PE - Progression Map

National Curriculum/EYFS

Physical Education at Foundation stage is covered mainly in 'Personal, Social and Emotional Development', 'Physical Development', and 'Expressive Arts and Design'. Pupils develop fundamental movement skills, becoming increasingly competent and confident, accessing a broad range of opportunities to extend their agility, balance and coordination.

At a Glance

Nursery	Reception	Year 1	Year 2
Developing movement, balancing, ball skills, climbing, group activities, and sequences related to music and rhythm.	Refining fundamental movement skills (rolling, running, crawling, hopping, walking, skipping, jumping, climbing) with developing control and grace.	Mastering basic movements including running, jumping, throwing and catching, developing balance, agility and coordination, participating in team games.	Applying basic movements in a range of activities, developing simple tactics for attacking and defending, performing dances using simple movement patterns.

HEALTH

Changes in Body

Key Skills

Nursery	Reception	Year 1	Year 2
Encouraged to be highly active and get out of breath every day.	Describes how the body feels when still and when exercising.	Describes how the body feels before, during and after exercise. Recognises a change in their heart rate.	Says when their heart rate and breathing rate will quicken. Explains how to change their heart rate and body temperature.

Warm Up and Cool Down

Key Skills

Nursery	Reception	Year 1	Year 2
(No specific content)	Understand the need to warm up.	Understand the need to warm up and cool down.	Beginning to explain why it is important to warm up and cool down (prepares body for exercise by raising body temperature and heart rate, which increases blood flow/oxygen to muscles so lessens the risk of injury).

Healthy Lifestyles

Key Skills

Nursery	Reception	Year 1	Year 2
Adults talk with children about how regular physical activity supports their overall health and wellbeing. Be increasingly independent as they get dressed and undressed.	Know and talk about the different factors that support overall health and wellbeing: regular physical activity. Manage their own needs - personal hygiene.	Understand that exercise is good for their health.	Explains what the body needs to keep healthy. Identifies that exercise is good for their health.

Key Vocabulary

Nursery	Reception	Year 1	Year 2
Health, Physical activity	Still, Warm up	Cool down, Heart rate	Breathing rate, Oxygen, Muscles, Injury, During, After, Lowers, Recovery

GYMNASTICS

Travel

Key Skills

Nursery	Reception	Year 1	Year 2
Walk - walks forwards and backwards. Crawl - crawls with arms and legs working in opposition. Jump - jumps into a hoop. Slide - slides body across the floor. Skip and Hop - explore skipping and hopping.	Foxes - travels on hands and feet, with hands and feet working in opposition. Hop - takes off and lands on the same foot. Skip - skips in a rhythmical movement.	Crawling soldiers - crawls on tummy with arms and legs working in opposition. Hop - hops over obstacles. Skip - skips in different directions, pathways and speeds.	Skip - skips to a beat. Leap - leaps by taking off from one foot and landing on the other. Gallop - gallops by leading with the same foot on each step.

Balance

Key Skills

Nursery	Reception	Year 1	Year 2
Stand on one leg and hold a pose for a game like musical statues. Squats and rises without using hands. Explore balancing on a range of surfaces.	Balances on one foot for 3 seconds. Balances along planks. Explores balancing on different body parts.	Balances on one foot for 10 seconds with some control. Balances along a narrow path.	Balances on one foot for 10 seconds with good control. Performs balances on different body parts with some control.

Body Tension

Key Skills

Nursery

Performs a curl.

Reception

Performs a stretch and curl.

Year 1

Makes their body tense, relaxed, stretched and curled.

Year 2

Describes what they feel like when they are tense, relaxed, stretched and curled.

Shapes

Key Skills

Nursery

Begins to take weight on different body parts. Performs straight, star, puck, and angry cat shapes. Performs a log roll.

Reception

Jumps up and performs a star shape in the air. Performs a puck shape (squat) and holds for 10 seconds. Performs an L shape.

Year 1

Jumps up and performs a star shape in the air. Performs a puck shape (squat) and holds for 10 seconds. Performs an L shape.

Year 2

Performs different body shapes with good control (straight, star, puck, straddle, dish, arch, L shape, pike, tuck, front support and back support).

Jump

Key Skills

Nursery

Jumps up and down, two feet to two feet. Jumps forwards, two feet to two feet.

Reception

Jumps backwards, two feet to two feet.

Year 1

Performs a range of different jumps - standing, pencil and tuck. Jumps for distance. Links a run and a jump.

