



## PE Progression

### Year Group

### Progression Statements

#### EYFS

- Can move on their feet in various ways (jumping, skipping, hopping, running, walking).
- Can move large body parts in various ways (sliding, slithering, rolling, shuffling).
- Jumps off an object and lands safely.
- Successfully negotiates space in running and chasing games.
- Adjusts speed and changes direction to avoid obstacles.
- Travels confidently around, under, over, and through equipment.
- Demonstrates control over objects (rolling, catching, patting, pushing).
- Shows a preference for a dominant hand when manipulating objects.
- Follows simple instructions and copies defined shapes and actions.
- Makes their body tense, relaxed, stretched, and curled.

#### Year 1

- Starts and stops at speed, running in straight lines at varying speeds.
- Participates in team running relays.
- Attempts various jumps (2 to 1, 1 to 2 foot combinations).
- Handles and throws various objects, attempting to throw for distance.
- Demonstrates awareness of the need to improve and attempts to do so.
- Copies and repeats basic movements, developing stamina.
- Demonstrates core strength to hold shapes and positions.
- Catches a medium-sized ball from a short distance.
- Intercepts, retrieves, and stops a beanbag and medium-sized ball consistently.



**Year Group**

**Progression Statements**

- Tracks balls and equipment, moving in line with them.
- Runs between bases to score points.
- Works collaboratively to restrict runs in games.
- Sends an object confidently using hand or bat.
- Moves towards a moving ball to return it with hand or bat.
- Scores points against opposition over a line/net.
- Recognises and applies rules in competitive and cooperative games.
- Safely moves and carries basic gym equipment.
- Links actions and performs simple sequences.
- Uses different parts of the body in dance and movement.

**Year 2**

- Develops power, agility, coordination, and balance across activities.
- Throws and handles various objects (quoits, beanbags, balls, hoops).
- Negotiates obstacles with increased control.
- Makes choices about appropriate throws for activities.
- Applies skills in various activities.
- Identifies areas for improvement (e.g., power in throws).
- Practises to improve skills.
- Develops hitting skills with various bats.
- Runs in games to score points.

**Year Group****Progression Statements**

- Works in small groups to field.
- Attempts to catch balls in games.
- Tracks the path of a ball and moves towards it.
- Plays in modified games, sending and returning the ball.
- Works with partners to develop skills.
- Performs basic gymnastics actions and shapes.

**Year 3**

- Links running and jumping activities with fluency and consistency.
- Controls movements and body actions per instructions.
- Jumps for height and distance with control.
- Throws various objects using recognised techniques.
- Adheres to basic rules of recognised games (e.g., rounders, cricket).
- Strikes a ball consistently.
- Plays simplified games, demonstrating throwing, catching, and bowling skills.
- Sends and receives a ball with consistency.
- Plays using basic rules of recognised games (e.g., hockey, football).
- Performs sequences with contrasting actions.
- Comments on gymnastics sequences, describing strengths.



## Year Group

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### Year 4

- Shows differences between sprinting and running speeds.
- Throws various objects with accuracy, landing in the throwing zone.
- Performs a range of jumps with consistency.
- Competes in running, jumping, and throwing activities, comparing performances.
- Applies speed and decision-making in running games.
- Works with others to score and record distances/times accurately.
- Uses basic defensive tactics in games.
- Performs actions with control and develops a range of body shapes in sequences.
- Performs dances with rhythm and style, showing sensitivity to themes.
- Works well as part of a team, planning and refining strategies.

### Swimming

- Beginners:** Swim 5-20 metres unaided using a consistent stroke.
- Propel themselves using swimming aids.
  - Float and regain standing confidently.
  - Apply basic arm and leg action to 'doggy paddle'.
- Intermediate:** Swim 10-20 metres confidently, using basic techniques.
- Attempt basic breathing patterns while swimming.



**Year Group**

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- Work collaboratively on group challenges.

**Advanced:** Swim competently over 25 metres with at least two recognised strokes.

- Implement good breathing techniques for smooth strokes.

- Work in pairs to refine stroke techniques.