




PE Progression Map Year 1

National Curriculum	Area	Theme	Knowledge/Skills (Sequence of learning)	
<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and 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 • perform dances using simple movement patterns. 	Athletics	Health and Fitness	<ol style="list-style-type: none"> 1) Describe how the body feels before, during and after exercise 2) Carry and place equipment safely 	body, exercise, describe equipment, knees, back
		Running	<ol style="list-style-type: none"> 1) Vary their pace and speed when running 2) Run with a basic technique over different distances 3) Show good posture and balance 4) Jog in a straight line 5) Change direction when jogging 6) Sprint in a straight line 7) Change direction when sprinting 8) Maintain control when they change direction when jogging or sprinting 	pace, speed, accelerate technique, distance posture, balance jog, straight line change direction sprint control, balance
		Throwing	<ol style="list-style-type: none"> 1) Throw underarm and overarm 2) Throw a ball towards a target with increasing accuracy 3) Improve the distance they can throw by using more power 	underarm, overarm throw, increasing accuracy, aim distance, power, technique
		Jumping	<ol style="list-style-type: none"> 1) Perform different types of jumps: for example: 2) 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to the same foot or 1 foot to the other foot. 3) Perform a short jumping sequence 4) Jump as high as possible 5) Jump as far as possible 6) Land safely and with control 7) Work with a partner to develop the control of their jumps 	Types of jump Short jumping sequence high far, distance land, safely, control partner
		Compete/Perform	<ol style="list-style-type: none"> 1) Begin to perform learnt skills with some control 2) Engage in competitive activities and team games 	perform, control competition, team
		Evaluate	<ol style="list-style-type: none"> 1) Watch and describe performances 2) Begin to say how they could improve 	describe improve
	Dance	Health and Fitness	<ol style="list-style-type: none"> 1) Describe how the body feels before during and after exercise 2) Carry and place equipment safely 	body, exercise, describe equipment, knees, back

		Dance Skills	<ol style="list-style-type: none"> 1) Copy and repeat actions 2) Put a sequence of actions together to create a motif 3) Vary the speed of their actions 4) Use simple choreographic devices such as unison, canon and mirroring 5) Begin to improvise independently to create a simple dance 	copy, repeat sequence, motif vary speed unison, canon, mirroring improvise independently
		Complete / Performs	<ol style="list-style-type: none"> 1) Perform using a range of actions and body parts with some co-ordination (3 actions and 3 body parts) 2) Begin to perform learnt skills with some control eg turning, reaching 	co-ordination, actions, body parts turning, reaching, control
		Evaluate	<ol style="list-style-type: none"> 1) Watch and describe performances 2) Begin to say how they could improve 	describe improve
	Games	Health and Fitness	<ol style="list-style-type: none"> 1) Describe how the body feels before, during and after exercise 2) Carry and place equipment safely 	body, exercise, describe equipment, knees, back
		Tactics and Rules	<ol style="list-style-type: none"> 1) Follow simple rules to play games: <ul style="list-style-type: none"> • Individually • As a team • Use attacking skills – dodging to get past 2) Use simple defensive skills: <ul style="list-style-type: none"> • Marking a player • Defending a space 	rules, games individual team attacking, dodging defending, marking, space
		Strike and hitting a ball	<ol style="list-style-type: none"> 1) Use hitting skills in a game 2) Practise basic striking, sending and receiving 	hitting striking, sending, receiving
		Throwing and catching a ball	<ol style="list-style-type: none"> 1) Throw underarm and overarm 2) Catch and bounce a ball 3) Use rolling skills in a game 4) Practise accurate throwing and consistent catching 	underarm, overarm catch, bounce roll accurate, aim
		Attacking and defending	<ol style="list-style-type: none"> 1) Begin to use the terms attacking and defending 2) Use simple defensive skills: 3) Marking a player 4) Defending a space 5) Use simple attacking skills such as dodging to get past a defender 	attacking, defending defensive skills marking a player defending a space dodging
		Travelling with a ball	<ol style="list-style-type: none"> 1) Travel with a ball in different ways 2) Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency 	travel directions control, fluency
		Using space	<ol style="list-style-type: none"> 1) Use different ways of traveling in different directions and pathways 2) Run at different speeds 3) Begin to use space in a game 	traveling, directions, pathways speeds space
		Passing a ball	<ol style="list-style-type: none"> 1) Pass the ball to another player in a game 2) Use kicking skills in a game 	pass kick

Gymnastics	Complete / Perform	<ul style="list-style-type: none"> 1) Perform using a range of actions and body parts with some co-ordination. (run, jump, throw, catch) 2) Begin to perform learnt skills with some control 3) Engage in competitive activities and team games 	run, jump, throw, catch, co-ordination perform competition, games
	Evaluate	<ul style="list-style-type: none"> 1) Watch and describe performances 2) Begin to say how they could improve 	describe improve
	Health and Fitness	<ul style="list-style-type: none"> 1) Describe how the body feels before, during and after exercise 2) Carry and place equipment safely 	body, exercise, describe
	Rolls	<ul style="list-style-type: none"> 1) Log roll (controlled) 2) Curled side roll (egg roll - controlled) 3) Teddy bear roll (controlled) 	log curled side roll teddy bear roll
	Acquiring and developing skills (General)	<ul style="list-style-type: none"> 1) Create and perform a movement sequence 2) Copy actions and movement sequences with a beginning, middle and end 3) Link 2 actions to make a sequence 4) Recognise and copy contrasting actions (small / tall, narrow / wide) 5) Travel in different ways changing direction and speed 6) Hold still shapes and simple balances 7) Carry out simple stretches 8) Carry out a range of simple jumps landing safely 9) Move around, under, over and through different objects and equipment 10) Begin to move with control and care 	sequence beginning, middle, end actions contrasting actions travel, direction, speed still, balance stretches jumps, landing around, under, over, through control
	Vault	<ul style="list-style-type: none"> 1) Straight jump off springboard 	straight jump
	Shapes and Balances	<ul style="list-style-type: none"> 1) Standing balances 2) Kneeling balances 3) Pike, tuck, star, straight, straddle shapes 	standing balance kneeling balance pike, tuck, star, straight, straddle
	Handstands, cartwheels and round offs	<ul style="list-style-type: none"> 1) Bunny Hop 2) Front support wheelbarrow with partner 	bunny hop wheelbarrow
	Jumps	<ul style="list-style-type: none"> 1) Straight jump 2) Tuck jump 3) Jumping jack 4) Half turn jump 5) Cat spring 	straight, tuck, jumping jack, half turn, cat spring
	Travelling and linking actions	<ul style="list-style-type: none"> 1) Tiptoe, step, jump and hop 2) Hopscotch 3) Skipping 4) Galloping 	tiptoe, hopscotch, skipping, galloping
	Compete and perform	<ul style="list-style-type: none"> 1) Perform using a range of actions and body parts with some co-ordination 2) Begin to perform learnt skills with some control 	perform control
Evaluate	<ul style="list-style-type: none"> 1) Watch and describe performances 2) Begin to say how they could improve 	describe improve	

