








Physical education Progression Map

Coverage key









Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Gymnastics/Athletics

Nursery	Reception	Year 1	Year 2
Key Vocabulary: Move, slither, shuffle, crawl, walk, run, jump, skip, slide and hop.	Move, control, coordinate, experiment, jump and land safely.	Experiment, control, coordinate, balance, travel, sequence, shape and position.	Balance, agility, create, sequence, routine and accuracy.
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)	Move energetically and show control when travelling.	Show control and coordination when travelling and balancing.	Master basic movements including running, jumping, throwing and catching.
	Jumps and lands appropriately Show coordination on both floor and apparatus	Log and teddy roll, jump, throw and balance with some control.	Travel at different speeds in a variety of ways.
	Experiments with ways of moving and use talk to describe movements.	Use body to make shapes and begin to link a sequence of positions.	Develop balance, agility and co-ordination and begin to apply these in a range of activities.
			To start and end a gymnastic sequence appropriately.

			
			<p>Balance on different points of the body. Jump with accuracy from a standing position.</p>
			

Team games

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

Dance and Movement



Nursery	Reception	Year 1	Year 2
Key vocabulary: Listen, move, music and dance.	Copy, follow, perform, rhythm and control.	Combine, sequence, rhythm, control and coordination.	Demonstrate, perform, sequence actions, control, coordination, timings and pattern.
Show control with large and small movements. Including using drawing to represent ideas like movement or loud noises (write dance)	Begin to perform simple dance moves and respond to feelings, ideas and different experiences with movement.	Perform some simple dance moves.	Perform simple dances using simple movement patterns.
To move in response to movement	Show some rhythm and control when moving.	To move to a range of music including music from different countries and cultures.	Perform dance actions with control and co-ordination.
To use movement to express feelings.		Demonstrate rhythm and control and co-ordination.	Perform dances for an audience. Link two or more actions together.
			To begin to evaluate and critique movements.



Nursery	Reception	Year 1	Year 2
Key vocabulary: Ball rolling, catch, throw, kick and bounce.	Under arm, over arm, aim and balance.	Chest pass, bat, ball, target, control, hand eye coordination, safety and equipment.	Select, appropriate, explain and safety.
Run in a straight line.	Kick and roll a ball.	Throw and kick a ball in different ways.	Choose appropriate rolling, kicking and hitting skills within games.
Throw a ball in the intended direction	Throw and catch with a partner.	Hit a ball with a bat.	
Walk up and downstairs and climbing equipment using alternative feet.	Talk about why we should take care when moving freely.	To carry equipment safely.	To carry and use equipment safely.
Can catch a large ball Introduce challenges to develop children's physical development.	Introduce children to vocabulary of PE resources and apparatus and give time to explore these, beanbag, hoop, quoit etc.		
To use one handed tools including using a comfortable scissor grip.	To hold a pencil effectively in preparation for drawing and writing.		

Outdoor learning

Nursery	Reception	Year 1	Year 2
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Key vocabulary: Balance, bike and scooter.	Control, coordination, share, space and take turns.	Negotiate, communicate, safety and coordination.	Awareness, explain and team games.
Provide opportunities for children to develop both fine motor and gross motor.	Show control on large equipment outdoors.	To work and communicate as a team.	Shows some awareness of safety.
Use large equipment including bikes and scooters and other equipment to enable children to negotiate space and balance.	Work with friends outdoors sharing and taking turns.	To negotiate space outside and to use equipment safely and with consideration for others.	To participate in outdoor games.