

PE Progression Statements

Our progression statements show what pupils should know and be able to do in each aspect of PE as children move through the school. These are used to support planning and the ongoing assessments of pupils' work.

Little Crickets

Based on Development Matters (2020)

	Butterflies	Caterpillars
Ball Skills	Enjoy starting to kick, throw and catch balls.	Continue to develop their movement, balancing, and ball skills. Begin to find effective ways of throwing a ball or object, such as using two hands to grasp and release.
Games Skills	Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them.	Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large muscle movements to wave flags and streamers. Start taking part in some group activities which they make up for themselves, or in teams.
Dance Skills	Show attention to sounds and music. Respond emotionally and physically to music when it changes. Move and dance to music. Anticipate phrases and actions in rhymes and songs, like 'Peepo'. Clap and stamp to music. Gradually gain control of their whole body through continual practice of large movements such as waving, kicking, rolling, crawling and walking.	Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.
Gym Skills	Spin, roll and independently use ropes. Build independently with a range of appropriate resources Walk, run, jump and climb – and start to use the stairs independently.	Match their developing physical skills to tasks in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. Go up steps and stairs, or climb up apparatus using alternate feet. Jump up into the air with both feet leaving the floor and can jump forward a small distance.

Foundation and Key Stage 1

Based on the Complete PE Curriculum

	Reception	Year 1	Year 2
Locomotion		<ul style="list-style-type: none"> Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping 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 game 	<ul style="list-style-type: none"> Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations
Ball Skills: Hand	<ul style="list-style-type: none"> Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 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
Ball skills: Feet	<ul style="list-style-type: none"> Explore moving with a ball using our feet Develop moving with a ball using our feet 	<ul style="list-style-type: none"> Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) 	<ul style="list-style-type: none"> Develop dribbling/ passing/receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score

	Reception	Year 1	Year 2
	<ul style="list-style-type: none"> Understand dribbling Develop dribbling against an opponent 	<ul style="list-style-type: none"> Apply kicking (passing) to score a point 	<ul style="list-style-type: none"> a point Apply dribbling, passing and receiving as a team to score a point
Dance	<ul style="list-style-type: none"> Moving in sequence Responding in movement to words and music Moving with props and contrasting tempos Creating their own movements Exploring opposites 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Exploring expression Linking movements together Creating a motif with characterisation, expression and emotion Extending our motifs with different dynamics (fast and slow)
Gymnastics	<ul style="list-style-type: none"> Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus 	<ul style="list-style-type: none"> 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 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 	<ul style="list-style-type: none"> Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and performance Explore/develop zigzag pathways/on apparatus Explore/develop curved pathways/on apparatus Creation of pathway sequences Completion of pathways sequences and performance
Games for Understanding	<ul style="list-style-type: none"> Taking turns/keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring 	<ul style="list-style-type: none"> Understanding the principles of attack/defence Applying attacking/ defending principles into a game Consolidate attacking/defending 	<ul style="list-style-type: none"> Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/ defensive tactics
Health and Well being		<ul style="list-style-type: none"> Introduce and explore agility Introduce and explore balance Introduce and explore coordination: Bouncing, rolling and throwing 	
Team Building		<ul style="list-style-type: none"> Introducing teamwork 	<ul style="list-style-type: none"> Introducing teamwork

	Reception	Year 1	Year 2
		<ul style="list-style-type: none"> • Develop teamwork • Building trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: Consolidate teamwork 	<ul style="list-style-type: none"> • Develop teamwork • Building trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: Consolidate teamwork
Rackets, Balls and Balloons		<ul style="list-style-type: none"> • Develop pushing (dribbling) a ball with a racket: Introducing control • Explore hitting and develop pushing a ball (with a racket) towards a target • Explore hitting a ball (with a racket) with accuracy and power 	<ul style="list-style-type: none"> • Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent • Introduce hitting (sending/striking) a ball into a space: Where and why? • Striking the ball (with a bat) into space with intent

Key Stage 2

Based on the Complete PE Curriculum

	Year 3	Year 4	Year 5	Year 6
Athletics	<ul style="list-style-type: none"> • Explore running for speed • Explore acceleration • Introduce /develop relay: Running for speed in a team • Throwing: Accuracy vs distance • Standing Long Jump 	<ul style="list-style-type: none"> • Develop running at speed • Exploring our stride pattern • Exploring running at pace • Understand and apply tactics when running for distance • Javelin • Standing Triple Jump 	<ul style="list-style-type: none"> • Finishing a race • Evaluating our performance • Sprinting: My personal best • Relay changeovers • Shot Put • Introducing the Hurdles 	<ul style="list-style-type: none"> • Running for speed competition • Running for distance competition • Throwing competition • Jumping competition
Dance	<ul style="list-style-type: none"> • Responding to stimuli • Developing characters and extending the story • Creating motifs with a partner in character • Developing characterisation 	<ul style="list-style-type: none"> • Responding to stimuli working together • Extending sequences with a partner in character • Exploring two contrasting Relationships and interlinking dance moves 	<ul style="list-style-type: none"> • Develop character movements linked to prejudices • Create movements that represent different characters and performers in a circus • Extending our 	<ul style="list-style-type: none"> • Exploring Prejudice and Discrimination • Exploring Sexism/Classism through dance • The power of unity through Dance: Tackling Prejudice

