Progression Journey

Academic Year: 2026-2027

Complete P.E.

Foundation

Locomotion
Walking
- Explore/develop walking
- Explore walking in different pathways
- Sustain walking
- Explore marching
- Apply walking into a game

Gymnastics
Moving
- Explore moving and making shapes using different body parts
- Explore moving in different directions
- Explore big and small ways of moving and making shapes
- Moving in pairs
- Creating shapes in pairs

Dance
Nursery Rhymes
- Moving in sequence
- Creating our own movements
- Creating simple movement sequences
- Responding in movement to words and music
- Exploring contrasting tempos
- Exploring character movements

Hands 1
Ball Skills Hands 1
- Explore pushing
- Explore rolling
- Explore bouncing
- Explore bouncing into space
- Combine pushing and rolling
- Combine rolling, pushing and bouncing

Gymnastics
High, Low, Over, Under
- Introduction to high, low, over and under
- Introduction to the apparatus
- Applying high and low on apparatus

Hands 2
Ball Skills Hands 2
- Explore throwing overarm
- Explore throwing underarm
- Explore rolling
- Explore stopping a ball
- Explore catching

Health and Wellbeing
Health and Wellbeing
- Understanding what we mean by movement and exercise
- Exploring our heartbeat/breathing when we exercise
- Understanding how exercise makes us feel
- Making exercise fun

Locomotion
Jumping
- Explore/develop jumping
- Apply jumping into a game
- Jumping for distance
- Explore jumping high
- Explore hopping

Dance
Seasons
- Developing movements
- Creating movements with shape and control
- Developing creativity
- Performing with a partner exploring shadows
- Changing seasons

Learning through Play
Playing through games
- Explore playing with equipment safely
- Playing with equipment safely: Taking Turns
- Learning to play with a partner
- Using equipment and other objects to travel
- Playing with equipment and other objects with a partner

Feet
Ball Skills Feet
- Explore moving with a ball using our feet
- Develop moving with a ball using our feet
- Understand dribbling
- Develop dribbling against an opponent

Rackets, Bats and Balls
Rackets, Bats, Balls and Balloons
- Explore pushing/hitting a balloon with control
- Explore hitting a balloon with power into space
- Explore hitting/pushing (sending) a balloon with accuracy
- Explore balancing an object on a racket/bat

Attack v Defence
Games For Understanding
- Taking turns
- Keeping the score
- Understanding and playing by the rules
- Avoiding a defender
- Preventing an attacker from scoring

Year 1

Running

Running

- Explore running
- Apply running into a game
- Explore running at different speeds
- Running for speed: Acceleration
- Explore running in a team
- Consolidate running, apply running into a game

Rackets, Bats and Balls

Rackets, Bats and Balls

- Develop pushing (dribbling) a ball with a racket: Introducing control
- Explore hitting and develop pushing a ball (with a racket) towards a target
- Explore hitting a ball (with a racket) with accuracy and power

Running

Running

- Explore running
- Apply running into a game
- Explore running at different speeds
- Running for speed: Acceleration
- Explore running in a team
- Consolidate running, apply running into a game

Hands 1

Ball Skills Hands 1

- Introduce sending (bouncing) with control
- Introduce aiming with accuracy
- Introduce power and speed when sending a ball
- Introduce/develop stopping, combining sending skills
- Combine sending and receiving skills

Dance

Heroes

- Performing movements in sequence
- Creating movements that represent superpowers
- Creating movements that represent a superhero rescuing/saving, someone/something
- Exploring character movements

Gymnastics

Body Parts

- Introduction to big/small body parts
- Combining big and small with wide, narrow and curled
- Transition between wide narrow and curled using big and small body parts
- Adding (linking) movements together

Gymnastics

Wide, Narrow, Curled

- Introduction to wide, narrow and curled
- Exploring the difference between wide, narrow and curled
- Transitioning between wide, narrow and curled movements
- Linking two movements together

Year 2

Gymnastics
Linking

- Developing linking
- Linking on apparatus
- Jump, roll, balance sequences/on apparatus
- Creation of sequences
- Completion of sequences and performance

Gymnastics
Pathways

- Explore/develop zig-zag pathways/on apparatus
- Explore/develop curved pathways/on apparatus
- Creation of pathway sequences
- Completion of pathways sequences and performance

Dance
Explorers

- Responding to stimuli
- Developing our motif with expression and emotion
- Applying choreography in our motifs
- Extending our motifs
- Sequences, relationships and performance

Hands 1
Ball Skills Hands 1

- Develop dribbling/passing and receiving
- Combine dribbling, passing and receiving, keeping possession
- Develop dribbling/passing and receiving to score a point
- Combine dribbling, passing and receiving to score a point

Locomotion
Dodging

- Explore dodging
- Develop dodging
- Apply dodging: Explore attacking to beat an opponent
- Apply dodging in teams

Rackets, Bats and Balls
Rackets, Bats and Balls

- Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent
- Introduce hitting (sending/striking) a ball into a space: Where and why?
- Striking the ball (with a bat) into space with intent

No units scheduled

Year 3



Athletics

Athletics

- Explore running for speed
- Explore acceleration
- Introduce/develop relay: Running for speed in a team
- Throwing: Accuracy vs distance
- Standing Long Jump

Net/Wall

Tennis

- Introduction tennis, outwitting an opponent
- Creating space to win a point
- Consolidate how to win a game introduce rackets
- Introduce the forehand

Dance

Wild Animals

- Responding to a stimulus with effort and expression
- Developing character dance into a pair motif
- Developing sequences with a partner in character that show relationships
- Using props to challenge creativity
- Creating alternative character sequences
- Sequences, relationships, choreography and performance

