



Skills Progression Map: PE

	Nursery	Reception	Year 1	Year 2
Running and Jumping	Develop body strength, co-ordination, balance and agility through running, skipping and jumping.	Run in different ways for a variety of purposes. Jump in a range of ways, landing safely.	Vary pace and speed when running. Change direction when jogging and sprinting, whilst maintaining control. Perform different types of jumps as part of a sequence. Jump as high and as far as possible, landing safely with control.	Change speed and direction whilst running. Perform a range of jumps safely and with control. Begin to select the most suitable pace and speed for distance. Be able to maintain and control a run over different distances.
Bat and Ball Skills	Roll equipment in different ways. Start to throw and catch larger objects.	Use equipment to control a ball. Start to throw underarm and catch equipment using two hands. Move a ball in different ways, including bouncing and kicking.	Catch and bounce a ball and throw both underarm and overarm. Use hitting, kicking and rolling skills in a game. Travel with a ball in different ways and different directions. Pass the ball to another player in a game.	Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner and within a game. Bounce and kick a ball whilst moving and use dribbling skills. Strike or hit a ball with increasing control. Use hand-eye co-ordination to control a ball.
Invasion Games		Understand that some games are played in teams and have rules that need to be followed. Know that we can score points in some team games.	Begin to use space in a game. Use attacking skills such as dodging to get past a defender. Use defending skills such as marking a player.	Begin to choose and use the best space in a game. Begin to use and understand the terms attacking and defending. Use different techniques to attack and defend when playing a game. Begin to work as part of a team.
Gymnastics	Climb up apparatus using alternate feet. Stand on one leg and hold a pose for a short amount of time. Jump and land appropriately.	Create a short sequence of movements. Rolls in different ways with control. Stretch in different ways. Jump in a range of ways from one space to another with control. Begin to balance with control. Move around, under, over and through different equipment.	Lift, carry and use apparatus safely. Travel safely in different ways, at different speeds and levels. Bounce, hop, gallop, skip, tiptoe and run in different directions. Jump safely on the ground and onto and from equipment. Jump and roll into different shapes. Put contrasting movements together to make sequences that they remember, repeat and perform.	Copy balances on a range of body parts. Perform a paired balance on a piece of apparatus. Roll in different ways, including a crouched forward roll. Jump from a springboard and begin to do a handstand. Link actions to copy and create movement sequences.
Dance	Remember and use sequences of movements which are related to music and rhythm.	Join a range of different movements together. Change the speed of actions. Create a short movement phrase which demonstrates ideas.	Put a sequence of actions together to create a motif. Use simple choreographic devices such as mirroring. Begin to improvise independently to create a simple dance.	Use expressions, gestures or movement to communicate ideas and feelings with support. Follow a simple dance motif. Dance in different formations and structures, including in unison and canon.
Evaluating	Talk about what they have done.	Talk about what they have done and what others have done.	Say what they like about their partner’s movements. Watch and describe performances. Begin to say how they could improve.	Identify similarities between their own performance and that of someone else. Identify their highest and lowest scores. Watch and describe performances and use what they see to improve their own performance.

