



## PE Key Concepts Progression Map

Key Concept	EYFS		KS1		KS2			
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
<b>Competence (the mindset behind being an athlete)</b>	<p><u>Locomotion</u></p> <ul style="list-style-type: none"> <li>-Children will perform fundamental movement skills in isolation.</li> <li>-Children will land and jump safely.</li> <li>-Children will develop their ability to walk and move into space, change direction and keep away from the defenders.</li> </ul> <p><u>Manipulation</u></p> <ul style="list-style-type: none"> <li>-Children will run to collect a piece of equipment.</li> <li>-Children will pick up objects whilst on the move.</li> </ul> <p><u>Stabilisation</u></p> <ul style="list-style-type: none"> <li>-Children will hold a balance for 3-5 seconds.</li> </ul>	<p><u>Locomotion</u></p> <ul style="list-style-type: none"> <li>-Children will run into space evading opponents by changing directions.</li> <li>-Children will perform movements in isolation whilst focusing on simple points.</li> </ul> <p><u>Manipulation</u></p> <ul style="list-style-type: none"> <li>-Children will perform a range of throws over different distances.</li> <li>-Children will take part in simple games safely using objects.</li> <li>-Children will stop a ball rolling or bouncing towards them.</li> </ul> <p><u>Stabilisation</u></p> <ul style="list-style-type: none"> <li>-Children will hang from apparatus using upper body strength.</li> </ul> <p><u>Movement to Music</u></p> <ul style="list-style-type: none"> <li>-Children will respond to a range of stimuli.</li> </ul> <p><u>Ball Games</u></p> <ul style="list-style-type: none"> <li>-Children will participate in simple team games with basic rules.</li> </ul> <p><u>Run, Jump and Throw</u></p> <ul style="list-style-type: none"> <li>-Children will try different ways to find the most successful.</li> </ul>	<p><u>Locomotion</u></p> <ul style="list-style-type: none"> <li>-Children can change speed when moving.</li> <li>-Children will run, dodge and stay in a space avoiding the defenders.</li> </ul> <p><u>Manipulation</u></p> <ul style="list-style-type: none"> <li>-Children will throw accurately to a partner or target.</li> <li>-Children will stop a ball that is rolling, bouncing or travelling through the air.</li> </ul> <p><u>Stabilisation</u></p> <ul style="list-style-type: none"> <li>-Children will perform three different jumps.</li> </ul> <p><u>Movement to Music</u></p> <ul style="list-style-type: none"> <li>-Children will use high, medium and low levels.</li> </ul> <p><u>Ball Games</u></p> <ul style="list-style-type: none"> <li>-Children will roll a ball accurately to a partner.</li> <li>-Children will stop a ball quickly.</li> </ul> <p><u>Run, Jump and Throw</u></p> <ul style="list-style-type: none"> <li>-Children will use different ways of throwing.</li> <li>-Children will take off from one and two feet.</li> </ul>	<p><u>Taekwondo (Invasion)</u></p> <ul style="list-style-type: none"> <li>-Children will understand how to attack and defend in different basic games.</li> <li>Children will explain the aim of the game.</li> <li>-Children will link different game-based actions and skills.</li> </ul> <p><u>Dance</u></p> <ul style="list-style-type: none"> <li>-Children will extend dance skills by using more than one theme to create movements and actions forming longer sequences.</li> </ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>-Children will continue to try new movements even when they are finding it challenging to move and balance asymmetrically</li> </ul>	<p><u>Basketball (Invasion)</u></p> <ul style="list-style-type: none"> <li>-Children will dodge to receive a pass from a team mate.</li> <li>-Children will vary the use of skills, actions and ideas to suit the nature of the game.</li> </ul> <p><u>Rounders (Striking and Fielding)</u></p> <ul style="list-style-type: none"> <li>-Children will bowl a ball accurately to a partner.</li> <li>-Children will field a ball back to the correct place or person.</li> </ul> <p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>-Children will run at different speeds</li> <li>-Children will throw overarm for distance</li> </ul> <p><u>Gymnastics into Dance</u></p> <ul style="list-style-type: none"> <li>-Children will use apparatus safely.</li> </ul>	<p><u>Taekwondo (Invasion)</u></p> <ul style="list-style-type: none"> <li>-Children can use generic skills and apply them to more sport specific activities.</li> </ul> <p><u>Gymnastics into Dance</u></p> <ul style="list-style-type: none"> <li>-Children will explain the similarities between dance and gymnastics and apply transferable skills.</li> </ul> <p><u>Cricket (Striking and Fielding)</u></p> <ul style="list-style-type: none"> <li>-Children will throw accurately over a range of distances.</li> <li>-Children will strike a moving ball before the bounce.</li> </ul>	<p><u>Basketball (Invasion)</u></p> <ul style="list-style-type: none"> <li>-Children will show strong understanding of more advanced games, rules, tactics and skills.</li> <li>-Children will link running, jumping, throwing/hitting skills to show fluency and control while in a competitive situation.</li> </ul> <p><u>Gymnastics into Dance</u></p> <ul style="list-style-type: none"> <li>-Children will show creativity and improvisation in the choreography of the routine.</li> <li>-Children will change movements and actions to match the pace of the music.</li> </ul> <p><u>Tennis (Net and Wall)</u></p> <ul style="list-style-type: none"> <li>-Children will apply a range of different shots on either side of the body.</li> </ul> <p><u>Rounders (Striking and Fielding)</u></p> <ul style="list-style-type: none"> <li>-Children will show a variety of throwing skills appropriate for cricket, such as bowling, and long and short throws when fielding.</li> </ul> <p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>-Children will demonstrate a range of athletic skills and techniques in running, jumping and throwing activities.</li> </ul>	

