



**PE- Skills Progression Map**

Skills	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Gymnastics</b>	Performing and linking simple gymnastics movements.	Gymnastics take-offs and landings.	Identifying and describing good-quality form and movement. Simple gymnastics scoring and judging. Static and dynamic balances.	Body control skills in gymnastics rolls, jumps and sequences. Increasing flexibility through static and dynamic stretches.	Cartwheels and explosive movements in gymnastics.	Performing extended gymnastics sequences with or without props.	Incorporating flight and high apparatus into gymnastics.
<b>Dance</b>	Creating short dance sequences. Body movement basics, including balancing self and objects.	Expressing feelings of characters through dance	Performing dance in duets and formations.	Increasing flexibility through static and dynamic stretches. Creating, performing and evaluating dance sequences.	Character, formations and freeze frame positions in dance.	Understanding locomotor vs non-locomotor movement in dance.	Exploring street dance and haka, performing for others.
<b>Tennis</b>	Moving and controlling objects like beanbags,	Hitting objects with a hand or bat.	Basic net game rules and skills such as boundary lines	Basic racquet skills, such as forehand shots and serves.	Pull shot technique and run-scoring strategies for	Cricket overarm bowling and wicket keeping skills.	

	balloons and balls.		Bowling and batting.		cricket.	Use of volley shots and overhead shots in tennis, plus doubles play. Play tennis with full scoring.	
<b>Hockey</b>				Recognise key features of a hockey stick, including how to hold it. Play and control the ball using flat part of stick. Attempt to dribble and score.	Hockey-stick handling skills, passing and run pacing.	Explain the role of a defender in a competitive game. Use the block tackle in insolation Apply basic defensive positions in a game.	Self-passing and channelling in hockey.
<b>Netball</b>	Catching and throwing beanbags and balls.	Catching and throwing balls of different sizes.	Basic net game rules and skills, such as boundary lines	Netball zone play and passing tactics.	High five positions and one to one marking in netball.	Bounce passing, one-and-two-handed shooting in netball.	Netball rebounding and pass/shot marking.
<b>Cricket</b>			Throwing and catching games. Hit and strike a ball with racquets and bats. Take part in simple,	Hit a stationary ball into space using the straight drive. To bowl underarm to a batter with some	Cricket overarm bowling and wicket keeping skills.	To throw accurately over short distances to get batters out. To follow the path of the ball to catch as a	To track and catch a high ball consistently. To perform a short-pitched bowl to get a batter to hit the

			striking and fielding games.	consistency. To throw longer distances overarm.		wicketkeeper. To set a field in a game to limit the runs scored by a batter.	ball in the air.
<b>Athletics</b>	Controlling speed and direction in running games. Navigating obstacle courses.	Linking running and jumping, long distance throwing.	Jumping for distance and height.	Completing running and jumping challenges.	Baton passing, discus throw and running on curved tracks.	Sprinting and pacing for distance when running.	Sprint starts for athletics.
<b>Football</b>	Moving and controlling objects like beanbags, balloons and balls.	Tracking and retrieving rolling balls.	Dribbling and passing balls. Goalkeeping principles. Basic net game rules and skills, such as boundary lines.	Passing, dribbling and teamwork for football.	Tackling, passing and goal-side marking in football.	Handball jump shots, set plays and goalkeeping.	Football penalty starts, tactical use of space, team attack and defence.
<b>Rounders</b>	Differentiated ways to manoeuvre objects.	Basic of games rules, such as end zones and bases.	Bowling, batting and team fielding.	Fielding, bowling and batting for cricket and rounders.	Throw and catch the ball with increasing accuracy. Hit the ball into zones. Work as an individual to keep score.	Fielding backwards hits in rounders.	Defend, attack tactics in a game. Apply simple rounders rules.

<p><b>Tag Rugby</b></p>				<p>Perform a range of ball handling skills. Find ways of managing sending and receiving. Practise techniques for retrieving, sending and receiving.</p>	<p>Basis of Tag rugby, including positions and scoring.</p>	<p>Tag rugby passing and use of the diamond formation.</p>	<p>Communicate and devise tactics for attacking Using the “taking the distance, not the time” principle. Changing speed and direction to create try-scoring opportunities.</p>
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