

PE Progression Map: Movement

Balance the child's ability to stay in control of their body position in movement.

Control is to be able to control the body's movement.

Developing core strength to control limbs in movement.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To be able to move like a creature – dinosaur/crab (core strength)	To be able to copy a partners movement – mirroring (gymnastics)	To know how to combine movement – leaps, jumps, hops	To know different foot patterns to change direction with a football (football)	To know a range a range of strokes for swimming	To know 3 step and bounce (handball)	To know the importance of movement within zones to pass and receive ball (high fives)	To know the correct foot patterns to approach/take off high jump (athletics)
To know how to hop and skip with control (coordination)	To know how to balance on beam and jump and land with control (gymnastics)	To be able to perform a pencil roll, forward roll	To be able to intercept a ball (intro to bench ball)	To know how to time swing to strike a ball in tri golf	To be able to run a catch moving ball in tag-rugby ball		To know the importance of correct foot patterns when running with ball (football)
To know how to move forward, backward, sideways (foot patterns)	To know how to climb apparatus safely (gymnastics)	To be able to strike a static ball in a standing position. (intro to rounders)	To know how to move to rhythm (dance)	To know different foot patterns/co-ordination/balance for different skills/tricks in skipping	To when to run and pass ball in tag rugby (tag-rugby)	Moving with ball (hockey)	
To know how to walk on type rope (heel to toe) balance.			To know how to jump and land (standing Jump – athletics)		To know how to dodge, swerve (tag)	Moving towards ball to dig/set (volleyball)	To know the correct technique when performing different exercise movements in circuit training
To know how to go over and under (hurdles)	To be able to move at different speeds – warm-up	To be able to travel – balancing object (egg and spoon). Sports day	To know how to use foot patterns to move to strike and moving ball (cricket)	To know how to run-up and perform overarm bowl in cricket			
To be able to follow flight of balloons. Hand eye coordination	To be able to refine a range of ball skills: throwing, catching, kicking, passing, batting and aiming. (football gymnastics, multiskills and athletics)	To be able to perform various foot patterns forward, sideways, backwards – related to sport (multiskills)	To be able to follow the flight of ball to catch (cricket)	To be able to demonstrate and/eye coordination – striking ball in tri-golf.			To know the importance of building stamina -Running for distance orienteering and cross country
To be able to kick, roll, crawl, climb, catch, run, hop, and jump. (multiskills)							
To be able to roll, spin and use ropes. (gymnastics)							
To be able to combine different movements with ease (multiskills, gymnastics)							

PE Progression Map: Strategy and Tactics

Strategy is having a plan of how you are going to improve individual/team performance over a period of time.

Tactics are actions that are planned to achieve and overall objective being offensive or defensive.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To know the basic tactic of standing next to cone in valleys and volcanoes.	<p>To follow an opposition player in valleys and volcanoes so when they turn over a cone you can turn it back – leads to one-to-one marking in team games.</p> <p>To know the importance of changing speed when playing stuck in the mud</p>	<p>To know how to take ball wide of opponent to beat 1 v 1 (football)</p> <p>To know the importance of defending the centre of a goal when defending 1 v 1 (football)</p> <p>To know how to strike a ball into space (intro to rounders)</p>	<p>To know when to pass in football</p> <p>To know how to Intercept pass (benchball)</p> <p>To know the importance of varying the pass (high/low/bounce) in benchball</p> <p>To know the best fielding position in cricket.</p> <p>To know the importance of bowling with accuracy in cricket (under arm)</p> <p>To know how to strike a moving ball in cricket into space</p>	<p>To know the importance of judging the pace of put/chip in tri-golf to go close to target.</p> <p>To know the importance of bowling overarm with accuracy.</p> <p>To know how to attack and defend space in handball.</p> <p>To know the importance of finding space in invasion games</p> <p>To know the importance of chipping the ball short of the hole to have short/easy putt. (tri-golf)</p>	<p>To know how to orientate map in orienteering.</p> <p>To know how to overload defence. To create space in football</p> <p>To know the importance of running forward and passing back in tag rugby</p> <p>To know the importance of running forward and getting tagged (3 seconds to release ball).</p> <p>To know the importance of when to release ball in tag</p> <p>To know the importance to continue running on an over throw in cricket.</p>	<p>To know how to perform chest pass. Netball</p> <p>To know the importance of getting the ball to GA/GS in correct area. netball</p> <p>To know how to defend net in netball</p> <p>To know how to use flat side of stick in hockey when dribbling</p> <p>To know the importance of finding an open player to receive ball in hockey</p> <p>To know how to keep ball high in netball to create more time (volleyball)</p> <p>To know how to pass the ball around court to move opponents (Volleyball)</p> <p>To know the importance of throwing the ball to base guard player with speed in rounders.</p> <p>To know how to strike the ball into space in rounders</p> <p>To know the importance of giving tactical information during games (netball)</p>	<p>To know how orientate/fold map in orienteering.</p> <p>To know the importance of using landmarks to navigate to find controls in orienteering.</p> <p>To know how to change direction with pace in football.</p> <p>To know how to play a long pass in football</p> <p>To know how to pass the ball while on the move in football</p> <p>To know the importance of pacing self in cross-country</p> <p>To know the importance to finish with a spring in cross-country</p> <p>To know how to overload defences in invasion games.</p>