<b>Creativity</b>	<u>Locomotion</u> -Children will move their bodies using big actions whilst listening to music.  <u>Manipulation</u> -Children will find space when required to do so.  <u>Stabilisation</u> -Children will perform different body shapes with stillness and control.	<u>Locomotion</u> -Children will move in relation to the music and respond with appropriate movements and actions. -Children will ensure their movements are big and clear.  <u>Stabilisation</u> -Children will confidently jump from gymnastic benches and land with control and balance.  <u>Movement to Music</u> -Children will create simple actions to music.	<u>Locomotion</u> -Children can perform actions with control and tension  <u>Stabilisation</u> -Children will link and perform three different jumps.  <u>Movement to Music</u> -Children will create a dance to match the music.	<u>Tag Rugby (Invasion)</u> -Children will look at how attackers can create space, creating opportunities for the ball carrier to pass if they are tagged. -Children will combine passing and moving to create attacking opportunities to score a try.  <u>Dance</u> -Children will respond to different stimuli being able to add drama and emotion to the dance -Children will interpret the music and perform with good timing whilst show expression and creativity.	<u>Basketball</u> -Children will move into space to catch or receive the ball.  <u>Gymnastics into Dance</u> -Children will create a sequence of movement with or without music. -Children will create and perform longer sequences of movements.	<u>Tag Rugby (Invasion)</u> -Children can create and share tactical ideas.  <u>Gymnastics into Dance</u> -Children can work in a small group to share ideas and reach an agreement. -Evaluate my own performance and that of others. -Explain how the actions reflect the theme and music.	<u>Gymnastics into Dance</u> -Children will show creativity and improvisation in the choreography of the routine.
<b>Healthy Active Lifestyle</b>	<u>Locomotion</u> -Children will include basic movement skills whilst playing basic games.  <u>Manipulation</u> -Children will enjoy trying new skills.	<u>Locomotion</u> -Children will demonstrate a basic understanding of agility, balance and coordination and why they are important.  <u>Movement to Music</u> -Children will match the pace of movement to the pace of music.	<u>Locomotion</u> -Children will take off on one or two feet and land safely.		<u>Athletics</u> -Children will show resilience to complete challenging physical activities.	<u>Tag Rugby (Invasion)</u> -Children can sustain physical activity for the duration of the lesson.  <u>Cricket (Striking and Fielding)</u> -Children will show resilience to overcome challenges.	

