



**ST. ALDHELM'S VA CHURCH PRIMARY SCHOOL**  
*Learning together for Life in all its Fullness - John 10:10*



**PE Progression Map**

**Games**

<b>Early Years Outcomes</b>	<b>KS1 National Curriculum Aims</b>	<b>KS2 National Curriculum Aims</b>
<p>The main Early Years Outcomes covered in the Games units are:</p> <ul style="list-style-type: none"><li>• Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. (PD: Reception)</li><li>• Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming. (PD: Reception)</li><li>• I can negotiate space and obstacles safely, with consideration for myself and others. (PD: ELG)</li><li>• I can demonstrate my strength, balance and coordination. (PD: ELG)</li><li>• I can move energetically, when running, jumping, dancing, hopping, skipping and climbing. (PD: ELG)</li></ul>	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"><li>• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities;</li><li>• participate in team games, developing simple tactics for attacking and defending;</li><li>• perform dances using simple movement patterns</li></ul>	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"><li>• use running, jumping, throwing and catching in isolation and in combination;</li><li>• play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending;</li><li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics];</li><li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li></ul>

## Games Progression Grid

### Health and Fitness

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Describe how the body feels when still and when exercising.	Describe how the body feels before, during and after exercise. Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.	Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.	Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. <i>Know some reasons for warming up and cooling down.</i>	<i>Know and understand the reasons for warming up and cooling down.</i> Explain some safety principles when preparing for and during exercise.	<i>Understand the importance of warming up and cooling down.</i> Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.
<b>Striking and hitting a ball</b>						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Hit a ball with a bat or racquet.	Use hitting skills in a game. Practise basic striking, sending and receiving.	Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position	Demonstrate successful hitting and striking skills. Develop a range of skills in striking	Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control. Accurately serve	Use different techniques to hit a ball. Identify and apply techniques for hitting a tennis ball. Explore when	Hit a bowled ball over longer distances. Use good hand-eye coordination to be able to direct a ball when

		the body to strike a ball.	(and fielding where appropriate). Practise the correct batting technique and use it in a game. Strike the ball for distance.	underarm. Build a rally with a partner. Use at least two different shots in a game situation. Use hand-eye coordination to strike a moving and a stationary ball.	different shots are best used. Develop a backhand technique and use it in a game. Practise techniques for all strokes. Play a tennis game using an overhead serve.	striking or hitting. Understand how to serve in order to start a game.
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**Throwing and catching a ball**

<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
Roll equipment in different ways. Throw underarm. Throw an object at a target. Catch equipment using two hands.						

**T Travelling with a ball**

<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>

**Passing a ball**

<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>

**Possession**

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<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Using Space</b>						
<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Attacking and Defending</b>						
<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Tactics and Rules</b>						
<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Compete/Perform</b>						
<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Evaluate</b>						
<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>