

Early Years	Physical Education Progression Map for Skills
Multi skills	<p>Children can: Start to travel in different ways Catch a large object Travel with confidence and skill around, under, over and through climbing equipment Can jump from a small object and land appropriately Start to show some agility, balance and coordination Show some awareness of space adjusting speed and direction Start to control objects with pushing, patting, throwing, catching, and kicking.</p>
Gymnastics	<p>Children can: Travel in different ways Show stillness and control Travel with confidence and skill around, under, over and through climbing equipment Balance their bodies in different ways Show control through rolling and jumping Start to climb, swing and hang Repeat short sequences of movements on own Can jump from a small object and land appropriately.</p>
Dance	<p>Children can: Show different ways to travel using clear pathways and good spatial awareness Show jumping and turning actions with control Change shape and size Show levels and speed in their movements Explore, copy, remember and repeat movement patterns with control.</p>
Strike and field	<p>Children can: Use a range of equipment to strike objects for distance Can receive a range of objects Can chase and avoid objects Show good balance and coordination</p>
Athletics	<p>Children can: Show skills of basic running technique Jump in a range of ways landing safely Roll equipment in different ways Throw underarm and at a target Take part in some races Prepare for Sports Day.</p>

<p>EYFS Life Skills:</p> <p>Introduce competitive games</p> <p>Dress and undress for PE</p> <p>Understand ways of staying healthy and keeping safe</p> <p>Understanding the Why they need to exercise</p> <p>Start to select and share resources within lessons</p> <p>Start to work with a partner.</p>

Key Stage One	Physical Education Progression Map for Skills
Multi skills	<p>Children can: Travel in different ways with confidence and control Can send and receive objects Improve on travel with confidence and skill around, under, over and through climbing equipment Improve on jumping from different heights Shows some agility, balance and coordination with control Shows awareness of space adjusting speed and direction Improve on controlling objects with pushing, patting, throwing, catching, and kicking Avoid, chase and dodge Make up simple games.</p>
Invasion games	<p>Children can: Can send and receive objects to self and from others Can vary the type of throw used Bounce and kick a ball while travelling in different directions Avoid, chase and dodge Show agility, balance and some coordination Simple attacking play Simple defending play.</p>
Gymnastics	<p>Children can: Travel in different ways with speed and direction Show stillness and control on different body parts Move around with increasing care and control Balance their bodies in different ways - size, level and body parts Show control through rolling and jumping and linking them together Repeat short sequences of movements on own and with a partner with a clear beginning, middle and ending Can jump from different sized objects and land appropriately Start to climb, swing and hang Carry out simple stretches.</p>
Dance	<p>Children can: Show different ways to travel using clear pathways and good spatial awareness. Show jumping and turning actions with control Change shape and size Show levels and speed in their movements Create a short motif inspired by a stimulus Use simple choreographic devices such as cannon, unison and mirror Move in time to music Improve the timings of their actions Create a short movement phrase which demonstrates their own ideas.</p>
Strike and Field	<p>Children can: Use a range of equipment to strike objects for distance Can receive a range of objects Can chase and avoid objects Show good balance and coordination Recognise areas of fielding Know when they are fielding and when they are striking Start to understand simple strike and field games working in partners and 3's.</p>
Net and Wall	<p>Children can: Strike the ball softly into an area Show good balance and coordination Improve on hand-eye coordination Play with a partner a simple net and wall game.</p>

Athletics/ Sports day activities

Children can:

Show skills of running technique and ability to vary their pace and speed

Run at different distances applying pace

Jump in different combinations and for height and distance

Jump in sequences

Investigate the best jumps for different distances, choose the most appropriate jump to cover different distances

Show different throwing techniques for accuracy and distance

Investigate ways to alter their throwing technique to achieve greater distance

Throw different objects in different ways

Compete against self and others.

Key stage One Life Skills:

Start to work with a partner or in 3's

Start to progress to work in small teams taking it in turns

Start to select and share resources within lessons

Start to communicate in games

Follow simple rules for team games

Starting to introduce the concept of winning and losing

Describe how their bodies are feeling during and after exercise

Understanding the importance of exercise and healthy eating.

