



Physical Education Progression Map

Gymnastics/Athletics

Nursery	Reception	Year 1	Year 2
Move confidently in a range of ways such as slithering, shuffling, crawling, walking, running, jumping, skipping, sliding and hopping. (Develop vocabulary of verbs through physical activity)	Show control when travelling Jumps and lands appropriately Show coordination on both floor and apparatus Experiments with ways of moving and use talk to describe movements.	Show control and coordination when travelling and balancing Log and teddy roll, jump, throw and balance with some control. Use body to make shapes and begin to link a sequence of positions.	Master basic movements including running, jumping, throwing and catching. Travel at different speeds in a variety of ways. Develop balance, agility and co-ordination and begin to apply these in a range of activities. To start and end a gymnastic sequence appropriately. Balance on different points of the body. Jump with accuracy from a standing position.

Team games

Nursery	Reception	Year 1	Year 2
Begin to explore PE as a group. Following instructions, running and stopping, changing direction and negotiating around obstacles. Play games like traffic lights, bean game etc.	Join in with team games and games like follow my leader. Begin to understand what it means to attack/defend in a game. Moves around to avoid obstacles. Negotiates space successfully playing racing and chasing games with each other, adjusting speed and direction.	Move or stop to catch a ball. Decide where to stand to make it difficult for the opposing team. Play invasion games. Play attack and defend games.	Participate in team games, developing simple tactics for attacking and defending. Decide on the best position and move accordingly. Understand basic tactics of a game.



Dance and Movement

Nursery	Reception	Year 1	Year 2
Show control with large and small movements. To move in response to movement. To use movement to express feelings.	Begin to perform simple dance moves and respond to feelings, ideas and different experiences with movement. Show some rhythm and control when moving.	Perform some simple dance moves. To move to a range of music including music from different countries and cultures. Demonstrate rhythm and control and co-ordination.	Perform simple dances using simple movement patterns. Perform dance actions with control and co-ordination. Perform dances for an audience. Link two or more actions together. To begin to evaluate and critique movements.

Multi skills

Nursery	Reception	Year 1	Year 2
Run in a straight line. Throw a ball in the intended direction. Walk up and downstairs and climbing equipment using alternative feet. Can catch a large ball Introduce challenges to develop children's physical development.	Kick and roll a ball. Balance Throw and catch with a partner. Talk about why we should take care when moving freely. Introduce children to vocabulary of PE resources and apparatus and give time to explore these, beanbag, hoop, quoit etc.	Throw and kick a ball in different ways. Hit a ball with a bat. To carry equipment safely.	Choose appropriate rolling, kicking and hitting skills within games. To carry and use equipment safely.

Outdoor learning

Nursery	Reception	Year 1	Year 2
Provide opportunities for children to develop both fine motor and gross motor. Use large equipment and other equipment to enable children to negotiate space.	Show control on large equipment outdoors. Work with friends outdoors sharing and taking turns.	To work and communicate as a team. To negotiate space outside and to use equipment safely and with consideration for others.	Shows some awareness of safety. To participate in outdoor games.