



Physical Education Progression Map

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Being Physical Competent in EYFS

Pupils should be taught to:

- Move in a range of ways, moving freely and with confidence making changes to body shape, position and pace of movement such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping
- Experiment with different ways of moving, testing out ideas and adapting movements to reduce risk
 - Jump off objects and land appropriately using hands, arms and body to stabilise and balance
- Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles
- Travel with confidence and skill around, under, over and through balancing and climbing equipment
- Show increasing control over an object in pushing, patting, throwing, catching and kicking.

By the end of
Year F2

Pupils will have been given opportunities to develop their body control, through exploring how the body moves developing their core strength, stability, balance, spatial awareness, co-ordination and agility. Pupils will have further developed their control of a range of equipment and explored moving objects and begin to develop life skills through PE such as curiosity, confidence, competence and courage.

Being Physically Competent in KS1

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Pupils should be taught to: • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns. • apply the My Personal Best life skills to their PE learning	
By the end of Y2	Pupils will have had opportunities to experience and master basic fundamental movements (balance, agility and coordination) using body and equipment control and they will be beginning to apply these skills more accurately, using these skills with more precision through a broad range of activities and games. They will have begun to experience competition (against themselves and others) and start to learn how to win well and lose well. They will have learnt about and experienced the root values of Social ME (Fairness, Empathy, Gratitude) Thinking ME (Curiosity, Imagination, Concentration) and Healthy Me (Self-belief, Honesty, Courage) in their PE lessons.
Being Physically Competent in KS2 Pupils should be taught to: • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • Continue to apply and use the My Personal Best life skills to their PE learning	
By the end of Y4	Pupils will have been given the time to develop their control and precision skills further applying them in different contexts. They will have learnt how to use them in different ways, not only using the skills in isolation but to link them to make actions and sequences of movement (fluency). Children will have been given further opportunities to compete at different games and continue to learn how to win well and lose well. They will have also built on the root values and learnt about trust and respect (Social Me), resourcefulness and reflection (Thinking Me) and resilience and integrity (Healthy Me).

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By the end of Y6	Pupils will have had opportunities to be creative, through applying previous skills learnt in isolation and combination. They will have been given knowledge around attacking, defending and tactics to use these skills when playing competitive games. Children will have had opportunities to create, organise and lead games and various other activities (such as record scores/times in athletics, create dance/gymnastics routines). Children will further develop the root and core strengths of Social, Thinking and Healthy Me. Learning about encouragement, communication and cooperation (Social Me), evaluation, problem solving and decision making (Thinking Me) and self motivation, self discipline and responsibility (Healthy Me). Pupils will have secured a love of movement, enabling them to seek out further opportunities towards a healthy and active life.

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