Lower Key Stage Two	Physical Education Progression Map for Skills
Multi skills	<p>Children can: Improve on their travel in different ways with confidence and control Improve on sending and receiving different objects Show movement in and out of space Be spatially aware when playing games, changing speed and direction Improve on agility, balance and coordination Improve on jumping from higher heights with greater control and landing Link topics to invasion work Play simple games in small teams.</p>
Invasion Games	<p>Children can: Improve on sending and receiving different objects Keep possession and control of a ball moving in different directions Travel towards a goal/target individually or with others Show movement within games with or without the ball Improve on agility, balance and coordination Understand when they are attacking Understand when they are defending Use a range of different passing techniques Apply some simple tactics to games Show an understanding for many different games/sports.</p>
Gymnastics	<p>Children can: Climb, swing, hang and take their own body weight on hands Travel in different ways using flight whilst moving with clarity, fluency and expression. Carry out different balances recognising the position of their centre of gravity and how this effects their balance Balances on apparatus, balances with and against a partner. Improve control of rolling and jumping and linking them together Use equipment to vault in a variety of ways Develop sequences that they practise, repeat and perform Can jump from different sized objects, showing different shapes in the air and land appropriately Carry out stretches as part of the group.</p>
Dance	<p>Children can: Improve on different ways to travel using clear pathways and good spatial awareness Improve on jumping and turning actions with control Start to show stillness and gestures in their dances Improve on changing shape and size Show levels and speed in their movements Use movement expressively, to show ideas, moods and feelings Explore, copy, remember and repeat movements patterns with control and coordination Create a motif using different stimulus Begin to improvise with a partner to create a simple dance Use simple choreographic devices such as canon, unison and mirror Move in time to music Improve the timings of their actions Create a short movement phrase which demonstrates their own ideas and has awareness of rhythm and expression.</p>
Strike and Field	<p>Children can: Strike a ball with intent and throw more accurately when bowling or fielding Position themselves when fielding with purpose Show good balance and coordination throughout Play various games with simple rules and game principles Intercept the ball with consistency and return it quickly.</p>
Net and Wall	<p>Children can:</p>

	<p>Improve on striking a ball softly into an area Show good balance and coordination Show an understanding of game principles Position their bodies correctly to receive a ball Start to use a small range of shots to keep a rally going Play shots on both sides of the body and learn to serve.</p>
Outdoor Education	<p>Children can: Take challenges on their own or with a partner Orientate themselves with accuracy around a short trail Can create a short trail for others with a physical challenge Start to recognise features for an orienteering course Identify symbols.</p>
Athletics	<p>Children can: Show skills of running technique and varying their pace and speed Run at different distances applying pace Recognise the importance of timing during relay changes Begin to combine running with jumping over hurdles Jump in different combinations for height and distance Develop an effective take off for the standing long jump Investigate the best jumps for different distances, choose the most appropriate jump to cover different distances Combine a hop, step and jump to perform the triple jump Show different throwing techniques for accuracy and distance Investigate ways to alter their throwing technique to achieve greater distance Perform a push and pull throw Measure their distances Continue to improve their throws by adding in appropriate techniques for greater distances Compete against self and others.</p>

Lower Key Stage Life Skills:

- Understanding working as a team, taking it in turns and encouraging others
- Can select and share resources within lessons
- Can communicate in teams to try and be successful
- Start to make decisions within games
- Can start to evaluate both their own performance and that of others
- Starting to understand that winning and losing is part of sport/life
- Apply and follow rules of the games fairly
- Know the importance of strength and flexibility for physical activity
- Understand the importance of warming up and cooling down
- Knowing what effects their overall performance and what foods help with performance.
- Understanding the importance of exercise and healthy eating.

