



Progression Map: PE EYFS & KS1



KS1: Pupils are taught to:

Dance: Perform dances using simple movement patterns.

Games: Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.

F.M.S: Master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

OAA: Participate in team games, developing simple tactics.

Body Management: Master basic movements as well as developing balance, agility and co-ordination.

Swimming: NC: All schools must provide swimming instruction either in key stage 1 or key stage 2.

Content	EYFS	Year 1	Year 2
Dance		Copy, remember and repeat actions Choose actions for an idea Use changes of direction, speed and levels with guidance Show some sense of dynamic and expressive qualities Begin to use counts	Copy, remember and repeat a series of actions Select from a wider range of actions in relation to a stimulus Use pathways, levels, shapes, directions, speeds and timing, with guidance Use mirroring and unison when completing actions with a partner Show character, through actions, dynamics and expression Use counts with help to stay in time with the music
Games through ball skills, sending and receiving, invasion, target, net and wall, striking and fielding games	Drop and catch with two hands Move a ball with feet Throw and roll a variety of bean bags and larger balls to space Kick larger balls to space Stop a bean bag/large ball sent to them with hands Attempt to stop a large ball sent to them with feet Hit a ball with hands Run and stop when instructed Move around showing limited awareness of others Make simple decisions in response to a situation	Drop and catch a ball after one bounce on the move Move a ball using different parts of the foot Throw and roll towards a target with some varying techniques Kick towards a stationary target Catch a bean bag and a medium sized ball Attempt to track balls and other equipment sent to them Strike a stationary ball using a racket Run, stop and change direction with some balance and control Recognise space in relation to others Begin to use simple tactics, with guidance	Dribble a ball with two hands on the move Dribble a ball with some success, stopping it when required Throw and roll towards a target using various techniques, with some success Show balance when kicking towards a target Catch an object passed to them with and without a bounce Move to track a ball and stop it using feet with limited success Strike a ball using a racket Run, stop and change direction with balance and control Move to a space to help score goals or stop others from scoring Use simple tactics
Body Management Yoga and Gymnastics	Create shapes showing a basic level of stillness using different parts of their bodies Begin to take weight on different body parts Show shapes and actions that stretch your bodies Copy and link simple actions together	Perform balances making their body stretched, tensed and curled Take body weight on hands for a short period of time Demonstrates poses and movements which change their flexibility Remember, repeat and link simple actions together	Perform balances on different body parts with some control and balance Take body weight on different body parts with/without apparatus Show increased awareness of extension and flexibility in actions Copy, remember, repeat and plan, linking simple actions with some control and technique

Content	EYFS	Year 1	Year 2
<p>F.M.S Fundamentals, Fitness and Athletics</p>	<p>Run and stop with some control Explore skipping as a travelling action Jump and hop with bent knees Throwing larger balls and beanbags into space Balance whilst stationary and on the move Change direction at a slow pace Explore moving different body parts together</p>	<p>Attempt to run at different speeds showing an awareness of technique Begin to link running and jumping movements with some control Jump, leap and hop and choose which allows them to jump the furthest Throw towards a target Show some control and balance when travelling at different speeds Begin to show balance and coordination when changing direction Use coordination with/without equipment</p>	<p>Show balance and coordination when running at different speeds Link running and jumping movements with some control and balance Show hopping and jumping movements with some balance and control Change technique to throw for distance Show control and balance when travelling at different speeds Demonstrate balance and coordination with changing direction Perform actions with increased control when coordinating their body, with/without equipment</p>
<p>OAA Team building and OAA</p>		<p>Follow instructions Begin to work with a partner and a small group Understand the rules of the game and suggest ideas to solve simple tasks Copy a simple diagram/map Identify own and others' success</p>	<p>Follow instructions accurately Work cooperatively with a partner and a small group, taking turns and listening to each other Try different ideas to solve a task Follow and create a simple diagram/map Understand when a challenge is solved successfully and begin to suggest simple ways to improve</p>