



PE Learning Progression for F1, F2, Y1 and Y2

		F1	F2	Y1	Y2
NC Programme of Study:		Gross Motor Skills ELG: <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 		Pupils should be taught to <ul style="list-style-type: none"> Master basic movement 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 	
I KNOW:					
Progression in Dance.	Dance Skills	<ul style="list-style-type: none"> Copy actions and move to music. Stop and balance whilst dancing or moving around a space. 	<ul style="list-style-type: none"> Copy and repeat basic actions and rhythms. Change the speed of my actions. Change the style of my movements. Share my ideas. Create a short movement phrase which demonstrates my own ideas. 	<ul style="list-style-type: none"> Perform a dance with an object (scarf) Use my body and object to express and idea and communicate feelings. Move in different ways including heavy, light, fast and slow. In time with a beat. Make different shapes with my body and with a partner, including mirroring. Dance in different formations. Copy different dance movements to represent different parts of a story. Move in response to a video stimulus. Begin to improvise independently to create a simple dance on own and with a partner. 	<ul style="list-style-type: none"> Copy, remember and repeat actions, moving in response to different stimuli or rhythm with or without a partner. Create a short motif inspired by a stimulus. Change the speed, level and weight of my actions to communicate ideas independently. Use simple choreographic devices effectively such as unison, canon and mirroring. Select appropriate formations for a dance to express ideas. Move in time to music and improve the timing of my actions. Create movements to represent different parts of a story.
	Compete/perform	<ul style="list-style-type: none"> Take part in yoga and calming activities (including mental health day). 	<ul style="list-style-type: none"> Control my body when performing a sequence of movements. 	<ul style="list-style-type: none"> Put a sequence of actions together to create a motif (a short movement phrase which has the potential to be developed in the dance). Combine, refine and improve my own movements. Perform in a dance that tells a story. 	<ul style="list-style-type: none"> Perform sequences of my own composition with coordination on my own and in a duet. Refine and improve my movements.
Progression in Gymnastics	Acquiring and Developing	<ul style="list-style-type: none"> Begin to jump and balance. 	<ul style="list-style-type: none"> Move around, under, over and through different objects and equipment. 	<ul style="list-style-type: none"> Link two actions to make a sequence. To cooperate effectively with a partner. Copy actions and movement sequences with a beginning, middle and end. 	<ul style="list-style-type: none"> Copy, explore and remember actions and movements to create my own gymnastic sequence. Link actions to make a sequence.

	Gymnastics Skills: General		<ul style="list-style-type: none"> • Create a short sequence of movements. • Jump in a range of ways from one space to another with control. • Begin to balance with control. • Roll in different ways with control. • Travel in different ways. • Stretch in different ways. • 	<ul style="list-style-type: none"> • Recognise and copy contrasting actions (small/tall, narrow/wide). • Travel in different ways, changing direction, level and speed. • Hold still shapes and simple balances using different body parts. • Carry out simple stretches. • Carry out a range of simple jumps, landing safely. • Move around, under, over, and through different objects and equipment. • Begin to master balance, co-ordination and agility in basic yoga poses. • Develop breathing when holding yoga positions. • Link basic yoga poses together for a smooth transition. 	<ul style="list-style-type: none"> • Travel in a variety of ways, including rolling. • Hold a still shape whilst balancing on different points of the body in a performance. • Jump in a variety of ways and land with increasing control and balance. • Climb onto and jump off the equipment safely. • Use balance, agility and coordination to move between yoga poses both standing and on the floor.
	Skills: Rolls		<ul style="list-style-type: none"> • Log roll (pencil roll) 	<ul style="list-style-type: none"> • Begin to show control when rolling. • Log roll • Curled side roll • Teddy bear roll 	<ul style="list-style-type: none"> • Roll in different ways showing good coordination and control. • Log roll (within a sequence including a smooth transition) • Curled side roll (within a sequence including a smooth transition) • Teddy bear roll (controlled)
	Skills: Jumps	<ul style="list-style-type: none"> • Begin to jump and land safely. 	<ul style="list-style-type: none"> • Straight jump • Jumping Jack 	<ul style="list-style-type: none"> • Begin to jump safely in a variety of ways, bending knees to land • Show control when jumping. • Straight jump with good control • Jumping jack with good control • Tuck jump 	<ul style="list-style-type: none"> • Jump safely in a variety of ways with good control and safe balanced landing. • Tuck jump • Half turn jump
	Skills: Travelling and Linking Actions	<ul style="list-style-type: none"> • Travel around a space using running and jumping. 	<ul style="list-style-type: none"> • Jump 2 feet to 2 feet • Tiptoe, step, jump and hop. 	<ul style="list-style-type: none"> • Show control and balance when travelling along a pathway, safely and in different ways including hopscotch, skipping and galloping. • Jump 2 feet to 2 feet safely and with control. • Jump 1 foot to the same foot and 1 foot to the other. 	<ul style="list-style-type: none"> • Travelling in a variety of ways using different parts of the body, showing good control
	Skills: Shapes and Balances	<ul style="list-style-type: none"> • Begin to balance. • Begin to balance on one foot. 	<ul style="list-style-type: none"> • Standing balances including one foot 	<ul style="list-style-type: none"> • Make and hold different shapes including pike, tuck, star, straight, straddle shapes. • Hold kneeling balances. • Make shapes with partner. 	<ul style="list-style-type: none"> • Take weight on hands and feet. • Dish and bridge shapes with good control • Balances on apparatus • Create matching balances with a partner.
	Compete/ Perform	<ul style="list-style-type: none"> • Join in with others play. 	<ul style="list-style-type: none"> • Participate in performing a sequence of simple 	<ul style="list-style-type: none"> • Perform using a range of 1-3 actions and body parts with some coordination. 	<ul style="list-style-type: none"> • Perform sequences of their own composition with coordination including a start, middle and end.

