

# Chambersbury Primary School



## Chambersbury Primary School- PE- Progression map

Strand	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamentals	Develop balance, running, hopping and jumping. Move safely in space. Follow instructions and begin changing direction with control.	Combine running, hopping, skipping and balancing. Begin identifying strengths and areas for improvement.	Improve agility, speed and coordination. Use equipment confidently. Recognise and describe improvements.	Accelerate and decelerate with control. Combine movements fluently in different contexts.	Refine change of direction and speed. Demonstrate consistent control and improved technique.	Apply refined movement skills under competitive pressure. Maintain control in dynamic situations.	Demonstrate mastery, precision and adaptability of movement. Lead warm-ups and model technique.
Invasion Games	Take turns, follow simple rules and begin understanding teamwork.	Send and receive using hands and feet. Understand basic attacking and defending ideas.	Apply simple tactics to maintain possession. Play uneven and even-sided games.	Move into space effectively. Maintain possession and understand roles in attack and defence.	Apply structured tactics and evaluate performance. Transition between attack and defence.	Adapt tactics during play. Create and use space strategically. Officiate small-sided games.	Demonstrate advanced tactical awareness. Lead, referee and analyse performance independently.
Net & Wall Games	Track and stop a ball. Begin basic hitting and catching skills.	Throw, catch and strike with increasing control. Understand simple scoring.	Develop ready position. Sustain short rallies. Place ball into space.	Develop forehand/backhand technique. Understand court positioning.	Improve accuracy, consistency and tactical placement.	Sustain rallies with control. Apply tactics to outwit opponents.	Execute controlled rallies under pressure. Adapt tactics strategically.
Striking & Fielding	Roll and throw towards targets with control.	Strike a ball with basic control. Understand simple fielding roles.	Use underarm and overarm throws. Apply simple scoring tactics.	Develop batting, bowling and fielding roles. Strike into space effectively.	Refine striking and fielding techniques. Apply tactical awareness.	Apply strategies to limit scoring. Demonstrate consistency and decision-making.	Demonstrate strategic field placement and advanced tactical understanding.
Gymnastics	Create shapes and balances. Rock and roll. Copy short sequences.	Link balances and rolls into short sequences. Use levels and directions.	Create sequences using apparatus. Provide simple feedback to peers.	Develop matching and contrasting actions. Improve control and quality.	Include inverted movements and partner balances. Increase complexity.	Perform extended sequences with fluid transitions and refined compositional devices.	Perform complex sequences independently and in groups. Critically evaluate performance.
Dance	Explore movement to a stimulus. Travel, balance and keep time with music.	Create short dance phrases. Count to stay in time. Perform to others.	Use pathways, levels and dynamics to express ideas and moods.	Use canon, unison and formations. Develop rhythm and expression.	Create narrative dances. Refine performance quality and expression.	Develop stylistic awareness. Use complex formations and transitions.	Choreograph structured performances. Critically evaluate and refine work.
Athletics	Run, jump and throw safely with increasing confidence.	Run at different speeds. Jump and throw for distance.	Jump for height and distance. Throw for accuracy. Measure performance.	Develop sprint technique. Improve throwing distance and accuracy. Record scores.	Combine pace and power. Refine technical elements of performance.	Improve efficiency and stamina. Set and work towards personal targets.	Demonstrate advanced technique. Achieve and evaluate personal best performance.
OAA	Follow instructions and work cooperatively in simple challenges.	Solve simple team challenges. Communicate effectively.	Plan and reflect on strategies. Begin simple map awareness.	Introduce map skills and solve problems in teams.	Develop navigation skills and demonstrate leadership.	Lead team challenges. Apply problem-solving strategies independently.	Demonstrate resilience, leadership and independent navigation skills.
Swimming	Develop water confidence. Enter and exit water safely.	—	Float, travel and submerge confidently.	Develop front crawl and backstroke. Introduce survival skills.	Improve stroke technique and stamina.	Swim 25 metres confidently using a range of strokes.	Demonstrate safe self-rescue and efficient stroke technique.