Gymnastics

Canon and Unison

- Introduction to Unison
- Introduction to Canon
- Application of sequences in 'Unison' and 'Canon' onto apparatus
- Combining Canon and Unison in groups

Gymnastics

Symmetry & Asymmetry

- Introduction to symmetry
- Introduction to asymmetry
- Application of learning onto apparatus
- Sequence formation
- Sequence completion

Invasion

Dodgeball

- Developing changing direction
- Introduce throwing with accuracy
- Introduce catching
- Develop moving, changing direction at speed

Alternative Games

Physical Literacy

Attack v Defence

Games For Understanding

- Attacking as a team
- Defending as a team
- Understanding the transition between defence and attack
- Create and apply attacking/defensive tactics

Year 4

Invasion

Tag Rugby

- Develop passing, moving and creating space
- Apply learning to 3v3 mini games
- Develop defending in game situations
- Combine passing and moving to create an attack and score

Game Sense

Game Sense Invasion

- Develop passing and creating space
- Combine passing, moving and shooting
- Introduce dribbling: Keeping control
- Introduce defending and the concept of marking

Invasion

Hockey

- Refine dribbling and passing
- Combine passing and dribbling to create shooting opportunities
- Develop passing and dribbling creating space for attacking opportunities
- Introduce defending; blocking and tackling

Gymnastics

Bridges

- Introduction to bridges
- Application of bridge learning onto apparatus
- Develop sequences with bridges
- Sequence formation
- Sequence completion

Gymnastics

Levels and Direction

- Exploring changes in 'Level'
- Exploring changes in 'Direction'
- Application of learning onto apparatus to include changes in 'Level' and 'Direction'
- Sequence completion and performance

Dance

Space

- Extending sequences with a partner in character
- Developing sequences with a partner in character that show relationships and interlinking dance moves
- Sequences, relationships, choreography and performance

Net/Wall

Tennis

- Developing the forehand
- Creating space to win a point using a racket
- Introduce the backhand
- Applying the forehand and backhand in game situations
- Applying the forehand and backhand creating space to win a point

Athletics

Athletics

- Develop running at speed
- Exploring our stride pattern
- Exploring running at pace
- Running for distance
- Javelin
- Standing Triple Jump

Year 5

Athletics
Athletics
- Finishing a race
- Evaluating our performance
- Sprinting: My personal best
- Relay changeovers
- Shot Put
- Introducing the Hurdles

Striking & Fielding
Cricket
- Refine batting, batting and bowling tactics
- Refine fielding stopping, catching and throwing
- Combine bowling and fielding creating and applying tactics
- Introduce umpiring and scoring

Striking & Fielding
Rounders
- Develop fielding tactics maximising players
- Understand what happens if the batter misses the ball
- Refine fielding tactics, what players where?
- Applying tactics in mini games

Net/Wall
Tennis
- Introduce/develop the volley
- Controlling the game from the serve
- Doubles: Understanding and applying tactics to win a point
- Refine shooting

Game Sense
Game Sense Net/Wall
- Introduce backhand shots with a racket and a net
- Applying using both hands/backhands and forehand shots in game situations
- Introduce the volley
- Controlling the game from the serve

Invasion
Lacrosse

Invasion
Dodgeball
- Introduce blocking
- Consolidate catching
- Understand where we throw and why we need to throw with accuracy and power
- Explore basic attacking and defending tactics

Gymnastics
Counter Balance & Counter Tension
- Introduction to Counter-Balance
- Application of Counter-Balance learning onto apparatus
- Sequence formation
- Introduction to Counter Tension
- Sequence completion

Gymnastics
Flight
- Introduction to Flight: Developing Jumping
- Developing Flight: Jumping and Turning
- Application of 'Jumping,' learning, onto apparatus
- Combining jumping on apparatus with Canon and Unison

Invasion
Tag Rugby
- Refine passing and moving to create attacking opportunities
- Explore different passes that can be used to outwit defenders
- Refine defending as a team
- Create and apply defending tactics. Develop officiating

Invasion
Basketball
- Consolidate dribbling
- Develop marking
- Develop shooting
- Refine attacking skills
- Refine defending skills

Year 6

Invasion
Tag Rugby
- Consolidate attacking
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations
- Application of 'powers' into Game Play, to challenge tactical thinking

Swimming
Swimming

Gymnastics
Creating Sequences
- Challenging creativity
- Sequence development
- Sequence performance

Gymnastics
Matching & Mirroring
- Introduction to matching/mirroring
- Application of matching mirroring learning onto apparatus
- Sequence development

Invasion
Lacrosse

Invasion
Dodgeball
- Consolidate/understanding attacking and defending tactics
- Transition between attack and defence
- Applying the rules: Officiating games
- Managing tactics and officiate games

Game Sense
Game Sense Invasion
- Consolidate attacking: Possession scenarios
- Consolidate defending: Defensive scenarios
- Application of 'powers' into game play to challenge tactical thinking

Net/Wall
Tennis
- Consolidate doubles
- Game application
- Game application, mixed ability doubles, round robin games

Game Sense
Game Sense Net/Wall
- Introduce backhand shots with a racket and a net
- Applying using both hands/backhands and forehand shots in game situations
- Introduce the volley
- Controlling the game from the serve

Striking & Fielding
Rounders
- Introduction to full rounders
- Consolidate fielding tactics
- Refine our understanding of what happens if the batter misses or hits the ball backwards
- Batting considerations

Striking & Fielding
Cricket
- Consolidate batting, fielding and bowling
- Create, understand and apply attacking and defensive tactics in game situations

Athletics
Athletics
- Running for speed competition
- Running for distance competition
- Throwing competition
- Jumping competition
- Level 1 Athletics Competition