



Physical Education Progression Map

Respect

Compassion

Perseverance

Creation

Service

Athletics

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Develop appropriate running technique.	Consolidate appropriate running technique.	Run in a coordinated & fluent way over obstacles.	Attempt to throw a shot put using the correct technique.	Jump for height & distance.	Develop knowledge of the triple jump technique.	Develop the technique in order to race walk.
Jump over different sized obstacles.	Jump with control & balance on landing.	Develop awareness of distance & weight.	Consolidate different throwing techniques.	Explore different body positions in flight.	Begin a sprint in the crouching position.	Learn to measure & record performance.
Throw towards a set target.	Jump whilst travelling.	Throw a range of different throwing implements.	Attempt a javelin throw with correct technique.	Develop technique for hurdles.	Throw a discus with developing technique.	Train the body to run for a longer duration.
Competently catch a ball or beanbag.	Throw towards a stationary target.	Develop awareness of distance & height.	Pass & receive a relay baton.	Communicate clearly with partners & team mates.	Develop the basic skills for acceleration.	Sustain pace over longer distances.
Name some healthy foods (fruit & veg).	Know what the term 'healthy eating' means.		Continually develop awareness of distance.	Locate some of the major muscles in the body (hamstrings, glutes, quadriceps, abdominals, triceps, biceps).	Develop knowledge of how to gain & maintain fitness (regular exercise, healthy diet, sleep, motivation).	Choose appropriate techniques for specific events.
Vocabulary						
Walk Jog Run Jump Hop Skip Fast Slow Throw	Walk Jog Run Jump Bounce Leap Hop Skip Take off Landing	Walk Jog Run Accelerate Jump Bounce Leap Hop Skip Take off	Push throw Stance Technique Height Distance Flight Pull throw Aim Pass Receive	Jump Height Distance Long jump High jump Flight Take off Landing Hurdle Stride	Run up Acceleration Speed Take off Hop Step Jump Landing Phase Run up	Race walk Ground contact Measure Recording Training Long duration Short duration Appropriate speed Technique Sprint Team

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Target Pass In pairs Healthy Unhealthy	Control Balance Travel Movement Throw Aim Fast Slow Safely Step Target Underarm	Landing Control Balance Travel Throw High Low Aim Fast Slow Safely Target Underarm Overarm Technique	Sprint Steady pace Accuracy Rhythm Stamina Approach Speed Relay	Leading leg Trailing leg Speed Rhythm Steady pace Communication Muscles Hamstrings Glutes Quadriceps Abdominals Triceps Biceps	Rhythm Sprint Crouching position Reaction time Blocks Sling throw High release Trajectory Target Acceleration Fitness Regular exercise Healthy diet Sleep Motivation	Relay Lap Pacing Stamina Performance Position
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Invasion Games

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Show an awareness of space.	Move fluently, changing direction & speed.	Kick accurately towards a target.	Pass a ball accurately and with speed.	Develop confidence in ball handling.	Develop team work through communication.	Further develop knowledge of attacking and defending.
Throw a ball underarm.	Use different movements, speeds & pathways.	Travel whilst moving a ball with your feet or apparatus.	Catch a ball consistently.	Develop confidence in picking the ball up on the move.	Play games competitively.	Know how to intercept a pass.
Roll a ball towards a target.	Recognise space in games.	Develop knowledge of stronger and weaker sides of the body.	Pass with control and technique.	Begin to develop rugby passing technique.	Pass a ball towards a space for a team mate to receive.	Know how to invade as a team.
Bounce a ball.						

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Pass and receive a ball.	Consolidate passing and receiving. Describe and copy what others are doing.	Dribble around various cones and objects. Kick the ball with the inside of your foot. Sport focus: football, hockey	Further increase understanding of space. Work collaboratively within a small group. Sport focus: basketball, football	Begin to understand the rules of Tag Rugby Experience adapted game play and scenarios Sport focus: tag rugby	Apply a range of tactics and strategies for defence and attack. Understand how it feels to win and lose. Sport focus: hockey	Communicate effectively with team mates. Develop sportsmanship. Sport focus: netball, basketball
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Vocabulary

