

PE PROGRESSION MAP



YEAR 6

SWIMMING
Develop breathing technique, demonstrate each stroke over 25m distance, swim wearing clothes, shout and signal and surface dive technique

OUTDOOR ACTIVITIES
Develop map reading and compass skills. Implement planning strategies to solve problems

GYMNASTICS
Create complex routines, greater emphasis placed upon sequencing movements and collaborating ideas

DANCE
Develop expression and extended techniques such as; canon, unison, and exploring a range of dynamics and relationships



GAMES
Pupils to develop tactical awareness in sports, understanding in rules and regulations, and develop appreciation and reflection

ATHLETICS
Identify strengths and areas of improvements in relation to individual and peer techniques/performance

DANCE
Develop extended sequences showing confidence, control, and fluency. Pupils will begin to compare, evaluate, and recommend changes

GYMNASTICS
Introduction to evaluation and appreciation of movements for individual, partner and group work. Attempt developed techniques

OUTDOOR ACTIVITIES
Implement and refine problem-solving strategies. Plan and share responsibilities and roles within a group

SWIMMING
Demonstrate control and confidence using all 3 strokes over 25m, perform dive / sitting dive technique and to perform movement sequence for 1 minute

YEAR 5

ATHLETICS
Demonstrate developed, effective techniques to maximise distance, speed and height

GAMES
Develop complex techniques with increased success in isolated practices and competitive scenarios

SWIMMING
Introduction to treading water, 10m distance for each stroke and holding shapes; on, above (flight) water

OUTDOOR ACTIVITIES
Develop effective turn taking skills, enhance communication responsibilities and roles within tasks

GYMNASTICS
Develop core strength to hold shape and demonstrate control in movements for individual and partner routines

DANCE
Demonstrate control, co-ordination and fluidity while structuring and choreographing sequences / motifs

ATHLETICS
Set realistic targets while performing techniques with increased control and consistency

GAMES
Pupils to begin to apply attacking and defending principles, as well as introduction to fair play



YEAR 3

SWIMMING
Safely jump into the pool and fully submerge. Develop push and glide techniques. Understand the 4 key water safety rules

OUTDOOR ACTIVITIES
Develop simple map reading & co-operation skills, communication and basic problem-solving skills



GAMES
Practice sports specific drills in isolation and combination. Pupils to begin to develop teamwork skills

ATHLETICS
Pupils to start to combine movements linked to throwing, jumping and running techniques

DANCE
Begin to improvise phrases and sequences to communicate key ideas and themes

GYMNASTICS
Develop understanding of basic movement balancing and control. Explore different ways the body can move

OUTDOOR ACTIVITIES
Introduction to activities in an outdoor setting. Allow opportunity to explore the environment

SWIMMING
Demonstrate floating skills and holding shapes in the water. Introduction to developing kicking techniques

YEAR 4

GYMNASTICS
Begin to demonstrate control and tension in movements. Pupils experience individual and partner balances

DANCE
Begin to explore feelings and emotion through sequencing, rhythm and co-ordination

ATHLETICS
Perform basic techniques to meet challenges. Pupils to begin to explore distance, height and speed

GAMES
Introduce elements of competition into lessons. Pupils to begin to link movement and skills

SWIMMING
Explore the different shapes available in the water. Developing the glide techniques

OUTDOOR ACTIVITIES
Introduction to basic orienteering, communication and problem-solving skills and activities

GYMNASTICS
Explore the key principles of gymnastics; rolling, jumping, travelling, balancing and sequencing

DANCE
Using a range of stimulus, pupils will begin to understand how to compose, link and perform basic movements to music

ATHLETICS
Explore running, jumping and throwing techniques. Pupils should begin to explain their movements

GAMES
Continue to develop gross and fine movement skills. Identify interventions where applicable



EYFS



GAMES
Develop a range of movements through activities relating to Physical Literacy

ATHLETICS
Develop understanding of how the body can move. Pupils to develop fundamental movement skills

DANCE
Copy and explore basic movements and body patterns to different styles of music

GYMNASTICS
Develop understanding of basic movement balancing and control. Explore different ways the body can move

OUTDOOR ACTIVITIES
Introduction to activities outdoor. Allow opportunity to explore the environment

SWIMMING
Introduction to water safety entering and exiting the pool safely

YEAR 1