

PE: Progression

Strand	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Motor Competence	• Master basic movements: running, stopping, jumping, hopping, skipping; develop balance. • Roll, throw, catch and track balls; hold a racket/bat and begin simple striking.	• Master basic movements: running, stopping, jumping, hopping, skipping; develop balance. • Roll, throw, catch and track balls; hold a racket/bat and begin simple striking.	• Perform movements with greater speed, balance, coordination and agility; refine athletic technique. • Dribble, pass and shoot with increasing accuracy; strike with greater consistency in racket and bat sports.	• Develop technique for gymnastics rolls and balances; learn correct sprinting, throwing and jumping technique. • Dribble with control using inside/outside of the foot or either hand; develop cricket and rugby handling skills.	• Refine gymnastics sequences; improve sprint starts, acceleration and jumping performance. • Refine dribbling and striking technique using a wider range of skills under pressure.	• Perform advanced gymnastics balances and sequences with fluency and control. • Dribble confidently with one hand, changing speed and direction; develop shot placement and anticipation.	• Demonstrate confidence, control and precision in advanced gymnastics skills; embed advanced athletic technique. • Protect the ball whilst dribbling under pressure; apply advanced technique under pressure across sports.
Rules, Tactics & Strategies	• Begin to understand simple attacking and defending roles through games. • Choose simple actions during games; apply techniques in competitive relay races.	• Begin to understand simple attacking and defending roles through games. • Choose simple actions during games; apply techniques in competitive relay races.	• Apply simple attacking and defending strategies in a variety of games. • Make quicker decisions based on the movement of teammates and opponents; apply techniques in competition.	• Understand the key invasion game concepts of possession, space, attacking and defending, which transfer across sports. • Apply basic concepts within a specific sport; begin participating in modified competitive situations.	• Combine passing, dribbling and shooting to create scoring opportunities; develop 2v1 attacking and defending. • Apply invasion game concepts consistently within competitive play; make tactical decisions during games.	• Transfer invasion game concepts between sports (e.g. football into handball, basketball into netball). • Adapt decisions according to the game situation; begin evaluating performances and officiating.	• Select, adapt and evaluate invasion game concepts independently across different sports. • Apply zonal defence and advanced tactics; confidently officiate own games and evaluate performances critically.
Healthy Participation	• Understand the effects of exercise on the body: notice breathing, heart rate and getting hotter when exercising.	• Understand the effects of exercise on the body: notice breathing, heart rate and getting hotter when exercising.	• Understand why we warm up: get our body and brain ready for the lesson and reduce the risk of injury.	• <i>*Explain what a good warm-up should include and why it helps prepare the muscles and body for exercise.</i>	• <i>*Explain the immediate effects of exercise on the body (e.g. increased heart rate and breathing) and why cooling down matters.</i>	• <i>*Understand how regular exercise affects fitness over time and identify simple ways to stay active for health.</i>	• Confidently lead warm-ups linked to specific events and identify the key muscles used during performance.