PE Progression Map: Personal and Social

Personal is to develop the child's own confidence in movement and sport.

Social is to develop social skills of turn taking and being a 'team' player. Including others in teams/games.

Leadership is to develop leadership qualities of organisation, positive motivation and problem solving.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>To know where our heart and lungs are.</p> <p>To be able to deep breath and visualisation at end of PE lesson. Calming down.</p> <p>To know that movement is fun</p>	<p>To be able to work as a team (parachute)</p> <p>To know be able to take turns (parachute)</p> <p>To be able to show good listening skills (parachute)</p> <p>To know the three changes that happen to our body when exercising. (HR, body temp and breathing increase)</p> <p>To be able to name body parts: Knee, thigh, shoulder etc</p>	<p>To know how to observe and make suggestions on how to improve movement (gymnastics)</p> <p>To know how to support team members in sports day (sports day)</p> <p>To know that winning and losing is part of sport/games. (football)</p> <p>To know how to lead a group in gymnastics</p>	<p>To know why we have rules (making games)</p> <p>To know how to work in a team to make games (making games)</p> <p>To know how to make rules and a points system (making games)</p> <p>To know the importance of working in a team (intro to bench ball)</p> <p>To know the importance of encouraging and not criticising play (intro to benchball)</p> <p>To know the importance of communicating in games (intro to bench ball)</p> <p>To know the importance of developing a 'have a go' attitude.</p>	<p>To know how to concentration/focus on a shot (tri-golf).</p> <p>To know that exercise Increases HR in skipping.</p> <p>To be able to play as part of a team. (Cricket)</p> <p>To know the importance of encouraging others in sports like athletics.</p>	<p>To know that it is important to work as a team in small sided games (football)</p> <p>To know how to work in pairs to create a dance sequence (dance)</p> <p>To know the importance of improving PB in athletics (athletics)</p>	<p>To accept defeat in games. (netball)</p> <p>To know the importance of winning and losing as team and not blaming other players (netball, tag and volleyball)</p> <p>To know how to be the captain of the team (netball, tag-rugby and volleyball)</p> <p>To know how to organise a team – positions in team games</p> <p>To know the importance of encouraging others</p>	<p>To know the importance of maintaining personal hygiene (using deodorant)</p> <p>To know that it is important to take a warm-up session in circuit training.</p> <p>To know how to encourage/help own group in circuit training.</p> <p>To know how to help a partner read a map in orienteering.</p> <p>To know how to take the lead during the three different orienteering courses. Line, score and star – three different types of course</p> <p>To know the importance of persevering in cross country.</p> <p>To know how to socialise and make friends through sports</p> <p>To know how to find a sport for life.</p> <p>To know which activities increases HR the quickest – circuit training.</p>