PE Skills Progression Map

	YR	Y1	Y2	Y3	Y4	Y5	Y6
	High, Low, Over, Under: Introduction to high, low, over	Wide, Narrow, Curled: Introduction to wide, narrow and	Linking: • Developing linking	Symmetry and Asymmetry: Introduction to symmetry and	Bridges: • Introduction to bridges	Counter Balance and Counter Tension: Introduction to counter balance	Matching and Mirroring: Introduction to
	and underIntroduction to apparatus	curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together	 Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and performance 	 asymmetry Application of learning onto apparatus Sequence formation Sequence completion 	 Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion 	 Application of counter balance moving learning onto apparatus Sequence formation Counter tension Sequence completion 	 matching/mirroring Application of matching/mirroring learning onto apparatus Sequence development
	Taught in Spring 2	Taught in Autumn 1	Taught in Autumn 1	Taught in Autumn 1	Taught in Autumn 1	Taught in Autumn 1	Taught in Autumn 1
Gymnastics	Moving: Explore moving and making shapes using different body parts Explore moving in different directions	Body Parts: Introduction to 'big' and 'small' body parts Combining big and small with wide, narrow and curled Transition between wide, narrow and curled using big and small body parts Creative ways of adding (linking) movements together	Pathways: Exploring zig-zag pathways Exploring curved pathways Developing zig-zag and curved pathways on apparatus Creation of pathway sequences Completion of pathways sequences and performance	Canon and Unison: Introduction to canon and unison Application of sequences in Canon and Unison onto apparatus Combing canon and unison in groups Sequence completion and performance	Levels and Direction: Exploring changes in 'level' Exploring changes in 'direction' Application of learning onto apparatus to include changes in 'level' and 'direction' Combining changes in 'level' and 'direction' to create sequences in groups using apparatus Sequence completion	Flight: Introduction to flight: developing jumping Developing flight: jumping and turning Application of 'jumping' moving learning onto apparatus Combining jumping on apparatus with cannon and unison Sequence formation	Creating Sequences:
	Taught in Spring 2	Taught in Spring 1	Taught in Spring 1	Taught in Spring 1	Taught in Spring 1	Taught in Spring 1	Taught in Spring 1
	YR	Y1	Y2	Y3	Y4	Y5	Y6
	Ourselves	Growing:	Water:	Wild Animals:	Cats:	Greeks:	Carnival:
	Responding in movement to words and music Creating their own movement	 Responding to rhythm Introducing to motifs Creating motifs Creating movement sequences Relationships and performance 	 Responding to stimuli Developing whole group movement Improvisation and physical descriptions Creating contrasting movement sequences Sequences, relationships and performance 	 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 	 Responding to stimuli working together Extending sequences with a partner in character Developing sequences with a partner in character that show relationships and interlinking dance moves Sequences, relationships, choreography and performance 	 Exploring the Greeks using compositional principles Extending sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive 	 Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture Chorographical elements including still imagery
Dance	Taught in Spring 1	Taught in Autumn 2	Taught in Autumn 2	Taught in Autumn 2	Taught in Autumn 2	Taught in Autumn 2	Taught in Autumn 2
	Nursery Rhymes: Moving in sequence	The Zoo: • Exploring expression	Explorers: Responding to stimuli	Weather: Responding to stimuli, extreme	Space: • Extending sequences with a	The Circus: • Developing character movements	Titanic: • Creating rhythmic patterns using
	Exploring character movements	 Developing our movements, adding movements together Responding to a rhythm: 	 Developing our motif with expression and emotion Applying choreography in our 	weatherDeveloping thematic dance into a	 partner in character Developing sequences with a partner in character that show 	 linked to 19th century prejudices Creating movements to represent different characters and 	our bodyExtending our choreography through controlled movements,

