







P.E. Progression Map





Progression of skills: PHYSICAL EDUCATION

	Reception & Year 1 (KS1 skills)	Year 2 (KS1 skills)	Year 3 (Lower KS2 skills)	Year 4 (Lower KS2 skills)	Year 5 (Upper KS2 skills)	Year 6 (Upper KS2 skills)
						
Gymnastics/ Apparatus	<p>To climb on and off objects with control.</p> <p>To attempt a roll (i.e. log roll / egg roll).</p> <p>To be able to confidently balance whilst walking on balancing bench.</p>	<p>To be able to move on and under equipment.</p> <p>To attempt a roll (i.e. log roll / pin roll/ egg roll/ forward roll).</p> <p>To be able to balance on apparatus.</p>	<p>To be able to move on equipment in a variety of ways.</p> <p>To attempt a roll (i.e. log roll, pin roll, egg roll, forward roll).</p> <p>To be able to balance in a variety of ways (i.e. rolling, jumping, climbing).</p>	<p>To independently move on equipment.</p> <p>To attempt a roll (i.e. log roll, egg roll, forward roll, pin roll) with minimal support.</p> <p>To be able to hold still shapes and simple balances.</p>	<p>To be able to climb up a ladder independently.</p> <p>To attempt a roll independently (i.e. log roll / pin roll, egg roll, forward roll).</p> <p>To be able to balance on different points of the body.</p>	<p>To be able to climb up a ladder and through wall bars.</p> <p>To attempt a roll independently (i.e. log roll / pin roll, egg roll, forward roll, teddy bear roll).</p> <p>To be able to show changes of direction and speed when moving</p>

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	Reception & Year 1 (KS1 skills) 	Year 2 (KS1 skills) 	Year 3 (Lower KS2 skills) 	Year 4 (Lower KS2 skills) 	(Upper KS2 skills) Year 5 & 6 
Football	<p>To be able to kick a football</p> <p>To be able to keep control of the football.</p> <p>To be able to understand the aim of a goal and kick towards it.</p>	<p>To enjoy kicking a football independently.</p> <p>To be able to develop keeping control of the football independently.</p> <p>To be able to aim and score a goal.</p>	<p>To be able to kick and stop a football independently.</p> <p>To be able to show some accuracy when passing the football to each other.</p> <p>To be able to aim and kick the ball with direction towards a goal.</p>	<p>To be able to kick and stop a football independently.</p> <p>To be able to show some accuracy when passing the football to each other.</p> <p>To be able to aim and kick the ball with direction towards a goal</p>	<p>To keep control of the ball when passing and stop the ball correctly.</p> <p>To aim with accuracy at the goal when scoring a penalty.</p> <p>To understand the rules and object of the game when playing a match.</p>

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	Reception & Year 1 (KS1 skills)	Year 2 (KS1 skills)	Year 3 (Lower KS2 skills)	Year 4 (Lower KS2 skills)	Year 5 (Upper KS2 skills)	Year 6 (Upper KS2 skills)
Rebound Therapy	<p>To be able to get on & off the trampoline bed safely.</p> <p>To be able to find the yellow spot.</p> <p>To develop confidence on the trampoline.</p>	<p>To be able to get on & off the trampoline bed correctly.</p> <p>To jump in the middle of the trampoline consistently.</p> <p>To be in control of their jumping independently.</p>	<p>To be able to get on & off the trampoline bed correctly.</p> <p>To jump in the middle of the trampoline consistently whilst looking at correct target.</p> <p>To be able to stop independently.</p>	<p>To be able to get on & off the trampoline bed correctly.</p> <p>To jump in the middle of the trampoline consistently whilst looking at correct target.</p> <p>To be able to stop independently.</p>	<p>To be able to turn 90 degrees on the trampoline.</p> <p>To be able to perform a star jump and tuck jump on the trampoline.</p> <p>To follow instructions on a sequence of moves whilst on the trampoline.</p>	<p>To be able to turn 90 degrees on the trampoline.</p> <p>To be able to perform a star jump and tuck jump on the trampoline.</p> <p>To follow instructions on a sequence of moves whilst on the trampoline.</p>