



## Primary PE Progression Map

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

		Year 4	Year 5	Year 6
<b>Building Blocks</b>	Games	Catch with one hand Throw and catch accurately Hit a ball with control Keep possession of a ball Vary tactics depending on play	Work as part of a team to gain possession Pass in different ways Use forehand and backhand with a racket Field Choose tactics to attack and defend Use various techniques to pass, dribble and shoot	Play to an agreed set of rules Explain rules to others Umpire Communicate a plan to a team Lead others in a game
	Gymnastics	Work in a controlled way Change speed and direction Produce a range of shapes Work with a partner to create, repeat and improve a sequence with at least 3 phases	Make complex extended sequences Combine action, balance and shape Perform consistently to different audiences	Combine their work with that of others Sequence to specific timings
	Dance	Take a lead when working with a partner of group Use dance to communicate an idea	Compose creative dances Perform to music Demonstrate clarity, fluency, accuracy and consistency	Develop a sequence to a specific style Choose own music and style
	Athletics	Run long distances Sprint for short distances Throw in different ways Hit a target Jump in different ways	Maintain control when taking off and landing Throw accurately Combine running and jumping	Demonstrate stamina
	Outdoor and adventurous	Follow a map in a familiar setting Follow a route within a time limit	Follow a map in an unknown location Use clues and a compass to navigate a route Change a route to overcome a problem Use new information to change a route	Plan a route and series of clues for someone else Plan with others, taking account safety and danger