Upper Key Stage Two	Physical Education Progression Map for Skills
Invasion Games	<p>Children can: Making the decision to pass or run with the ball to progress towards a goal or target Improve on attacking play Improve on defending play Apply tactics and strategies to games to try and win Compete at many different invasion games knowing the rules and applying them. Work in prescribed areas, develop roles, rules and scoring systems Show movement within games with or without the ball Use a range of different passing techniques for different situations Think ahead for a plan of attack or defence by applying knowledge of skills.</p>
Gymnastics	<p>Children can: Climb, swing, hang and take their own body weight on hands Travel in different ways using flight whilst moving with clarity, fluency and expression Carry out different balances recognising the position of their centre of gravity and how this effects their balance. Balances on apparatus, balances with and against a partner Improve on control through rolling and jumping and linking them together Use equipment to vault in a variety of ways and incorporate this into their sequences Develop sequences that they practise, repeat and perform Can jump from different sized objects, showing different shapes in the air and land appropriately and link jumps together Carry out stretches as a group and take responsibility for their own warm up Select and prepare equipment for use, check safety of this Perform complex sequences using apparatus and floor individually/pairs and groups.</p>
Dance	<p>Children can: Apply all components of dance Demonstrate increasing musical awareness Perform more complex phrases of movement with precision control and fluency. Recognize changes in speed in music and respond to good timing. Perform motifs with control, clarity and fluency. Use movement expressively, to show ideas, moods, and feelings Explore improvise and choose appropriate material to create new motifs in a chosen dance style. Warm up and cool down independently using exercises that stretch and tone my body Compose, develop motifs to make dance phrases and use these in longer dances.</p>

Strike and Field	<p>Children can:</p> <ul style="list-style-type: none"> Strike a ball with intent and throw more accurately when bowling or fielding Hit a bowled ball over longer distances and direct the ball when striking Position yourself when fielding with purpose and work as a team Make good judgements about when to run to score points Show good balance and coordination throughout Play various games with simple rules and game principles Intercept the ball with consistency and return it quickly Work in prescribed areas, develop roles, rules and scoring systems Apply fielding strategies to prevent the opposition from scoring.
Net and Wall	<p>Children can:</p> <ul style="list-style-type: none"> Strike a ball softly into an area, over a net and inside a court consistently. Show good balance and coordination Show an understanding of game principles Position their bodies correctly to receive a ball consistently Use a range of shots to keep a rally going Play shots on both sides of the body and serve to try and win a game Return a serve from their opponent Show good movement on court - side stepping, forwards and backwards movements Direct the ball to a space using different speeds and heights to beat their opponent.
Outdoor Education	<p>Children can:</p> <ul style="list-style-type: none"> Take challenges on their own or with a partner Orientate themselves with confidence and accuracy around a course whilst under pressure Can design an orienteering course that is clear to follow and offers challenges Use navigation equipment such as maps and compasses to improve the trail Identify and make symbols Identify the quickest route to accurately navigate an orienteering course Compete independently and as a team in orienteering activities Can use a range of map styles and make informed decisions on which is most effective Identify a key on the map to use the information in activities.
Athletics	<p>Children can:</p> <ul style="list-style-type: none"> Show running technique and varying their pace and speed Children can sustain their pace over longer distances Develop change over skills when running in relays - looking at strategies of who runs which leg and adding in change over zones Identify their reaction times when performing a sprint start Accelerate to pass others and build up speed for a sprint finish Can accelerate from a variety of different starting positions Combine running with jumping over hurdles using a preferred lead leg Create a 3-stride pattern over hurdles and know the hurdling technique Develop an effective vertical jump Develop power and control when taking off and landing Investigate the best jumps for different distances and height Show different throwing techniques for accuracy and distance

	<p>Investigate ways to alter their throwing technique to achieve greater distance</p> <p>Perform a fling and heave throw</p> <p>Measure and record their distances</p> <p>Continue to improve their throws by adding in appropriate techniques for greater distances</p> <p>Compete against self and others</p> <p>Compete at many different athletic events and record and compare results</p> <p>Look to refine technique in different events</p> <p>Look at accuracy, time, power, length, distance & speed for certain events.</p>
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Upper Key Stage Life Skills:

Can work as a team in different situations and show respect to peers

Can show determination and perseverance to complete set skills/tasks

Can deal with conflict

Encouraging and motivating other team players

Taking on leadership roles

Can evaluate performance and improve themselves and others, appreciating the need for tactics and strategies

Can communicate in teams to improve and solve problems

Be able to make decisions within games to be more successful

Using appropriate technical language within games situations and feedback to peers

Competing respectfully and fairly following rules and controlling emotions

Dealing with winning and losing and accepting the outcome and learning from mistakes

Carry out warm ups and cool downs safely

Understand why exercise and diet is good for health, fitness and well being

Know ways to create a healthy lifestyle.