			movements with some control.	<ul style="list-style-type: none"> Begin to perform learnt skills with some control including a simple start and finish. 	<ul style="list-style-type: none"> Perform and improve learnt skills with increasing control with a partner.
Progression in Games	Throwing and Catching a Ball	<ul style="list-style-type: none"> Begin to catch using different sized balls. 	<ul style="list-style-type: none"> Roll equipment in different ways. Throw underarm. Throw an object at a target. Catch equipment using two hands. 	<ul style="list-style-type: none"> Track and receive a ball. Use rolling skills in a game. Throw underarm and overarm. Catch and bounce a ball. Practise accurate throwing and consistent catching with a partner. Throw a variety of objects. 	<ul style="list-style-type: none"> Roll a ball accurately to a target and along a line. Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with control to a partner whilst keeping balanced. Aim for a stationary and moving target in a game using different types of throws. Throw a ball for distance and at a moving. Use hand-eye coordination to control a ball. Vary types of throw used
	Striking and Hitting a Ball	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Hit a ball with a bat or racquet. 	<ul style="list-style-type: none"> Use hitting skills in a simple game. Practise basic striking, sending and receiving. 	<ul style="list-style-type: none"> Hold a racket correctly to strike or hit a ball with increasing control. To hit a ball that has been thrown under arm. TO hit a ball to a target. Learn skills for playing striking and fielding games. Position the body to strike a ball.
	Travelling with a Ball	<ul style="list-style-type: none"> Bounce a ball. 	<ul style="list-style-type: none"> Move a ball in different ways, including bouncing and kicking. Use equipment to control a ball. 	<ul style="list-style-type: none"> Travel with a ball in different ways. Travel with a ball in different ways and directions (side to side, forwards and backwards) with control and fluency. To use hands and feet to dribble. 	<ul style="list-style-type: none"> Use different ways of travelling at different speeds and following different pathways, directions or courses. Bounce and kick a ball with control whilst moving. Use accurate kicking skills in a game. Use dribbling skills in a game.
	Passing a Ball	<ul style="list-style-type: none"> Kick a ball. 	<ul style="list-style-type: none"> Kick and throw an object at a target. Begin to pass an object to a partner 	<ul style="list-style-type: none"> Pass the ball to another player in a game. Use kicking skills in a game. 	<ul style="list-style-type: none"> Know how to pass the ball in different ways. Use passing effectively in a simple game.
	Using space	<ul style="list-style-type: none"> Use different ways of moving, negotiating space. Use tricycles and control the speed. 	<ul style="list-style-type: none"> Move safely around the space and equipment. Travel in different ways and speeds, including sideways and backwards. 	<ul style="list-style-type: none"> Use different ways of travelling in different directions or pathways. Move at different speeds. Begin to use space in a game. 	<ul style="list-style-type: none"> Deny or make space when attacking or defending. Begin to choose and use the best space in a game when passing and receiving.
	Attacking and Defending	<ul style="list-style-type: none"> Join in play with others. 	<ul style="list-style-type: none"> Play a range of simple games. 	<ul style="list-style-type: none"> Begin to use the terms attacking and defending. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender. 	<ul style="list-style-type: none"> Use and understand the terms attacking and defending. Use at least one technique to attack or defend to play a game successfully such as create space, pass and move.

