



Physical Education Progression Document

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Areas of Study	EYFS	Year 1	Year 2
Dance	Development Matters: <ul style="list-style-type: none"> Gross motor skills - Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <ul style="list-style-type: none"> Expressive Art and Design - Perform songs, rhymes, poems and stories with others, and, when appropriate try to move in time with music. 	National Curriculum: <ul style="list-style-type: none"> Perform dances using simple movement patterns. 	
	<ul style="list-style-type: none"> I can move to music. I can copy dance moves. I can perform some dance moves. I can move around the space safely 	<ul style="list-style-type: none"> I can copy dance moves. I can make up a short dance, after watching one. I can dance imaginatively. I can change rhythm, speed, level and direction. 	<ul style="list-style-type: none"> I can change rhythm, speed, level and direction with consistency. I can dance with control and co-ordination. I can make a sequence by linking sections together. I can link some movements to show a mood or feeling.

Gymnastics	Development Matters: <ul style="list-style-type: none"> Gross motor skills - Demonstrate strength, balance and coordination. Negotiate space and obstacles safely.	National Curriculum: <ul style="list-style-type: none"> Perform dances using simple movement patterns. 	
	I can make my body tense, relaxed, curled and stretched. I can balance on small/large body parts & understand stillness. I can make large and small body shapes. I can climb & hang from apparatus, using basic jumps to dismount. I can perform basic travelling actions on various body parts.	I can make my body tense, relaxed, curled and stretched, showing some tension. I can begin to work alone/ with someone to make a sequence of shapes/travels. I can climb safely, showing some shapes between movements. I can keep balance travelling in a range of ways along bench, spots, mat etc. I can roll in stretched/ curled positions e.g. 'log' and 'egg rolls'. I can jump and land safely.	I can make my body tense, relaxed, curled and stretched, in a range of controlled movements. I can perform a sequence with changes in speed & direction including 3 different actions (sometimes giving advice to others) I can be still on single/two + points of contact on floor/apparatus showing tension & control. I can link known shapes/travels/rolls/jumps to a balance using floor & on apparatus. I can jump/land with control using different body shapes in flight.
Invasion Games	Development Matters: <ul style="list-style-type: none"> Building Relationships - Work and play cooperatively and take turns with others. Gross Motor Skills - Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	National Curriculum: <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing, 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. 	
	I can send & receive a ball by rolling from hand & striking with foot. I can aim & throw object underarm. I can catch a balloon/bean bag/scarf & a bouncing ball. I can move and stop safely in a specific area. I can play a passing & target game alone and with a partner. I can play simple invasion games.	I can throw underarm, bounce & catch ball by self & with partner. I can kick/stop a ball using a confident foot while static. I can run straight and on a curve and sidestep with correct technique. I can begin to follow some simple rules. I can strike a ball successfully with a stick. I can apply a tactic in a 1v1 or 2v2 setting	I can perform some dribbling skills with hands and feet using space. I can pass a ball accurately (hands & feet) over longer distances to a team mate. I can combine stopping, pick up/collect & send a ball accurately to other players. I can make simple decisions about when /where to move in game to receive a ball. I can apply a tactic in a 3v1 game.

		I can play a small sided invasion game	I can engage in simple, competitive and co-operative games.
Striking & Fielding	Development Matters: <ul style="list-style-type: none"> Building Relationships - Work and play cooperatively and take turns with others. Gross Motor Skills - Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	National Curriculum: <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing, 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. 	
	I can aim & throw object underarm. I can catch a balloon/bean bag/scarf & sometimes a bouncing ball. I can use my hand to strike a bean bag or ball and move towards a scoring area. I can begin to use a bat to hit a ball or bean bag. I can play a simple game involving striking and fielding.	I can show some different ways of hitting, throwing and striking a ball. I can hit a ball or bean bag and move quickly to score a range of points (further distance scores more points). I can play as a fielder and get the ball back to a STOP ZONE. I can begin to follow some simple rules (carrying the bat, not over taking someone).	I can send a ball off a tee using a bat or a racket. I can play two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoops. I can stop moving when the 'bowler' has the ball. I can play as a fielder and pass the ball back to the bowler to make the runner stop. I can follow rules for a game (carry the bat, don't overtake, and run around the outside of the hula hoops) Play competitively to score points.
Athletics	Development Matters: <ul style="list-style-type: none"> Gross motor skills - 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. 	National Curriculum: <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing, 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. 	

	<p>I can refine my fundamental movement skills.</p> <p>I can move fluently, with developing control.</p> <p>I can negotiate space effectively.</p> <p>I can develop a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>I can become more confident, competent, precise and accurate when engaging in activities that involve a ball.</p>	<p>I can use varying speeds when running.</p> <p>I can explore footwork patterns.</p> <p>I can explore arm mobility.</p> <p>I can explore different methods of throwing.</p> <p>I can practise short distance running.</p>	<p>I can run with agility and confidence.</p> <p>I can learn the best jumping techniques for distance.</p> <p>I can throw different objects in a variety of ways.</p> <p>I can hurdle an obstacle and maintain an effective running style.</p> <p>I can run for a distance.</p> <p>I can complete an obstacle course with control and agility.</p>
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