Space Own space Free space Throw Underarm Tracking a ball Rolling Bouncing Catching Kick Target Controlling	Fluently Direction Speed Movement Walk Run Jog Hop Skip Gallop Sidestep Jump Pathway Direction Changing direction Pass Receive Tracking a ball Rolling Throwing Bouncing Catching Copy	Kick Accurate Target Inside of foot Travel Dribble Stick Stronger side Weaker side Obstacles Tracking a ball Team Direction Controlling Scoring	Pass Send Receive Dribble Travel with a ball Support partner Make use of space Points Goals Rules Teamwork Inside of foot Shooting Chest pass Shoulder pass Bounce pass Goal	On the move Backwards passing Tag rugby Tag Try Keep possession Scoring goals Making space Pass Send Receive Travel with a ball Rules Tactics Pitch	Teamwork Communication Competitive Tactics Strategies 'The D' Attacking Defending Keeping possession Passing Dribbling Shooting Shield ball Marking Covering Attackers Defenders Marking	Teamwork Communication Competitive Tactics Strategies 'The D' Attacking Defending Centre Wing Intercept Turn over Keeping possession Passing Dribbling Shooting Shield ball Marking Covering Attackers Defenders Marking Sportsmanship
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Net Games

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Show control and balance in basic movement.	Aim and strike an object towards a set target.	Aim, strike & follow through towards a target.	Identify & describe some rules of tennis & badminton.	Develop reaction time and agility.	Develop acceleration & speed.	Develop aerobic fitness.
Show spatial awareness during running & chasing games.	Balance a ball on a racket with control.	Hit an object with varying power using a racket.	Consolidate the underarm serve technique.	Explore backhand hitting.	Consolidate backhand and forehand strokes.	Develop overall volleyball skills: set, forearm, serve & spike.
Run around & over objects, demonstrating control & balance.	Recognise and begin to use space in games.	Be able to hit a ball or object towards a partner.	Explore forehand hitting.	Attempt an overhand serve in tennis.	Explore the 'smash' in badminton.	Develop overall badminton skills: serve and smash.
Become familiar with the names of different types of equipment. (racket, tennis ball, sponge ball, beanbag, shuttlecock, cones).	Attempt to strike a ball over and beyond a target.	Explore a badminton racket and shuttlecock.	Move towards a ball or object before striking it.	Develop knowledge of returning & rallying.	Explore the 'lobbing' technique in tennis.	Develop overall tennis skills: fore/backhand, service and lob.
Hit or push an object towards a stationary target.	Attempt to 'set' a ball in the air (volleyball).	Attempt a 'forearm' or 'bump' pass (volleyball).	Explore the 'serve' technique (volleyball/ badminton).	Attempt to 'Spike' in volleyball.	Explore 'overarm serve' in volleyball.	Play competitively and evaluate performance.
Sport focus: badminton, tennis.	Sport focus: tennis, volleyball.	Sport focus: tennis, badminton, volleyball.	Sport focus: badminton, tennis, volleyball.	Sport Focus – tennis, volleyball.	Sport focus – badminton, tennis, volleyball.	Sport focus – badminton, tennis, volleyball.

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Vocabulary						
Control Space Run Chase Around Over Balance Racket Ball Beanbag Shuttle cock Hit Push Target	Aim Strike Target Balance Control Racket Still Grip Free space Own space Strike Over Beyond Target Volley Set Bounce Follow Score	Aim Strike Follow through Target Hit Strike Racket Target Power Speed Partner Badminton Shuttle cock Forearm Bump Dig Score	Rules Allowed Not allowed Points Score Court Net Referee Underarm serve Forehand Movement Tracking Strike Serve Technique	Reaction time Agility Movement Backhand Overhand serve Return Rally Spike Stance	Acceleration Speed Backhand Forehand Stroke Smash Lob Overarm serve	Aerobic fitness Training Lifestyle Set Volley Bump pass Dig Spike Hit Serve Smash Forehand Backhand Lob Competition Evaluate Improve Singles Doubles Teamwork

Striking and Fielding Games

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Develop hand-eye co-ordination.	Work collaboratively with a partner.	Work effectively within a small group.	Strike a ball with some accuracy.	Throw an object with varying speed and accuracy.	Explore the use of space during games.	Field as a collaborative team unit.
Throw a ball in the right direction.	Use a range of small equipment (beanbag, tennis ball, sponge)	Attempt to create a group game using small equipment (beanbag, tennis ball,	Vary the speed and direction of a ball. Perform the basic skills needed for the	Throw an object or ball overarm.	Choose appropriate positioning when fielding.	Strike a ball or object 'cleanly' using different equipment.

