



PE Progression Map

London Meed Primary



Year Group	Games	Athletics	Dance	Gymnastics	Outdoor Activities
EYFS	Develop a range of movements through activities relating to physical literacy	Develop understanding of how the body can move. Pupils develop fundamental movement skills.	Copy and explore basic movements and body patterns to different styles of music.	Develop understanding of basic movement, balancing and control. Explore different ways the body can move.	Introduction to outdoor activities. Allow opportunity to explore the environment.
YEAR 1	Continue to develop gross and fine movement skills. Identify interventions where applicable.	Explore running, jumping and throwing techniques. Pupils should begin to explain their movements.	Using a range of stimuli, pupils will begin to understand how to compose, link and perform basic movements to music.	Explore the key principles of gymnastics; rolling, jumping, travelling, balancing and sequencing.	Forest school - Introduction to basic communication and problem solving skills and activities.
YEAR 2	Introduce elements of competition into lessons. Pupils begin to link movements and skills.	Perform basic techniques to meet challenges. Pupils begin to explore distance, height and speed.	Begin to explore feelings and emotion through sequencing, rhythm and coordination.	Begin to demonstrate control and tension in movements. Pupils experience individual and partner balances.	N/A
YEAR 3	Practice sports specific skills in isolation and combination. Pupils begin to develop teamwork skills.	Pupils start to combine movements linked to throwing, jumping and running techniques.	Begin to improvise phrases and sequences to communicate key ideas and themes.	Develop understanding of basic movement balancing and control. Explore different ways the body can move.	Forest School - Introduction to activities in an outdoor setting. Allow opportunity to explore the environment.
YEAR 4	Pupils begin to apply attacking and defending principles as well as introduction to fair play.	Set realistic targets while performing techniques with increased control and consistency.	Demonstrate control, coordination and fluidity while structuring and choreographing sequences / motifs.	Develop core strength to hold shape and demonstrate control in movements for individual and partner routines.	N/A

YEAR 5	Develop complex techniques with increased success in isolated practices and competitive scenarios.	Demonstrate developed, effective techniques to maximise distance, speed and height.	Develop expressions and extended techniques such as; canon, unison and exploring a range of dynamics and relationships.	Create complex routines, greater emphasis placed upon sequencing movements and collaborating ideas.	Forest School - Develop effective turn taking skills, enhanced communication skills and responsibilities and roles. Map reading and compass skills and planning strategies to solve problems.
YEAR 5 Swimming	Water safety entering and exiting the pool safely. Demonstrate floating skills, introduction to kicking techniques, treading water. Develop breathing techniques, demonstrate each stroke over 25m distance. Demonstrate control and confidence using all 3 strokes over 25m.				
YEAR 6	Pupils develop tactical awareness in sports, understanding rules and regulations, and develop appreciation and reflection.	Identify strengths and areas of improvements in relation to individual and peer techniques / performance.	Develop extended sequences showing confidence, control, and fluency. Pupils will begin to compare, evaluate and recommend changes.	Introduction to evaluation and appreciation of movements for individual, partner and group work. Attempt developed techniques.	Implement and refine problem solving strategies. Plan and share roles and responsibilities within a group.