	Year 3	Year 4	Year 5	Year 6
			performance incorporating props and apparatus linked to the variety of performers	
Gymnastics	<p>Symmetry & Asymmetry</p> <ul style="list-style-type: none"> • Introduction to symmetry • Introduction to asymmetry • Application of learning onto apparatus • Sequence formation • Sequence completion <p>Canon and Unison</p> <ul style="list-style-type: none"> • Introduction to Unison • Introduction to Canon • Application of sequences in 'Unison' and 'Canon' onto apparatus • Combining Canon and Unison in groups 	<p>Bridges</p> <ul style="list-style-type: none"> • Introduction to bridges • Application of bridge learning onto apparatus • Develop sequences with bridges • Sequence formation • Sequence completion <p>Levels and Directions</p> <ul style="list-style-type: none"> • Exploring changes in 'Level' • Exploring changes in 'Direction' • Application of learning onto apparatus to include changes in 'Level' and 'Direction' • Sequence completion and performance 	<p>Counter Balance & Counter Tension</p> <ul style="list-style-type: none"> • Introduction to Counter Balance • Application of Counter Balance learning onto apparatus • Sequence formation • Counter Tension • Sequence completion <p>Flight</p> <ul style="list-style-type: none"> • Introduction to Flight: Developing Jumping • Developing Flight: Jumping and Turning • Application of 'Jumping,' learning, onto apparatus • Combining jumping on apparatus with Canon and Unison 	<p>Matching & Mirroring</p> <ul style="list-style-type: none"> • Introduction to matching /mirroring • Application of matching mirroring learning onto apparatus • Sequence development <p>Creating Sequences</p> <ul style="list-style-type: none"> • Challenging creativity • Sequence development • Sequence performance
Games: Invasion	<p>Game Sense</p> <ul style="list-style-type: none"> • Introduce passing and receiving • Introduce passing and creating space • Introduce scoring and the concept of shooting <p>Hockey</p> <ul style="list-style-type: none"> • Introduce dribbling • Introduce passing and receiving 	<p>Game Sense</p> <ul style="list-style-type: none"> • Develop passing and creating space • Combine passing, moving and shooting • Introduce dribbling: Keeping control • Introduce defending and the concept of marking <p>Hockey</p>	<p>Tag Rugby</p> <ul style="list-style-type: none"> • 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>Tab Rugby</p> <ul style="list-style-type: none"> • Consolidate passing and moving • Consolidate defending • Create, understand and apply attacking/ defending tactics in game situations • Consolidate attacking and defending in min games <p>Football</p>

	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting <p>Basketball</p> <ul style="list-style-type: none"> Introduce dribbling Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting 	<ul style="list-style-type: none"> Refine dribbling and passing Combine passing and dribbling to create shooting opportunities Develop passing and dribbling creating space for attacking opportunities Introduce defending; blocking and tackling <p>Football</p> <ul style="list-style-type: none"> Refine dribbling Turning Refine passing and receiving Develop passing and dribbling creating space Introduce shooting 	<p>Football</p> <ul style="list-style-type: none"> Refine dribbling and passing to maintain possession Introduce and develop defending Develop shooting Refine attacking skills, passing, dribbling and shooting, introduce officiating <p>Basketball</p> <ul style="list-style-type: none"> Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Explore the function of other passing styles 	<ul style="list-style-type: none"> Consolidate keeping possession, develop officiating Consolidate defending Organise formations and manage teams Organise formations decide tactics, manage teams and officiate games
Games: Net/Wall Games	<p>Tennis</p> <ul style="list-style-type: none"> Introduction tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game introduce rackets Introduce the forehand 	<p>Tennis</p> <ul style="list-style-type: none"> 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 	<p>Tennis</p> <ul style="list-style-type: none"> Introduce/develop the volley Controlling the game from the serve Doubles, understanding and applying tactics to win a point 	<p>Tennis</p> <ul style="list-style-type: none"> Game application Game application, mixed ability doubles, round robin games <p>Badminton</p> <ul style="list-style-type: none"> Introduction to badminton: Outwitting an opponent Introduce the forehand and backhand Applying the forehand and backhand: Creating space

	Year 3	Year 4	Year 5	Year 6
				<ul style="list-style-type: none"> to win a point Controlling the game from the serve <p>Dodgeball</p> <ul style="list-style-type: none"> Consolidate/ understanding attacking and defending tactics Transition between attack and defence Applying the rules: Officiating games Managing tactics and officiate games
Games: Striking & Fielding	<p>Rounders</p> <ul style="list-style-type: none"> Introduce to rounders Introduce overarm throwing Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game 	<p>Rounders</p> <ul style="list-style-type: none"> Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics <p>Cricket skills delivered by external provider</p>	<p>Rounders</p> <ul style="list-style-type: none"> 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 <p>Cricket</p> <ul style="list-style-type: none"> Refine batting, batting and bowling tactics Refine fielding stopping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring 	Cricket skills delivered by external provider
Outdoor and Adventurous	<ul style="list-style-type: none"> Creating and applying simple tactics 	<ul style="list-style-type: none"> Benches and mats challenge 	<ul style="list-style-type: none"> Face orienteering Cone orienteering 	<ul style="list-style-type: none"> Understanding what makes an effective leader

	Year 3	Year 4	Year 5	Year 6
Activities	<ul style="list-style-type: none"> • Developing leadership • Develop communication as a team • Create defending and attacking tactics as a team 	<ul style="list-style-type: none"> • Round the clock card challenge • The pen challenge • The river rope challenge • Caving challenges 	<ul style="list-style-type: none"> • Point and return • Point to point • Timed course • Orienteering competition 	<ul style="list-style-type: none"> • Communicating as a leader • Introducing the STEP principle: Space , Task, Equipment and People
Swimming	Delivered by external provider	Delivered by external provider	Delivered by external provider	