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Take turns with a partner.	ball, bats, rackets, cones etc.)	sponge ball, bats, rackets, cones etc.)	games with control and consistency.	Choose appropriate positioning when fielding.	Strike a ball/object.	Retrieve, intercept and stop a ball when fielding.
Develop spatial awareness.	Throw to a partner with developing accuracy.	Develop agility and co-ordination.	Describe what is successful in their own and other's play.	Intercept an object or ball.	Retrieve, intercept and stop a ball when fielding.	Strike a ball or object using both sides of the body.
Run with developing control and fluency.	'Mirror' a partner's movements.	Negotiate space effectively in group games.	Develop understanding of distance and power when striking.	Work collaboratively in small teams.	Develop the range and consistency of skills.	Recognise own strengths and the strengths of others.
	Listen and observe.	Develop co-ordination when running.	Sport focus: cricket, rounders.	Sport focus: cricket, rounders.	Sport focus: cricket, rounders.	Sport focus: cricket, rounders.

Vocabulary

Hand eye coordination Throwing Direction Taking Turns Space Control Tracking a ball Rolling Striking	Partner Equipment Throwing Accurate Mirroring Copying Listen Observe Tracking a ball Rolling Striking Underarm throw Aiming Direction Scoring	Group Teamwork Effective Game Agility Coordination Running Speed Tracking a ball Rolling Striking Underarm throw Overarm throw Bouncing Catching Free space Own space Team Scoring	Strike Accuracy Speed Direction Power Distance Control Consistent Make use of space Points Batting Fielding Bowling Wicket Base Stance	Throw Speed Accuracy Flight Overarm Position Space Intercept Collaborate Teamwork Make use of space Points Goals Rules Batting Fielding Bowler Wicket Base	Space Using space Positioning Strike Retrieve Intercept Chase Stopping the ball Effective body position Consistency	Teamwork Collaborative Strike cleanly Strike Retrieve Intercept Chase Stopping the ball Effective body position Strengths Preferred side
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				Bowling Stance Boundary Backstop		
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Gymnastics

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Know how to use a variety of equipment safely (mats, benches, small gymnastics table).	Show an awareness of personal and general space.	Travel, showing change of speed and direction.	Perform some basic jumps (pencil jump, tuck jump, star jump, pike jump, cat leap).	Accelerate and decelerate whilst travelling.	Show clear differences between levels, speeds and directions.	Move supporting body parts further away from each other.
Balance on one foot.	Move with some confidence, imagination and safety.	Develop body awareness through varying body balances.	Demonstrate shapes whilst in the air (pencil, tuck, pike).	Develop some knowledge of Rhythmic Gymnastics.	Perform actions, shapes and balances clearly, consistently and fluently.	Hold and receive body weight.
Perform static balances.	Travel using 'caterpillar', 'monkey' & 'crab' walk.	Perform 'Teddy bear' & 'Pencil' rolls.	Develop knowledge of 'take off'	Perform a roll using control, body tension and flow.	Demonstrate body tension and extension.	Stretch, extend and elevate unused body parts.
Understand how to listen to & follow instructions.	Travel in 'crawling soldier' position.	Adopt the positions 'happy cat' & 'angry cat'.	Develop knowledge of 'landing' and land safely.	Use equipment within a sequence.	Adapt sequences to include a partner or a small group.	Develop the use of counter balance.
Hold body still on different bases.	Discuss safety when using apparatus (mats, benches, small gymnastics table).	Create, remember and perform simple movement sequences.	Change direction and rotate whilst jumping (quarter turn, half turn, full turn).	Identify well performed skills when watching other groups.	Vary direction, levels and pathways.	Use small points to create a spin.

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Vocabulary

Forwards	Space	Crawl	Jump	Accelerate	Level	Support
Backwards	Movement	Run	Take off	Decelerate	Speed	Base
Sideways	Caterpillar walk	Walk	Landing	Travel	Direction	Body weight
Bench	Monkey walk	Hop	Pencil/straight jump	Flow	Action	Balance
Mat	Crab walk	Gallop	Tuck	Rhythm	Shape	Stretch
Table	Crawling soldier	Skip	Pike	Control	Balance	Extend
Slow	Stretch	Sidestep	Cat leap	Tension	Consistency	Elevate
On	Crawl	Direction	Quarter turn	Flow	Fluency	Counter balance
Off	Run	Speed	Half turn	Roll	Tension	Large points
Stretched	Walk	Balance	Full turn	Stretch	Extension	Small points
Tuck	Hop	Teddy bear roll	Bend	Sequence	Adapt	Spin
Tall	Gallop	Pencil roll	Extend	Combine	Sequence	Rotate
Small	Skip	Happy cat	Pointed toes	Evaluate	Varied Direction	Combination
Shape	Sidestep	Angry cat	Stretch	Skills	Varied Level Pathway	Control
Hold	Still	Stretch	Balance	Performance	Control	Mirroring
Still	Slowly	Push	Rotation	Refine	Performance	Matching
Travel	Forwards	Tall	Direction		Co-operate	Asymmetry
Copy	Backwards	Long	Turn		Audience	Symmetry
	Sideways	Wide			Elements	Strength
	High	Narrow			Aesthetically	Twist
	Low	Up			Timing	Aesthetically
	Elbows	Down			Contrasting	Tension
	Bottom	High				Inverted
	Back	Low				Counter-tension
	Around	Extension				Counter-balance
	Through	Balance				
	Copy	Tension				
	Pathway	Sequence				
	Along					

