



PE Skills Progression EYFS-Year 6

	Foundation	Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Locomotion and Athletics	<ul style="list-style-type: none"> Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping 	<ul style="list-style-type: none"> 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"> Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams 	<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
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 	<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 	<ul style="list-style-type: none"> Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion 	<ul style="list-style-type: none"> Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion 	<ul style="list-style-type: none"> Introduction to Counter Balance Application of Counter Balance learning onto apparatus Sequence formation Counter Tension Sequence completion 	<ul style="list-style-type: none"> Introduction to matching/mirroring Application of matching/mirroring learning onto apparatus Sequence development
Dance	<ul style="list-style-type: none"> Moving with control Adding movements together Responding to rhythm in character Adding expression to our characters' (dinosaur) movements 	<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 	<ul style="list-style-type: none"> Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequences, relationships and 	<ul style="list-style-type: none"> Responding to stimuli Developing character dance into a motif Develop sequences with a partner in character that show relationships Extending sequences 	<ul style="list-style-type: none"> Extending sequences with a partner in character Developing sequences with a partner in character that show 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 performance 	<ul style="list-style-type: none"> Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture



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	<ul style="list-style-type: none"> Performing with a partner Exploring relationships 	motifs <ul style="list-style-type: none"> Exploring relationships within our motif 	performance	with a partner in character	<ul style="list-style-type: none"> Sequences, relationships, choreography and performance 	incorporating props and apparatus linked to the variety of performers	<ul style="list-style-type: none"> Chorographical elements including still imagery
Ball Skills	<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 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 	<ul style="list-style-type: none"> Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point 	<ul style="list-style-type: none"> Introduce passing, receiving and creating space Develop/combine passing and moving Combine/develop passing and shooting 	<ul style="list-style-type: none"> Refine passing and receiving Develop passing and creating space Develop passing, moving and shooting Combine passing and shooting Introduce defending 	<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 passing and moving Consolidate defending Create, understand and apply attacking/defending tactics in game situations Consolidate attacking and defending in min games
Att. vs Def. / Invasion	<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 	<ul style="list-style-type: none"> Introduce passing, receiving and creating space Develop/combine passing and moving Combine/develop passing and shooting 	<ul style="list-style-type: none"> Introduce passing, receiving and creating space Develop passing and moving Combine passing and moving Introduce shooting Develop passing and shooting 	<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"> 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
Striking and Fielding				<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 	<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 	<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 	<ul style="list-style-type: none"> Consolidate batting, fielding and bowling Create, understand and apply attacking and defensive tactics in game