<b>Knowledge and Understanding</b>	<u>Locomotion</u>	<u>Locomotion</u>	<u>Locomotion</u>	<u>Tag Rugby (Invasion)</u>	<u>Basketball (Invasion)</u>	<u>Taa Rugby (Invasion)</u>	<u>Tennis (Net and Wall)</u>
	<ul style="list-style-type: none"> <li>-Children will apply rules whilst playing fun games, such as tag.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will start to create and apply simple tactics for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>-Children can link different game-based actions and skills</li> <li>-Children understand the importance of running at a variety of different speeds depending on the scenario.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will start moving with the ball, passing and receiving in order to keep possession of the ball.</li> <li>-Children will know the purpose of tagging, when, where and why this is applied during a game.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will create tactics with my teammates.</li> </ul>	<ul style="list-style-type: none"> <li>-Children can help to manage to rules and score of a game.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will judge the power needed on each shot to place the ball in the desired location.</li> </ul>
	<u>Manipulation</u>	<ul style="list-style-type: none"> <li>-Children will throw and kick objects in the correct direction or towards a target.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will develop an understanding of why rules are important in a game.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will develop life skills such as cooperation and communication as they collaborate with others including their opponents.</li> </ul>	<u>Gymnastics into Dance</u>	<u>Gymnastics into Dance</u>	<u>Rounders (Striking and Fielding)</u>
	<ul style="list-style-type: none"> <li>-Children will stabilise objects in the correct direction or towards a target.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will balance on apparatus at a low level.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will remember a movement pattern in order to repeat it and refine it.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will adapt movements to work cooperatively.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will make correct decisions on when it is safe to run.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will communicate effectively with team mates to implement tactics whilst on the batting team and fielding team.</li> </ul>	
	<u>Stabilisation</u>	<ul style="list-style-type: none"> <li>-Children will positively comment on other children's ideas.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will attempt new challenging skills.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will create a performance which will include; stage presence, timing, rhythm and sustaining character.</li> </ul>	<u>Rounders (Striking and Fielding)</u>	<u>Cricket (Striking and Fielding)</u>	
	<ul style="list-style-type: none"> <li>-Children will explain how to land and balance.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will remember a movement pattern in order to repeat it and refine it.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will use apparatus safely.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will know the difference between symmetry and asymmetry in their balances and movements</li> </ul>	<u>Athletics</u>	<ul style="list-style-type: none"> <li>-Children will communicate to team mates to provide information on whether to run or not.</li> </ul>	
	<ul style="list-style-type: none"> <li>-Children will stabilise objects in the correct direction or towards a target.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will positively comment on other children's ideas.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will attempt new challenging skills.</li> </ul>	<ul style="list-style-type: none"> <li>-Children will work as a team to complete challenges.</li> </ul>		<ul style="list-style-type: none"> <li>-Children will work as a team member to help the team to succeed.</li> <li>-Children will understand different techniques required to be successful in different athletic disciplines.</li> </ul>	

<p><b>Physical and Motor Development</b></p>	<p><b><u>Locomotion</u></b></p> <ul style="list-style-type: none"> <li>-Children will move their bodies from one place to another.</li> <li>-Children will show good balance whilst hopping on either foot.</li> </ul> <p><b><u>Manipulation</u></b></p> <ul style="list-style-type: none"> <li>-Children will pick up objects whilst on the move.</li> </ul> <p><b><u>Stabilisation</u></b></p> <ul style="list-style-type: none"> <li>-Children will stop and stand still instantly on a command after running.</li> <li>-Children will stand on two feet slightly bending knees following a jump.</li> </ul>	<p><b><u>Locomotion</u></b></p> <ul style="list-style-type: none"> <li>-Children will take off from one and two feet.</li> </ul> <p><b><u>Manipulation</u></b></p> <ul style="list-style-type: none"> <li>-Children will throw and catch an object on their own.</li> <li>-Children will bounce a ball and catch or bounce again.</li> <li>-Children will start catching an object when thrown by a partner.</li> </ul> <p><b><u>Stabilisation</u></b></p> <ul style="list-style-type: none"> <li>-Children will coordinate their body to twist, turn and rotate.</li> </ul> <p><b><u>Run, Jump and Throw</u></b></p> <ul style="list-style-type: none"> <li>-Children will aim to throw at a stationary target.</li> </ul>	<p><b><u>Locomotion</u></b></p> <ul style="list-style-type: none"> <li>-Children will run between posts, marker or the wicket to score runs.</li> <li>-Children will throw a ball with an overarm action for greater distance.</li> </ul> <p><b><u>Manipulation</u></b></p> <ul style="list-style-type: none"> <li>-Children will dribble a ball with feet or hands.</li> <li>-Children will catch a ball or bean bag.</li> </ul> <p><b><u>Stabilisation</u></b></p> <ul style="list-style-type: none"> <li>-Children will hold a balance or shape still.</li> </ul> <p><b><u>Ball Games</u></b></p> <ul style="list-style-type: none"> <li>-Children will hit a moving ball that has been thrown towards them.</li> </ul> <p><b><u>Run, Jump and Throw</u></b></p> <ul style="list-style-type: none"> <li>-Children will use their whole body to help them jump higher and further.</li> </ul>	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>-Children will make their movements big and clear.</li> </ul> <p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>-Children will move and balance symmetrically and asymmetrically</li> <li>-Children will apply extension to their fingers and toes</li> <li>-Children will use different levels and connection points in their balances</li> </ul>	<p><b><u>Gymnastics into Dance</u></b></p> <ul style="list-style-type: none"> <li>-Children will perform a range of balances on different body parts.</li> </ul> <p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>-Children will take off on one or two feet and land safely.</li> </ul>	<p><b><u>Cricket (Striking and Fielding)</u></b></p> <ul style="list-style-type: none"> <li>-Children will catch a batted ball while in a fielding position.</li> </ul>	<p><b><u>Tennis (Net and Wall)</u></b></p> <ul style="list-style-type: none"> <li>-Children will show good control of the racket and ball.</li> </ul>
--	---	---	---	---	---	---	---