball Skills Hands 2</b> Develop passing and receiving Combine passing and receiving, keeping possession Develop passing and receiving to score a point Combine passing and receiving to score a point</p>	<p>Introduce passing, receiving and creating space Develop passing and moving Combine passing and moving Introduce shooting Develop passing and shooting</p>	<p>Refine passing and receiving Develop passing and creating space Develop passing, moving and shooting Combine passing and shooting Introduce defending</p>	<p>Consolidate passing and receiving Explore the function of other passes Develop defending Develop passing and creating space, introduce officiating Refine shooting</p>	<p>Consolidate keeping possession, develop officiating Understand and apply defending tactics in game situations Consolidate defensive tactics; understand and apply defensive tactics in game scenarios</p>
<b>Netball</b>	<p><b>See Ball Skills Hands 1</b> Explore pushing and rolling Combine pushing and rolling</p>	<p><b>See Ball Skills Hands 1</b> Introduce sending with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills</p>	<p><b>See Ball Skills Hands 1</b> Develop passing and receiving Combine passing and receiving, keeping possession Develop passing and receiving to score a point Combine passing and receiving to score a point</p>	<p>Introduce passing, receiving and creating space Develop/combine passing and moving Combine/develop passing and shooting</p>	<p>Refine passing and receiving Develop passing and dribbling creating space Develop passing, moving and shooting Refine passing and shooting Develop footwork</p>	<p>Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Explore the function of other passing styles</p>	<p>Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations</p>
<b>Tag Rugby</b>	<p><b>See Locomotion: Walking</b> Explore/develop walking in different pathways Apply walking into a game</p>	<p><b>See Locomotion and Ball Skills Hands</b> Explore running Apply running into a game Explore running at different speeds Combine sending and receiving skills</p>	<p><b>See Locomotion and Ball Skills Hands</b> Explore and develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams Develop passing and receiving Combine passing and receiving, keeping possession Combine passing and receiving to score a point</p>	<p>Introduce moving with the ball, passing and receiving Introduce tagging Create space when attacking Develop passing and moving Combine passing/moving to create attacking opportunities</p>	<p>Develop passing, moving and creating space Apply learning to 3v3 mini games Develop defending in game situations Combine passing and moving to create an attack and score</p>	<p>Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Develop officiating</p>	<p>Consolidate passing and moving Consolidate defending Create, understand and apply attacking/defending tactics in game situations Consolidate attacking and defending in min games</p>
<b>Football</b>	<p><b>See Ball Skills Feet</b> Explore and develop moving with a ball using our feet Understand dribbling</p>	<p><b>See Ball Skills Feet</b> Develop moving the ball using the feet Apply dribbling into games Consolidate</p>	<p><b>Ball Skills Feet</b> Develop dribbling/passing/receiving, keeping possession</p>	<p>Introduce/develop dribbling keeping control Introduce passing and receiving</p>	<p>Refine dribbling Turning Refine passing and receiving</p>	<p>Refine dribbling and passing to maintain possession Introduce and develop defending Develop shooting</p>	<p>Consolidate keeping possession, develop officiating Consolidate defending Organise formations</p>

	Develop dribbling against an opponent	dribbling Explore kicking (passing) Apply kicking (passing) to score a point	Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point	Combine dribbling and passing to create space Develop passing, receiving and dribbling	Develop passing and dribbling creating space Introduce shooting	Refine attacking skills, passing, dribbling and shooting, introduce officiating	and manage teams Organise formations decide tactics, manage teams and officiate games
<b>Hockey</b>	<b>See Game for Understanding</b> Taking turns/keeping the score Understanding and playing by the rules	<b>See Games For Understanding</b> Understanding the principles of attack/defence Applying attacking/defending principles into a game Consolidate attacking/defending	<b>See Games For Understanding</b> Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/defensive tactics	Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting	Refine dribbling and passing Develop shooting; combine passing and dribbling to create shooting opportunities Develop passing and dribbling creating space for attacking opportunities Introduce defending; blocking and tackling	Develop defending; block and tackling Recap and refine dribbling and passing to create attacking opportunities Refine attacking skills, passing dribbling and shooting Refine defending skills developing transition from defence to attack	Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations

<b>Athletics</b>	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Athletics</b>	<b>See Locomotion: Walking/Jumping</b> Explore/develop jumping Sustain walking	<b>See Locomotion: Running/Jumping</b> Explore running Running for speed: Acceleration Explore running in a team Develop jumping Explore how jumping affects our bodies	<b>See Locomotion: Jumping</b> Consolidate jumping Apply jumping into a game Explore jumping combinations Develop jumping combinations	Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump	Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Introduce the Javelin Standing triple jump	Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Introduce the Shot Put Introducing the hurdles	Running for speed competition Running for distance competition Throwing competition Jumping competition
<b>Indoor Athletics</b>				Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump	Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Introduce the Javelin Standing triple jump	Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Introducing the hurdles Introduce Triple Jump	Running for speed competition Running for distance competition Throwing competition Jumping competition, including Triple Jump

Net and Wall	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Tennis</b>	See Ball Skills Hands 2 Explore throwing overarm and underarm Explore rolling, stopping a ball and catching	See Ball Skills Hands 2 Introduce throwing with accuracy Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game	See Ball Skills Hands 2 Introduce throwing with accuracy Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game	Introduction tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game introduce rackets Introduce the forehand	Developing the forehand Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point	Introduce/develop the volley Controlling the game from the serve Doubles, understanding and applying tactics to win a pint	Game application Game application, mixed ability doubles, round robin games

Striking and Fielding	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Cricket</b>	See Ball Skills Hands 2 Explore throwing overarm and underarm Explore rolling, stopping a ball and catching	See Ball Skills Hands 2 Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game	See Ball Skills Hands 2 Develop underarm throwing Apply underarm throwing to win a game Apply underarm throwing to beat an opponent Introduce overarm throwing	Understand the concept of batting and fielding Introduce throwing overarm Introduce throwing underarm Introduce catching Striking with intent	Develop an understanding of batting and fielding Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angels and speeds	Refine batting, understand and develop batting and bowling tactics Refine fielding stooping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring	Consolidate batting/fielding/bowling Create, understand and apply attacking/defensive tactics in game
<b>Rounders</b>	See Ball Skills Hands 2 Explore throwing overarm and underarm Explore rolling, stopping a ball and catching	See Ball Skills Hands 2 Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game	See Ball Skills Hands 2 Develop underarm throwing Apply underarm throwing to win a game Apply underarm throwing to beat an opponent Introduce overarm throwing	Introduce to rounders Introduce overarm throwing Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game	Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics	Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games	Introduction to full rounders Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Orienteering</b>	<p>See Games For Understanding Taking turns/keeping the score Understanding and playing by the rules</p>			<p><b>Communication &amp; Tactics</b>            Creating and applying simple tactics            Developing leadership            Developing communication as a team / collaborate effectively as a team            Create defending and attacking tactics as a team</p>	<p><b>Problem Solving</b> Focus on cooperation and responsibility Develop communication and collaboration            Understand why motivating each other is important when working in a team</p>	<p>Introduce the concept and meaning of orienteering            Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate</p>	<p>Orienteering a map and locate points on the map in a set order            Consolidate pupils understanding of how to orientate a map, locate points on the map, then travel to them, recording what they find</p>