



## Primary PE Progression Map

Developing agility, balance and coordination. Health and fitness. Cooperative physical activities.

		Year 1	Year 2	Year 3
<b>Building Blocks</b>	Games	Throw underarm Hit a ball with a bat Move and stop safely Throw and catch with both hands Throw and kicking in different ways	Hitting, kicking and/or rolling in a game Use a space during a game Use tactics in games Follow rules	Throw and catch with control Be aware space and use it in attack and defence Play fairly
	Gymnastics	Curl, tense, stretch and relax the body Travel and balance Copy and repeat sequencing Roll, curl, travel and balance in different ways	Plan and perform a sequence of movements Improve a sequence based on feedback Plan more than one sequence that follows a set of rules Work on individually and with a partner	Adapt sequences according to equipment and criteria Explain how strength and suppleness affect performance Compare and contrast sequences
	Dance	Move to music Copy dance moves Perform dance moves Make up short dances Move safely in a space	Change rhythm, speed, level and direction Demonstrate control and coordination Link sequences Demonstrate mood and feeling	Improvise and translate ideas from a stimulus into movement Share and create sequences with a partner or small group Repeat, remember and perform sequences
	General	Copy actions Repeat actions and skills Move with control and care Use equipment safely	Copy and remember actions Talk about difference between their own and others actions or sequences	
	Athletics			Run at fast, medium and slow speeds; change speed and direction Take part in a relay
	Outdoor and adventurous			Follow a map in a familiar context Use clues to follow a route Follow a route safely