	Tactics and Rules	<ul style="list-style-type: none"> Follow rules whilst playing games. Join in with others whilst playing a games, take turns and follow rules. 	<ul style="list-style-type: none"> Follow simple rules. 	<ul style="list-style-type: none"> Follow simple rules to play games, including team games. Begin to use a tactic to be successful. 	<ul style="list-style-type: none"> Understand the importance of rules in games and why we need them. Practise and use simple tactics within a game. Take on different roles withing a game (cricket).
	Compete/ Perform	<ul style="list-style-type: none"> Take part in obstacle courses which help me practice skills. Build an obstacle course with the help of an adult and I choose some equipment for the course. 	<ul style="list-style-type: none"> Control my body when performing a sequence of movements. Participate in simple games. 	<ul style="list-style-type: none"> Engage in competitive activities and team games. Begin to use defending and attacking skills in a team game. Use travelling and passing skills in a game. 	<ul style="list-style-type: none"> Compete against self and others to score points. To apply specific skills to an invasion game.
Progression in Athletics	Running	<ul style="list-style-type: none"> Run using the whole foot. Run negotiating space. Run adjusting my speed and direction. 	<ul style="list-style-type: none"> Run in different ways for a variety of purposes. Jog in a straight line. Vary and control speed when running. 	<ul style="list-style-type: none"> Run with a basic technique over different distances and speeds. Show good posture and balance. Change direction when jogging. Sprint in a straight line. Change direction when sprinting. Maintain control as they move around an obstacle. 	<ul style="list-style-type: none"> Run at different paces, describing the different paces. Use a variety of different stride lengths. Travel at different speeds. Begin to select the most suitable pace and speed for distance. Complete an obstacle course. Vary the speed and direction in which they are travelling. Run with basic techniques following a curved line. Be able to maintain and control a run over different distances.
	Jumping	<ul style="list-style-type: none"> Begin to jump and land safely. 	<ul style="list-style-type: none"> Jump in a range of ways, landing safely. 	<ul style="list-style-type: none"> Jump in different ways: two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Perform a short jumping sequence with control. Jump for height. Jump for distance. Land safely and with control. Work with a partner to develop the control of their jumps. 	<ul style="list-style-type: none"> Use and combine different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Combine different jumps together with some fluency and control Jump for distance from a standing position with accuracy and control. Investigate the best jumps to cover different distances. Choose the most appropriate jumps to cover different distances.
	Throwing	<ul style="list-style-type: none"> Begin to roll and throw equipment. 	<ul style="list-style-type: none"> Roll equipment in different ways. Throw underarm. Throw an object at a target. 	<ul style="list-style-type: none"> Throw underarm and overarm. Throw a object towards a target with increasing accuracy. Improve the distance they can throw by using more power. 	<ul style="list-style-type: none"> Throw different types of equipment in different ways, for accuracy and distance. Throw with accuracy at targets of different heights. Investigate ways to alter their throwing technique to achieve greater distance.

	Compete/ Perform	<ul style="list-style-type: none"> Take part in a sports day using all the skills I have practised through the year-balancing, jumping and landing, running at different speeds negotiating space as I run and throwing and catching. 	<ul style="list-style-type: none"> Control their body when performing a sequence of movements. Participate in simple games. 	<ul style="list-style-type: none"> Begin to perform learnt skills in a race situation, competing against each other. Engage in competitive activities. 	<ul style="list-style-type: none"> Use my skills in different target games. Combine more than one skill to complete and activity.
All Areas	Health and Fitness	<ul style="list-style-type: none"> Begin to be healthy and know that exercise helps me to be healthy. 	<ul style="list-style-type: none"> Exercise makes me healthy. My body gets hot when I warm up and its cools off when I cool down. Put the correct PE kit on to exercise safely. Get equipment out, use it safely and put it away again. 	<ul style="list-style-type: none"> Describe how the body feels before, during and after exercise. Explain what I need to stay healthy. 	<ul style="list-style-type: none"> Recognise and describe how the body feels during and after different physical activities. Carry and place equipment safely.
	Evaluate	<ul style="list-style-type: none"> Begin to talk about what I have done. 	<ul style="list-style-type: none"> Talk about what they have done. Talk about what others have done. 	<ul style="list-style-type: none"> Watch and describe others work. Begin to say how they could improve. 	<ul style="list-style-type: none"> Complete activities independently and improve own performance. Watch and describe others work and use what they see to improve their own work. Watch my own work and use what I see to improve my own work. Talk about the differences between their work and that of others. Show the Olympic values: friendship, respect, excellence determination, courage, equality and inspirati