Extending dance to create

sequences with a partner

• Developing sequences with a

Taught in Spring 2

partner

introducing partner work

• Exploring relationships within

Taught in Spring 2

motifs

Taught in Spring 1

Creating animal sequence motifs

motifs

Extending our motifs

performance

Sequences, relationships and

Taught in Spring 2

performers in a 19th century

Extending our performance

apparatus linked to the variety of

Taught in Spring 2

incorporating props and

circus

performers

character emotion and

Explore the relationships

character emotion and

between characters applying

Taught in Spring 2

expression

expression

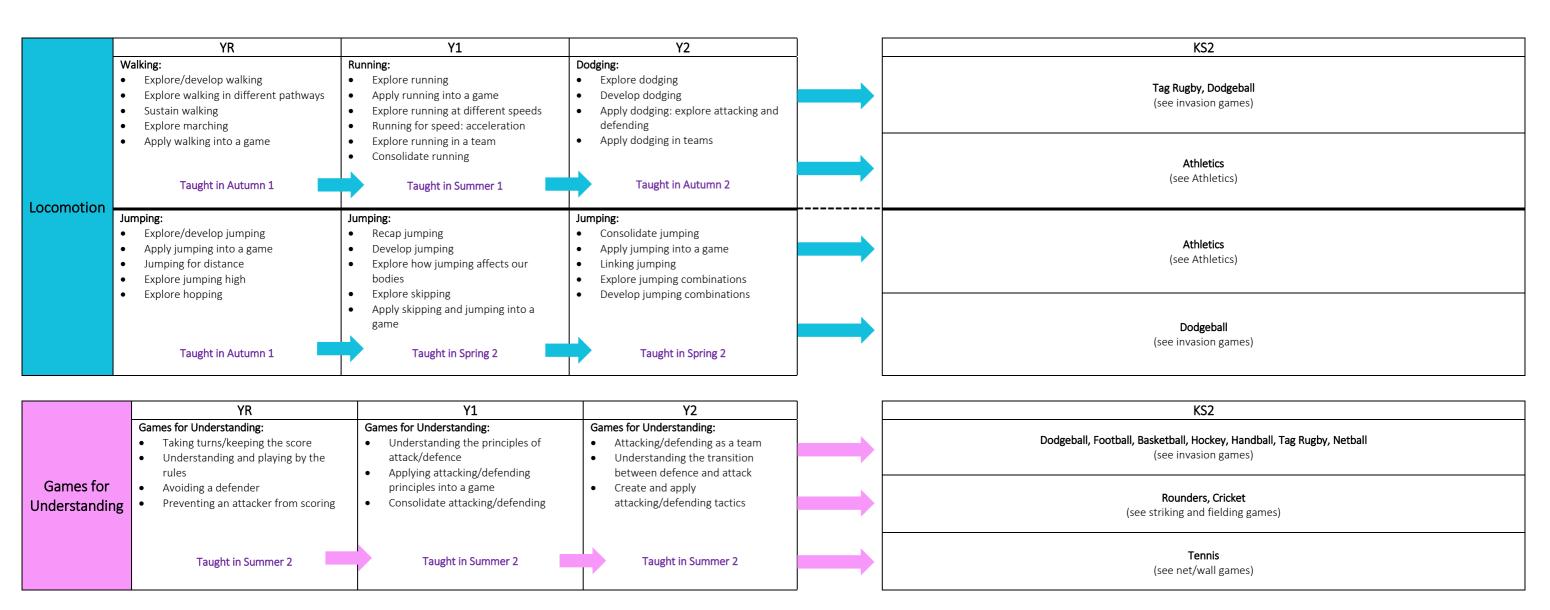
relationships and interlinking

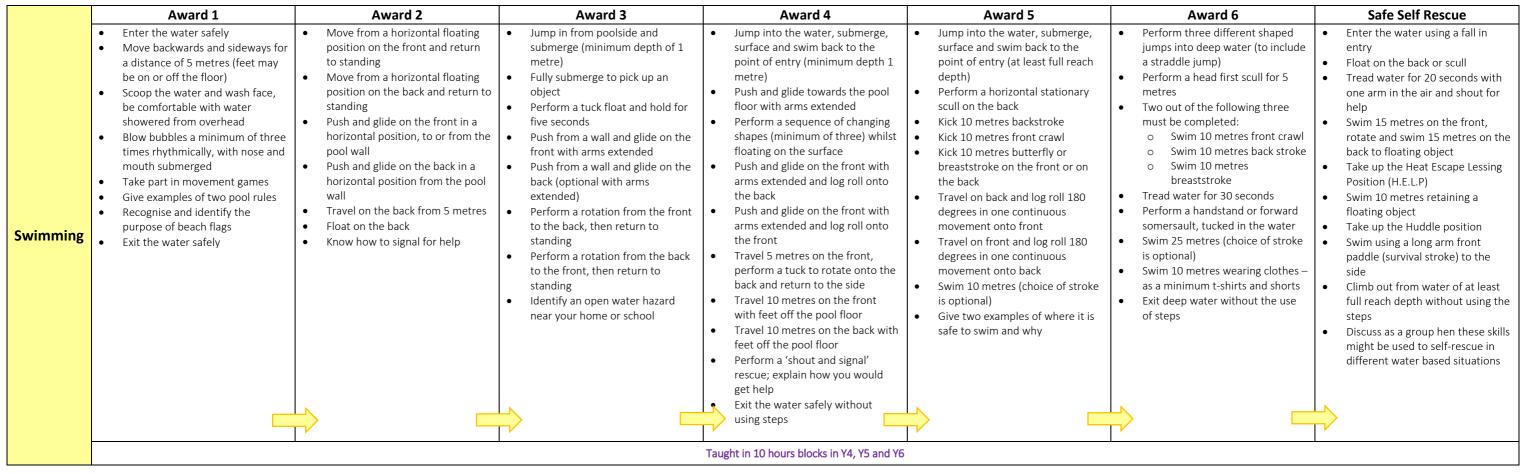
choreography and performance

Taught in Spring 2

Sequences, relationships,

dance moves





	YR	Y1	Y2	1	KS2
	Hands 1: Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing Taught in Autumn 2	Hands 1: Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combing sending skills Combine sending and receiving skills	Hands 1: 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 Taught in Spring 1		Handball, Dodgeball, Netball, Tag Rugby, Basketball (see invasion games)
Ball Skills	Hands 2: Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching Taught in Summer 1	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 Taught in Summer 1	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 Taught in Summer 1		Rounders, Cricket (see striking and fielding games)
	Feet: Explore moving with a ball using our feet Develop moving a ball using our feet Understand dribbling Develop dribbling against an opponent Taught in Autumn 2	Feet: Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point Taught in Spring 1	Feet: 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 Taught in Autumn 1		Football (see invasion games)
	Rackets, Bats, Balls and Balloons: Explore pushing/hitting a balloon with control Explore hitting a balloon with power into a space Explore balancing an object on a	Rackets, Bats and Balls:			Tennis (see net/wall games)
	racket/bat Taught in Summer 1	power and accuracy Taught in Summer 2	with accuracy and power to beat an opponent Taught in Summer 1		Cricket (see striking and fielding games)

