

# P.E Progression Map



**EYFS**  
Foundation

**Year 1&2**  
Beginner

**Year 3 & 4**  
Intermediate

**Year 5 & 6**  
Advanced

**Autumn 1**

**Multi Skills**

- Pupils to:
- Understand why sport is important
  - Run at various speeds
  - Throw with some accuracy

**Multi Skills**

- Pupils to:
- To warm up & cool down
  - Jump and land with safe technique
  - Throw at a target with some accuracy

**Multi Skills**

- Pupils to:
- Build technique in:
    - Throwing
    - Jumping
    - Striking
    - Running

**Multi Skills**

- Pupils to:
- To build technique in dealing with an opponent
  - To use different types of passes, throws and tackles

**Autumn 2**

**Games**

- Pupils to:
- Work as a team
  - Maintain balance for a short time period
  - Maintain short focus within a game scenario

**Games**

- Pupils to:
- Understand some transferable skills
  - Build traction time
  - Maintain focus within a game scenario

**Dodgeball**

- Pupils to:
- Throw over arm
  - Throw with a level of power
  - Dodge a moving ball
  - Deploy effective tactics

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**Spring 1**

**Multi Sports**

- Pupils to:
- Work as a team
  - Work on communication
  - Build skills through mini games of multiple activities

**Basketball**

- Pupils to:
- Dribble with some control
  - Use chest passes
  - Use shoulder passes
  - Use bouncing passes

**Basketball**

- Pupils to:
- Dribble in a straight line
  - Perform consistent chest, shoulder and bouncing passes
  - Receive passes.

**Basketball**

- Pupils to:
- Dribble in any direction
  - Find spaces to receive passes
  - Shoot with technique

**Spring 2**

**Football**

- Pupils to:
- Dribble forward with control
  - Use both feet to dribble
  - Pass a ball with limited control

**Football**

- Pupils to:
- Change the direction of their dribble
  - Safely perform a toe tackle
  - Being to play a match

**Football**

- Pupils to:
- Pass with accuracy
  - Control a received pass
  - Understand the different role of a goalkeeper

**Football**

- Pupils to:
- Pass with accuracy under pressure
  - Shoot for goal within a match
  - Perform as a goalkeeper

**Summer 1**

**Cricket Skills**

- Pupils to:
- Roll a ball to peer
  - Stop a moving ball
  - Hold a bat correctly
  - Gently strike a slow moving ball

**Cricket Skills**

- Pupils to:
- File using long barrier technique.
  - Stop a bouncing ball
  - Roll a ball accurately
  - Strike with technique

**Kwick Cricket**

- Pupils to:
- Throw under and overarm
  - Stop a bouncing ball
  - Bowl underarm
  - Understand the rules of a match

**Kwick Cricket**

- Pupils to:
- Catch balls when fielding
  - Attempt overarm bowling
  - Strike a bowled ball
  - Field as a team.

**Summer 2**

**Athletics**

- Pupils to:
- Throw a bean bag with some technique
  - Throw a javelin with some technique
  - Work as a team

**Athletics**

- Pupils to:
- Sprint with some technique
  - Hurdle with some technique
  - Perform a long jump

**Athletics**

- Pupils to:
- Sprint with the correct technique
  - Hurdle with the correct technique
  - Perform a high jump

**Athletics**

- Pupils to:
- Perform an efficient baton pass
  - Perform a triple jump
  - Use the correct technique when running