

PE and Sport Progression Plan Years EYFS - 6

Aspect	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Team Games	Pupils will access a variety of gross-motor and fine-motor activities.	Negotiating space when racing and chasing, adjusting speed or changing direction to avoid obstacles.	Pass a beanbag or tag in a team game, working collaboratively.	Create own games, adapting rules and understanding warm ups and cool downs.	Follow rules to play more challenging team games.	Explain, evaluate and develop ideas and plans for a game that includes a scoring system.	Use and adapt tactics, choosing the most effective one for different situations.
Sending and striking	The fine-motor activities will develop their	Pat, throw, kick, stop and sometimes catch a ball.	Stop or catch a projectile, such as a bean bag or ball, and hit with a bat or racket.	Keep control of ball-based equipment working effectively as part of a team.	Throw, catch, strike and field a ball with control and accuracy.	Use different techniques and skills to pass, dribble, travel and shoot in ball games.	To use combinations of sending and striking skills confidently and accurately.
Strategy	hand eye coordination. For example, repeated opportunities to use small tools, complete puzzles and access Art and crafts.	Accurately shadow a partner's movements.	Use a range of simple tactics to aid attacking and defending.	Choose tactics or strategies to cause problems for the opposition.	Work effectively, as part of a team, choosing an appropriate strategy or tactics to cause problems for the opposition.	Mark an opposing player or players, preventing them from gaining possession.	Apply tactical knowledge effectively in attacking and defending situations.
Dance	Gross motor activities will provide the foundation for developing healthy bodies and social and emotional wellbeing. For example, pupils	Create simple movement patterns, showing awareness of rhythm.	Perform movements to express ideas, emotions or feelings and repeat dance phrases.	Compare, develop and adapt movements and motifs to create movement.	Improvise and move with precision, control and fluency in response to a range of stimuli.	Vary dynamics of a movement or dance, developing actions in time to music, with a partner or as part of a group.	Move in time to music, creating movements that express the meaning and mood of the piece.
Athletics		Run a short distance with some control. Jump with both feet from standing. Throw a projectile in a given direction.	Run a short distance with co-ordination and speed. Throw a projectile overarm. Jump from one foot, landing on the opposite or both feet.	Demonstrate a range of throwing techniques, using accuracy and power and perform a range of jumps, sometimes with a run up.	Run with pace over longer distances and for more extended periods.	Explain how power and stamina is developed and how this improves performance.	Demonstrate a high level of control, speed, strength and stamina when running, jumping and throwing and suggest ways to improve their performance.

PE and Sport Progression Plan Years EYFS - 6

	will be able to explore the outdoor areas and will be encouraged to jump, throw, skip and hop etc.						
Gymnastics		Show control and co-ordination when moving or standing still. Perform basic sequences, using space safely and recognising simple technical words.	Balance and move over, under and through apparatus, creating a variety of shapes with the body and show a well – performed move.	Vary height and speed in a sequence of gymnastic movements.	Combine movements, actions and balances, individually or collaboratively, to create a fluid routine.	Create and perform more complex sequences, including change of direction, travelling, speed and height, showing good stability and core strength.	Combine and perform gymnastic actions, using the whole body, adapting movements and balances to a routine so that they fit into a sequence.
Outdoor/adventurous	Pupils will explore the outdoor area and follow simple routes around the school and playground.	Follow a simple route around the school grounds or a given outdoor space.	Move over, under and through spaces and obstacles outdoors.	Work effectively as part of a team to safely navigate to familiar places, solving problems and evaluating their performance.	Respond positively to increased challenges and other team members, showing ability to listen to feedback.	Plan routes and orientate maps, responding positively to increasing challenges, listening to feedback and evaluating their role.	Lead groups in problem solving, analysing their own effectiveness as a team leader.
Swimming – Children go swimming in Year 4. The following is a progression of skills.							
		Become confident in the water with an aid.	Swim 5/10 metres unaided.	Move around the water, above and below, confidently.	Swim between 25 and 50 metres unaided, performing more than one stroke. Use	Swim between 50 and 100 metres using three strokes. Show problem solving approach to survival.	Swim over 100 metres, using three strokes and perform a range of survival techniques.



PE and Sport Progression Plan Years EYFS - 6

					breathing and survival techniques. National Curriculum level.		
--	--	--	--	--	--	--	--