	LKS2		UKS2			
	Dodgeball	Dodgeball – phase 1: Developing changing direction Introduce throwing with accuracy Introduce catching Develop moving, changing direction at speed Combine throwing and dodging	 Dodgeball – phase 2: Introduce jumping and ducking Develop throwing with accuracy and power over an increased distance Develop catching Consolidate dodging, jumping and ducking into games Combine dodging, catching and throwing 	Dodgeball – phase 1: Introduce blocking Consolidate catching Understand where we throw and why we need to throw with accuracy and power Explore basic attacking and defending tactics	 Dodgeball – phase 2: Consolidate/understanding attacking and defending tactics Transition between attack and defence Applying the rules: officiating games Managing tactics and officiate games 	
		Taught in Y3 Autumn 1		Taught in Y5 Autumn 1		
	Hockey	Hockey – phase 1: Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting	 Hockey – phase 2: 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 	 Hockey – phase 1: 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 	 Hockey – phase 2: Consolidate keeping possession Develop officiating Create, understand and apply attacking/defending tactics in game situations 	
		Taught in Y3 Spring 1		Taught in Y5 Spring 1		
	Handball	Handball – phase 1: Introduce passing, receiving and creating space Develop passing and moving Combine passing and moving Introduce shooting Develop passing and shooting	 Handball – phase 2: Refine passing and receiving Develop passing and creating space Develop passing, moving and shooting Introduce defending 	Handball – phase 1: Introduce passing, receiving and creating space Explore the function of other passes Develop defending Develop passing and creating space Introduce officiating Refine shooting	Handball – phase 2: Consolidate keeping possession Develop officiating Understand and apply defending tactics in game situations Consolidate defensive tactics Understand and apply defensive tactics in game scenarios	
-		Taught in	Y4 Spring 1	Taught in Y6 Spring 1		
Invasion Games	Netball	Netball – phase 1: Introduce passing, receiving and creating space Develop/combine passing and moving Combine/develop passing and shooting	 Netball – phase 2: Refine passing and receiving Develop passing and creating space Develop passing, moving and shooting Refine passing and shooting Develop footwork 	Netball – phase 1: Refine passing and receiving Apply passing, footwork and shooting into mini games Introduce officiating Explore the function of other passing styles	Netball – phase 2: Consolidate keeping possession Develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations	
		Taught in \	Y4 Autumn 1	Taught in Y6 Autumn 1		
	Tag Rugby	 Tag Rugby – phase 1: 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 Taught in Y	 Tag Rugby – phase 2: Develop passing, moving and create space Apply learning to 3v3 mini games Develop defending in game situations Combine passing and moving to create an attack and score 	Tag Rugby – phase 1: 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 Taught in Y	 Tag Rugby – phase 2: Consolidate passing and moving Consolidate defending Create, understand and apply attacking/defending tactics in game situations Consolidate attacking and defending in mini games 	
	Basketball	Basketball – phase 1: Introduce dribbling, keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting	Basketball – phase 2: Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities Introduce marking	Basketball – phase 1: Recap and refine dribbling and passing to create attacking opportunities Develop marking Refine shooting Refine attacking skills, passing, dribbling and shooting Introduce officiating	Basketball – phase 2: Consolidate keeping possession Develop officiating Consolidate defending Create, understand and apply attacking tactics in game situations Create, understand and apply defending tactics in game situations	
		Taught in	Y3 Spring 2	Taught in Y5 Spring 2		
	Football	Football – phase 1: Introduce/develop dribbling keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling	 Football – phase 2: Refine dribbling Turning Refine passing and receiving Develop passing and dribbling creating space Introduce shooting 	Football – phase 1: Refine dribbling and passing to maintain possession Introduce and develop defending Develop shooting Refine attacking skills, passing, dribbling and shooting Introduce officiating	 Football – phase 2: Consolidate keeping possession Develop officiating Consolidate defending Organise formations, decide tactics, manage teams and officiate games 	
		Taught in \	Y4 Autumn 2	Taught in Y	6 Autumn 2	

	Y3	Y4	Y5	Y6
	Tennis:	Tennis:	Tennis:	Tennis:
	Introduce tennis, outwitting an opponent	Developing the forehand	Introduce/develop the volley	Game application
	Creating space to win a point	Creating space to win a point using a racket	Controlling the game from the serve	Game application, mixed ability doubles, round robin games
Net/W	Consolidate how to win a game	Introduce the backhand	Doubles, understanding and applying tactics to win a point	
Game	Introduce rackets	 Applying the forehand and backhand in game situations 		
Gairie	Introduce the forehand	 Applying the forehand and backhand creating space to win a 		
		point		
	Taught in Summer 2	Taught in Summer 2	Taught in Summer 2	Taught in Summer 2

	Y3	Y4	Y5	Y6
	Rounders:	Rounders:	Rounders:	Rounders:
	Introduce to rounders	 Develop fielding bowling with a backstop 	Develop fielding tactics maximising players	Introduction to full rounders
	Introduce overarm throwing	Introduce batting: how	Understand what happens if the batter misses the ball	Consolidate fielding tactics
	Apply overarm and underarm throwing	Develop batting: where are why	Refine fielding tactics, what players where?	Refine understanding of what happens if the batter misses or hits
	Introduce stopping the ball	 Introduce and apply basic fielding tactics 	Apply tactics in mini games	the ball backwards
	Application of stopping the ball in a game			Batting considerations
Striking				
and	Taught in Summer 1	Taught in Summer 1	Taught in Summer 1	Taught in Summer 1
0.000				
Fielding	Cricket:	Cricket:	Cricket:	Cricket:
Games	Understand the concept of fielding and batting	 Develop an understanding of batting and fielding 	Refine batting, understand and develop batting and bowling	Consolidate batting/fielding/bowling
	Introduce throwing overarm	Introduce bowling underarm	tactics	Create, understand and apply attacking/defensive tactics in
	Introduce throwing underarm	 Develop stopping and returning the ball 	Refine fielding stooping, catching and throwing	games
	Introduce catching	Develop retrieving and returning the ball	Combine bowling and fielding creating and applying tactics	
	Striking with intent	Striking the ball at different angels and speeds	Introduce umpiring and scoring	
	Taught in Summer 2	Taught in Summer 2	Taught in Summer 2	Taught in Summer 2