Year 2

Plans and performs a sequence of 3 different jumps. Performs a range of jumps with consistent technique. Jumps over various objects with control.

Jump and Land

Key Skills

Nursery

Explores jumping on and off equipment.

Reception

Jumps off an object and lands on feet without falling over.

Year 1

Jumps off an object and lands on feet with greater control and coordination, bending legs on landing.

Year 2

Jumps off low benches and lands on the balls of feet within a hoop.

Sequence

Key Skills

Nursery	Reception	Year 1	Year 2
(No specific content)	Follows a leader to perform different actions.	Performs a sequence of three gymnastic movements with guidance.	Plans and performs a sequence of three or more movements independently. Has a clear start, middle and end when performing.

Climb

Key Skills

Nursery	Reception	Year 1	Year 2
Go up steps and stairs, or climb up apparatus, using alternate feet.	Experience carrying things up and down on different levels. Steps onto a bench with control.	Climbs up and down a ladder. Travels with confidence around, under, over and through climbing equipment.	Climbs up, across and down a climbing frame.

Key Vocabulary

Nursery	Reception	Year 1	Year 2
Travel, Balance, Body tension, Shapes, Jump, Land, Sequence, Climb	In addition to Nursery - Fox, Hop, Skip, Plank, Curl, Stretch, Star, Puck, L shape	In addition to Reception - Control, Coordination, Obstacle, Narrow, Tense, Relaxed, Range, Distance	In addition to Year 1 - Leap, Gallop, Straddle, Dish, Arch, Pike, Tuck, Front support, Back support, Sequence, Technique, Control, Coordination, Balance

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DANCE

Travel

Key Skills

Nursery	Reception	Year 1	Year 2
Walk - walks forwards and backwards. Slide - slides body across the floor.	Step - steps in different directions using small and large steps. Tip toe - moves around on tiptoes.	Step touch - step to the side with right foot, touch left foot next to it, then left foot steps sideways back to original position. Step touch on the spot - lift the right foot and touch it out to the side.	Glide - steps with one foot and slides the other foot to it, travelling sideways. Kick - moves the knee upwards and then quickly kicks downwards. Box step - the steps rest in the four corners of a square. Grape vine - step, behind, step, together.

Turn

Key Skills

Nursery	Reception	Year 1	Year 2
Turns or spins continuously on the spot.	Can perform a full turn with feet touching the floor.	Can perform a half turn with feet touching the floor and feet off the floor.	Can step and turn while moving with some control (full and half turn).

Jump or Leap

Key Skills

Nursery	Reception	Year 1	Year 2
Jumps up and down, two feet to two feet. Jumps forwards, two feet to two feet.	Jumps backwards, two feet to two feet.	Links a run and a jump.	Performs a range of jumps with consistent technique. Leap - leaps by taking off from one foot and landing on the other.

Balance

Key Skills

Nursery	Reception	Year 1	Year 2
Stand on one leg and hold a pose for a game like musical statues.	Explores balancing on different body parts.	Can hopscotch.	Begins to transfer weight from one body part to another with some control and coordination. Performs single leg squats.

Different Levels

Key Skills

Nursery	Reception	Year 1	Year 2
Explores moving at high and low levels.	Moves around a space using high and low levels with support.	Can move at high and low levels on command.	Can move at high, low and medium levels on command. Drops and rises within a dance.

Count

Key Skills

Nursery	Reception	Year 1	Year 2
Listens to music with a strong beat.	Nods their head or claps their hands in time to music with support.	Uses counts with help to stay in time with the music (counts of 8).	Use counts (to 4 or 8) to stay in time with the music.

Movement Phrase

Key Skills

Nursery	Reception	Year 1	Year 2
Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm.	Imitates moves in response to music. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Learns and repeats a given movement phrase (at least 4 x 8 beats).	Links two or more movements together to form a sequence. Creates and perform simple movement phrases of their own (at least 4 x 8 beats).

Short Dances

Key Skills

Nursery	Reception	Year 1	Year 2
Joins in with actions to rhymes.	Copies and performs some dance moves. Begins to build a repertoire of songs and dances.	Learns and performs a short dance with guidance. Shows some rhythm in a dance.	Works with a partner. Works with a partner to perform a short, mirrored dance. Works with a partner to perform a short dance where they are in time with each other (unison).

