



# PE Progression Map

Subject Leader: Mr Bayliss

	Nursery	Reception	Year 1	Year 2
Athletics	<ul style="list-style-type: none"> <li>-Run skilfully, negotiating space</li> <li>-Run safely on whole foot</li> </ul>	<ul style="list-style-type: none"> <li>-Negotiates space successfully when playing chasing games; adjusting speed and changing direction</li> <li>-Avoids obstacles when moving around both at speed and at walking pace</li> </ul>	<ul style="list-style-type: none"> <li>-Able to run at different speeds</li> <li>-Know different ways to throw</li> <li>-Able to jump for height, distance and use a combination of both</li> </ul>	<ul style="list-style-type: none"> <li>-Can change speed and direction when running</li> <li>-Able to move in a variety of different ways and around cones and objects</li> <li>-Develop a strong sense of space and spatial awareness</li> </ul>
Dance	<ul style="list-style-type: none"> <li>-Uses movement to express feelings</li> <li>-Creates forms of expression in response to music</li> </ul>	<ul style="list-style-type: none"> <li>-Represent own ideas through dance</li> <li>-Create gesture and movements in order to express feelings , ideas and experiences</li> </ul>	<ul style="list-style-type: none"> <li>-Remembers simple movements and routines</li> <li>-Able to respond to a range of stimuli linking sounds and movement</li> </ul>	<ul style="list-style-type: none"> <li>-Move to a beat/rhythm</li> <li>Negotiates space clearly</li> <li>-Able to add change to a sequence</li> <li>-Vary the size and shape made with body</li> </ul>
Gymnastics	<ul style="list-style-type: none"> <li>-Moves freely in a variety of different ways</li> <li>-Squats and rises without using hands</li> <li>-Climbs confidently and can pull self up onto climbing equipment independently</li> </ul>	<ul style="list-style-type: none"> <li>-Experiments with different ways of moving e.g. skipping, hopping</li> <li>-Jumps off an object and lands safely</li> <li>-Able to stand on one foot</li> </ul>	<ul style="list-style-type: none"> <li>-Jumps off an object and lands safely</li> <li>-Able to jump from a standing position</li> <li>-Able to balance on a piece of apparatus</li> <li>-Able to form different body shapes</li> <li>-Able to take part in partner work</li> </ul>	<ul style="list-style-type: none"> <li>-Explore and create different pathways and patterns</li> <li>-Link movements together</li> <li>-Carry out more sophisticated movements such as turns, spins and a return sequence</li> </ul>
Games	<ul style="list-style-type: none"> <li>-Can catch and kick large ball</li> <li>-Can join in with simple gross motor based games</li> </ul>	<ul style="list-style-type: none"> <li>-Shows increasing control over an object e.g. rolling etc.</li> <li>-Tackle new challenges and manage risks</li> <li>-Demonstrate an understanding of how games work e.g. following instructions, turn taking</li> </ul>	<ul style="list-style-type: none"> <li>-Able to send and receive a ball in a variety of ways e.g. rolling, kicking</li> <li>-Play a range of games developing simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>-Understand the importance of rules in a game</li> <li>-Develop own games with peers</li> <li>-Balance a ball on a bat</li> <li>To be able to dribble a ball, weaving in and out of obstacles</li> </ul>

		<ul style="list-style-type: none"><li>-Able to send and receive a ball in a variety of ways e.g. rolling, kicking</li></ul>	<ul style="list-style-type: none"><li>-Have more control over hand/eye coordination e.g. receives a ball with basic control</li><li>-Able to participate in a game with an opposing team</li></ul>	<ul style="list-style-type: none"><li>-Play a range of games developing simple tactics for attacking and defending, fielding and batting</li><li>-Able to participate in a game with an opposing team</li></ul>
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