	Y3	Y4	Y5	Y6
	Athletics:	Athletics:	Athletics:	Athletics:
	Explore running for speed	Develop running at speed	Finishing a race	Running for speed competition
	Explore acceleration	Explore our stride pattern	Evaluating our performance	Running for distance competition
	Introduce/develop relay: running for speed in a team	Explore running at pace	Sprinting: my personal best	Throwing competition
Athletics	Throwing: accuracy vs distance	 Understand and apply tactics when running for distance 	Relay changeovers	Jumping competition
	Standing long jump	Introduce the javelin	Introduce the Shot Put	
		Standing triple jump	Introduce the hurdles	
	Taught in Summer 1	Taught in Spring 2 and Summer 1	Taught in Summer 1	Taught in Spring 2 and Summer 1

	YR	KS1	LKS2	UKS2
Key Vocabulary	accuracy, aiming, apparatus, attacker, balancing, beat, big, bouncing, catching, change of direction, control, defender, distance, dribbling, expression, height, high, hitting, hopping, jumping, landing, low, marching, moving, opponent, opposite, over, possession, power, rhythm, rolling, rules, sequence, shapes, sharing, small, space, speed, stopping, tagging, tempo, throwing, timing, transition, walking	acceleration, accuracy, agility, aiming, attacker, balance, batter, beat, big, catching, chest pass, choreography, communication, control, co-operation, co-ordination, courage, defender, distance, dodge, dribbling, emotion, expression, fairness, fielder, flow, hand-eye co-ordination, hitting, inclusion, interesting, jump, jumping, landing, linking, motif, motivation, moving, narrow, opponent, opposite, passing, possession, power, rhythm, roll, rolling, rules, sequence, skipping, small, space, speed, stimulus, strategy, tactics, team, team member, teamwork, tempo, throwing, timing, transition, trust, unison, warm up, wide, zig-zag	½ a rounder, acceleration, accuracy, aiming, asymmetrical, attacker, backhand, ball carrier, barrier, base/posts, baseline, batting, block, bounce pass, bowling, bridge, canon, catching, change over, character, choreography, chest pass, communication, control, creativity, defenders, distance, dodge, drag back, dribbling, ducking, emotion, end, expression, extension, fielder, flow, footwork, forehand, forward pass, free hit, free kick, free pass, goalkeeper, intercepting, interesting, levels, linking, listening, marking, motif, navigate, non-verbal communication, offside, out, out of bounds, outwit, pace, penalty, pivot, possession, power, problem solving, rally, relay, responsibility, retrieving, rhythm, rolling, rounder, route, shooting, shoulder pass, space, speed, stage presence, strategy, stride pattern, strike, symbol, symmetrical, tackling, tactics, tag, tagging, teamwork, the long barrier, throwing, timing, transition, triple threat, trust, try, turning, verbal communication	accuracy, adapt, advantage, aiming, attack, back/end line, backcourt violation, backhand, backstop, batting/bowling square, block, blocking, bounce pass, bowling, breakdance, bye, canon, cardiovascular system, centre line, change over, character, choreography, communication, compositional, co-operation, counter attack, counter balance, counter tension, creativity, defender, distance, dodge, double dribble, doubles, eliminated, emotion, equipment, evaluation, events, expression, false start, fitness, flexibility, flow, forehand, formation, four runs, free hit, goal side, high press, improvisation, interconnecting, interesting, knock on, lap, leadership, leg bye, levels, listening, loop pass, man-to-man marking, marking, matching, mirroring, miss pass, motif, motivation, no ball, out, outfielder, outwit, over, people, personal best, possession, power, pressure, rebound, recover, referee, responsibility, retrievers, return, rhythm, rolling, run out, scale, serve, shadowing, shoulder pass, six runs, space, speed, stage presence, strategy, street art, strength, support, tackle, tactics, team member, teamwork, through ball, throwing, timing, top rock, tracking back, transition, travelling, umpire, unison, volley, wicket keeper, wide, zonal marking