	Year 3	Year 4	Year 5	Year 6
Invasion Games	Pass, receive and travel with a ball with some control and accuracy. Begin to use basic attacking and defending skills such as marking, dodging and intercepting. Use dodging techniques like jumping, ducking and sidestepping in a game of dodgeball. Use elements of the correct techniques for dribbling, passing, receiving, dodging, marking, tackling and shooting during a game of football.	Move in multiple directions at speed and with some success in a game situation. Dodge quickly and feint a move using a low body position. Look up when dribbling while keeping good control of the ball. Move to receive a ball that is passed to them with good control. Sidestep a defender and pass the ball with success and generally use the space effectively in a game of tag rugby.	Pass, receive and dribble with the ball in different ways with increasing control and accuracy. Use space well to pass and receive a ball. Begin to choose the best techniques and tactics for attacking and defending in a game situation. Dribble with a basketball, using the correct technique, varying their speed and changing direction. Use man-to-man marking successfully to prevent an opposition player from receiving a pass.	Move with the ball using the correct technique with speed and control, including changing direction. Link dribbling and passing skills together with success and fluency. Execute the chest, shoulder, bounce and overhead passes with control and accuracy in a game of netball. Catch a netball with both one and two hands, bringing it safely into the chest. Use the correct footwork to pivot in a range of situations.
Net and Wall Games	Demonstrate effective footwork to move in different directions and change direction. Hit a ball along the ground using a tennis racket. Throw a ball underarm with some control and accuracy at a target.	Use a badminton racket to strike a shuttlecock and give consideration for which grip to use. Strike a shuttlecock in different ways to alter the distance it travels. Use a serve to start a rally and begin to maintain a rally.	Use the correct technique to land forehand shots in the opposition’s side of the court, with some deep towards the baseline. Hit different backhand strokes towards a targeted area. Strike a tossed ball with a racket well, showing a good overhead service stroke. Play short and long volleys, changing the level of power and racket head position appropriately.	Use the ready position to carry out a pass or hit in a volleyball game. Executes an underarm serve, dig shot, set shot and spike using the correct technique. Aim the ball in an intended direction with consistent accuracy. Use a block technique to deflect or stop the ball from coming back over the net.
Striking and Fielding Games	Catch and throw a ball accurately across different distances. Strike a stationary ball in an intended direction and begin to stop a ball using a range of techniques.	Adapt hand and body positioning when making different catches as a fielder. Throw and bowl a ball using appropriate techniques. Use the correct position and technique for stopping a rolling ball. Position themselves correctly in a batting stance using the correct batting grip in a cricket game.	Hit a bowled ball out into the field during a rounders game. Control and the speed and direction of the ball when bowling. Accurately throw a ball overarm or underarm to reach a designated target.	Strike a bowled ball in an intended direction, into space. Stop a ball using a range of techniques, including the long-barrier technique. Choose and use a range of simple tactics and strategies when striking and fielding.
Gymnastics	Perform a range of jumps, leaps, rolls and vaults accurately. Perform a handstand and cartwheel accurately. Link a series of different movements together to form a short routine. Show good control and co-ordination when making simple static shapes and positions. Identify and make symmetrical shapes.	Describe how to perform a range of jumps, leaps, rolls and vaults. Perform a lunge into a cartwheel correctly. Link a series of movements together to create a longer sequence. Hold a range of balances on three and four-points of their body.	Describe how to perform a range of jumps, leaps, rolls and vaults. Perform a round-off accurately. Plan a sequence of movements that are creatively linked together. Improvise to create shapes using a rhythmic gymnastics ribbon and their body. Hold a range of balances on two, three and four-points of their body.	Describe how to perform a range of jumps, leaps, rolls and vaults. Perform a hurdle step into a cartwheel and a round-off. Perform a series of similar movements in quick succession, linked together to form a sequence. Work in a large group to choreograph and perform a gymnastics routine in time to music.
Dance	Use movements to tell a narrative. Use different levels and speeds in a dance. Usually recall and perform movements. Combine and link an increasing number of movement phrases and patterns.	Demonstrate a range of dance techniques, such as unison, canon and repetition. Combine and link an increasing number of movement phrases and patterns. Respond and react accordingly to their partner’s/group member’s dance movements.	Transfer weight when performing two linked movements, with some success at a smooth transition. Perform a group dance in canon, with movements performed simultaneously. Develop movements to create an ongoing motif. Develop movements to express a mood in a dance.	Perform simple movements based on different dance styles and begin to try some more complex versions. Adapt some simple dance movements and perform them in a series to create a dance that has clear historical influences.

Outdoor and Adventurous Activities	Work as part of a team to solve a range of problems. Give and receive directions using appropriate directional language. Use symbols and a key on a map and follow a map to move between two locations.	Demonstrate elements of effective teamwork to create and complete scavenger hunts and obstacle courses. Give a range of different, easy-to-follow directions to guide a partner or teammates successfully. Draw and follow a simple orienteering map.	Collaborate effectively with others to help complete challenges, using both verbal and non-verbal communication. Use a compass to find north and use this to find other directions. Follow a map to give clear, concise directions and help to plan the best route to complete an orienteering course as quickly as possible.	Work effectively with others to solve problems, often with success. Demonstrate some elements of good leadership. Demonstrate effective strategizing at times. Successfully orientate and follow a map to find control points in timed conditions.
Athletics	Use elements of the correct techniques for underarm throwing, sprinting and the standing long jump with some control. Execute one- and two-handed push throws with some control, accuracy and distance.	Sustain their sprinting pace for a distance of 50m. Work well as part of a team in a relay race. Execute the standing triple jump technique with good control and efficiency, jumping a good distance.	Practise and improve reaction times and identify an effective sprint start. Demonstrate stamina in order to maintain a sustained run. Show good control, co-ordination and power when performing the standing vertical jump and measure the height jumped with accuracy.	Demonstrate an improvement in reaction speed through repetition. Work well with team members to pass and receive the baton using learned techniques. Demonstrate some endurance and stamina to be able to run for longer distances. Demonstrate increasing co-ordination, speed and rhythm when hurdling.
Evaluating	Describe how their performance has improved over time. Watch, describe and evaluate the effectiveness of a performance. Try to achieve their personal best, with support.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result. Adjust their performance to try to achieve their personal best.	Practise and refine their own movements and advise others around them. Evaluate the effectiveness of a performance, offering suggestions of how to improve a skill or technique. Demonstrate noticeable improvements to achieve their personal best.	Thoroughly evaluate their own and others’ work, suggesting thoughtful and appropriate improvements.