Body Control

Key Skills

Nursery	Reception	Year 1	Year 2
Explores moving different body parts together. Use large-muscle movements to wave flags and streamers.	Explores using different parts of the body singly and in combination with support. Bends and stretches their body.	Uses different parts of the body singly and in combination. Performs bounces - quickly bending the knees on the spot.	Performs isolation (moving only one part of your body while keeping everything else still) with control. Demonstrates good control over movements and good coordination.

Perform

Key Skills

Nursery	Reception	Year 1	Year 2
Moves freely to music. Claps and stamps to music.	Listen attentively, move to and talk about music, expressing their feelings and responses. Explore and engage in music making and dance, performing solo or in groups.	Performs simple dance moves in time to the music with support.	Performs simple dance moves in time to the music with some support. Performs using the space well and with expression. Shows control and coordination when performing.

Evaluate

Key Skills

Nursery	Reception	Year 1	Year 2
Respond to what they have heard, expressing their thoughts and feelings.	Watch and talk about dance and performance art, expressing their feelings and responses.	Watches others and comments on their actions, beginning to use simple gymnastics vocabulary.	Describes their own and others' movements, balances and body shapes, using simple gymnastics vocabulary. Beginning to suggest simple improvements to own and others dance.

Key Vocabulary

Nursery	Reception	Year 1	Year 2
Walk, Slide, Turn, Spin, Jump, Leap, Balance, High, Low, Beat, Rhythm, Sequence, Action, Rhyme, Muscle, Flag, Streamer, Clap, Stamp	In addition to Nursery - Step, Tip toe, Full turn, Imitate, Energetic, Dance move, Repertoire, Sing, Bend, Stretch, Music making, Solo, Group, Listen, Talk, Feelings, Response	In addition to Reception - Step touch, Half turn, Hopscotch, Count, Movement phrase, Guided, Rhythm, Partner, Mirrored, Unison, Bounce, Co-ordination, Perform, Simple, Comment	In addition to Year 1 - Glide, Kick, Box step, Grape vine, Transfer, Single leg squat, Medium, Drops, Rises, Isolations, Expression, Control, Space, Impovements

GAMES

Space

Key Skills

Nursery	Reception	Year 1	Year 2
Stands in a space.	Negotiate space and obstacles safely, with consideration for themselves and others.	Begins to use space in a game.	Chooses and uses the best space in a game.

Run

Key Skills

Nursery	Reception	Year 1	Year 2
Runs safely on whole foot. Avoids obstacles when running.	Runs and stops still on command. Travels at fast and slow speeds on command.	Runs at fast, medium and slow speeds. Beginning to travel in different directions or pathways.	Changes speed and direction whilst running. Shows balance and coordination when running at different speeds.

Agility

Key Skills

Nursery	Reception	Year 1	Year 2
Runs and stops when instructed.	Runs, stops and changes direction when instructed.	Runs, stops and changes direction with some balance and control.	Runs, stops and changes direction with balance and control.

Catch

Key Skills

Nursery	Reception	Year 1	Year 2
Catch scarves or balloons.	Sometimes catches an object (large ball).	Catches a large ball thrown at different heights. Catches a ball thrown away from them.	Catches a tennis ball or bean bag. Uses catching skills effectively in competitive games.

Aim

Key Skills

Nursery	Reception	Year 1	Year 2
(No specific content)	Beginning to throw, roll or kick an object towards a large target.	Can throw, roll or kick an object at a large target.	Can throw, roll or kick an object at a small target. Rolls a tennis ball accurately between 2 markers.

Equipment

Key Skills

Nursery	Reception	Year 1	Year 2
Knows equipment needs to be used safely.	Helps to put away small equipment correctly and safely.	Carries and places small equipment out safely.	Handles equipment safely and recognises risks involved.

Roll a Ball

Key Skills

Nursery	Reception	Year 1	Year 2
Rolls a piece of equipment.	Rolls a large ball to a partner.	Performs an underarm roll. Rolls a ball at different speeds.	Performs an underarm roll with good coordination and control.

Bounce a Ball

Key Skills

Nursery	Reception	Year 1	Year 2
Drops a ball and attempts to catch it when it bounces.	Drops and catches a ball with two hands.	Drops and catches a ball after one bounce on the move.	Bouncing a ball: continuously bounces a ball on the spot by patting it downwards with control. Dribbling with hands: dribbles a ball with two hands on the move.