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Dance

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Demonstrate two-dimensional shapes.</p> <p>Demonstrate scuttling actions.</p> <p>Move with floaty and fluttery dynamics.</p> <p>Move in the space using forwards, backwards and sideways actions.</p> <p>Develop relationships – away, towards and around partner.</p> <p>(Mini Beast Dance)</p>	<p>Demonstrate large and expansive shapes.</p> <p>Demonstrate swinging actions with the arms.</p> <p>Demonstrate heavy and strong dynamics.</p> <p>Perform in slow motion.</p> <p>(Animal Dance)</p>	<p>Demonstrate treasure shapes.</p> <p>Demonstrate pirate actions.</p> <p>Move with strong and fierce dynamics.</p> <p>Demonstrate different levels (low/ medium/ high).</p> <p>Develop relationships – contact work in boats.</p> <p>(Pirate Dance)</p>	<p>Move with rigid and floppy dynamics.</p> <p>Execute Egyptian-style actions.</p> <p>Develop relationships – contact and balance with partner.</p> <p>Demonstrate isolations with the head and shoulders.</p> <p>Demonstrate and create two-dimensional shapes.</p> <p>(Egyptian Dance)</p>	<p>Demonstrate sudden and sharp dynamics.</p> <p>Demonstrate electricity dance actions.</p> <p>Develop relationships – canon.</p> <p>Explore the space around them – action / reaction.</p> <p>Demonstrate time – counts of 8 .</p> <p>(Electricity Dance)</p>	<p>Demonstrate light and floaty dynamics.</p> <p>Demonstrate realistic gestures to represent an astronaut.</p> <p>Develop relationships – unison.</p> <p>Explore the space around them – entrances and exits.</p> <p>Explore time – continuous and sustained.</p> <p>(Space Themed Dance)</p>	<p>Express attitude and strong dynamics.</p> <p>Develop physical skill - strength in upper body.</p> <p>Demonstrate street dance technique - top rock, slides, helicopter.</p> <p>Demonstrate relationships - confrontation.</p> <p>Explore space - directions and formation.</p> <p>(Street Dance)</p>
Vocabulary						
<p>Shape</p> <p>Scuffling action</p> <p>Floating</p> <p>Fluttering</p> <p>Space</p> <p>Forwards</p> <p>Backwards</p> <p>Sideways</p>	<p>Large shapes</p> <p>Expansive shapes</p> <p>Swinging arms</p> <p>Heavy</p> <p>Strong</p> <p>Slow motion</p> <p>Beginning</p> <p>Middle</p>	<p>Shapes</p> <p>Treasure themed</p> <p>Pirate themed</p> <p>Strong</p> <p>Fierce</p> <p>Level</p> <p>Low</p> <p>Medium</p>	<p>Rigid</p> <p>Floppy</p> <p>Egyptian style</p> <p>Partner contact</p> <p>Partner balance</p> <p>Isolation of head/shoulders</p> <p>Shapes</p>	<p>Sudden</p> <p>Sharp</p> <p>Canon</p> <p>Space</p> <p>Action</p> <p>Reaction</p> <p>Time</p> <p>Counting</p>	<p>Light</p> <p>Floaty</p> <p>Realistic gestures</p> <p>Unison</p> <p>Space</p> <p>Entrance</p> <p>Exit</p> <p>Continuous</p>	<p>Attitude</p> <p>Street dance</p> <p>Strength</p> <p>Upper body</p> <p>Lower body</p> <p>Top rock</p> <p>Slides</p> <p>Helicopter</p>

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Partner Travel Away Towards Around Stillness	End Rhythm	High Contact Partner Group Stillness Space Rhythm	Repeat Improvisation Repetition Action and reaction	Repetition Pattern	Sustained Improvisation Exploration	Confrontation Technique Formation Variation Improvisation
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Swimming

Swimming is taught in Year 2, 3 and 4. Top up swimming lessons take place in Year 5 and 6 if required until children can swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively and perform safe self-rescue in different water-based situations.

Outdoor Adventure

Outdoor Adventurous Activities are taught during our residential visits to Tattenhall in Year 4 and PGL in Year 6. During these visits, children take part in a range of outdoor adventurous activities which challenges them both individually and within a team.

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