Throw

Key Skills

Nursery	Reception	Year 1	Year 2
Enjoys starting to throw a ball.	Underarm throw - throws underarm.	Overarm throw - throws overarm.	Performs a two handed throw. Performs an underarm and overarm throw with good coordination and control. Throws a range of objects, changing their action for accuracy and distance.

Pass a Ball

Key Skills

Nursery	Reception	Year 1	Year 2
Attempts to pass a ball to another person.	Passes a large ball to a partner with accuracy.	Passes the ball to another player in a game.	Knows how to pass the ball in different ways (bounce, underarm, overarm, chest pass).

Kick a Ball

Key Skills

Nursery	Reception	Year 1	Year 2
Lifts a leg off the ground to kick a ball. Enjoys starting to kick a ball.	Kick a ball - imparts force to a stationary object with a foot.	Kicking a ball - kicks a stationary ball with control towards a designated target. Kicks a moving ball.	Dribbles a ball with their feet. Trapping with feet - traps a moving ball with their feet.

Strike an Object

Key Skills

Nursery	Reception	Year 1	Year 2
Hits a ball with hands.	Strikes or hits a stationary ball with a bat.	Strikes or hits a ball thrown to them. Positions their body to hit a ball/object.	Striking an object - strikes an object using a bat with control. Uses a hockey stick to guide/push a ball around an obstacle course. Throws a ball into the air and hits it towards a target.

Retrieval

Key Skills

Nursery	Reception	Year 1	Year 2
Follows a rolling ball and retrieves it when it stops.	Attempts to track and retrieve rolling balls and other equipment sent to them.	Tracks and retrieves rolling balls and other equipment sent to them.	Moves to track and retrieve a rolling ball, stopping it with hands or feet. Runs ahead of a ball rolling away from them and turns to stop and retrieve it.

Relay

Key Skills

Nursery	Reception	Year 1	Year 2
(No specific content)	(No specific content)	Takes part in a relay with guidance.	Takes part in a relay, beginning to know when to run and what to do.

Attack and Defend

Key Skills

Nursery	Reception	Year 1	Year 2
Joins in ring games.	Plays racing and chasing games.	Begins to use the terms attacking and defending. Uses the simple attacking skill 'dodging' to get past a defender.	Uses and understands the terms attacking and defending. Uses simple defensive skills such as marking a player or defending a space.

Competitive Games

Key Skills

Nursery	Reception	Year 1	Year 2
Participates in simple games, e.g. What's the time Mr Wolf?	Engages in competitive games. Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.	Moves away from an opponent in a game. Begins to show good agility - able to move or change position quickly.	Shows awareness of teammates in a competitive game. Shows good agility - able to move or change position quickly. Begins to use simple tactics in a competitive game.

Teamwork

Key Skills

Nursery	Reception	Year 1	Year 2
Start taking part in some group activities, which they make up for themselves, or in teams. Learns about turn taking and waits for a turn.	Play cooperatively and take turns with others.	Works well in a group to complete a simple challenge.	Begins to communicate with others during game situations.

Rules in Games

Key Skills

Nursery	Reception	Year 1	Year 2
Increasingly follow rules, understanding why they are important. Remember simple rules without needing an adult to remind them.	Follows a simple rule, e.g. traffic lights - green and red for start and stop. Explain the reasons for rules, know right from wrong and try to behave accordingly.	Follows the rules of a simple game and understands the importance of them.	Explains the rules of a simple game.

Key Vocabulary

Nursery	Reception	Year 1	Year 2
Space, Run, Obstacles, Agility, Catch, Scarf, Balloon, Equipment, Safe, Roll, Bounce, Throw, Pass, Kick, Strike, Hit, Retrieve, Track, Follow, Ring game, Simple game, Group, Team, Turn taking, Rule	In addition to Nursery - Negotiate, Stop, Still, Fast, Slow, Direction, Object, Large ball, Target, Throw, Roll, Kick, Underarm, Stationary, Force, Bat, Risks, Partner, Two hands, Dribble, Competitive, Independence, Resilience, Perseverance, Challenge, Cooperative	In addition to Reception - Speed, Pathway, Heights, Underarm roll, Overarm throw, Accuracy, Distance, Player, Game, Designated, Moving ball, Attacking, Defending, Dodging, Opponent, Agility, Balance, Control, Relay	In addition to Year 1 - Balance, Coordination, Tennis ball, Bean bag, Markers, Dribbling, Trapping, Hockey stick, Obstacle course, Accuracy, Distance, Bounce pass, Chest pass, Teammates, Tactics, Marking, Communication