



P.E. PROGRESSION MAP OF SKILLS AND KNOWLEDGE AT BISHOPS ITCHINGTON PRIMARY SCHOOL

EARLY YEARS AND KEY STAGE ONE

Progression	Basic Movement	Developing Balance	Agility & co-ordination	Team Games	Movement Patterns
Foundation Stage Understanding the Importance of being Healthy Recognise the importance of keeping healthy and those things which contribute to good health. Recognise the changes that happen to their bodies when they are active	Understanding the Importance of being Healthy Recognise the importance of keeping healthy and those things which contribute to good health. Recognise the changes that happen to their bodies when they are active	Gymnastics Travel around, under, over and through balancing and climbing equipment	Agility & Co-ordination Show good control and coordination. Negotiate space. Show awareness of space, of themselves and of others Travels with confidence and skills around, under, over and through balancing and climbing equipment	Ball Skills, hoops, ropes Use a range of small and large equipment. Shows increasing control over object: pushing, patting, throwing and catching.	Movement Good control and co-ordination. Moves with confidence, imagination and in safety in large and small movements. Move in a range of ways, safely, negotiating space.
Year 1	Gymnastics and Running Move in a variety of ways in and out of cones and obstacles. Jump with both feet leaving floor Stop on command Sprint and Run Hop, Skip without a rope Jump for height	Gymnastics Single balance Balancing on one foot Be able to balance on a piece of apparatus Side roll Climb Line walk	Ball Skills, Team Games; Throwing and Catching Be able to throw and catch a large ball – over arm and under arm Roll a ball to an end target Kick a ball with increasing accuracy to an end target Dribble a ball Balance a ball on a racket Two handed strike	Team Games, Ball Skills Be able to participate in a game with an opposing side Be able to control a ball within a game setting Use hands to control a ball with increasing accuracy Be able to play a game following a set of rules	Dance Dance to link in with learning theme Copy a dance pattern Move to a beat Link 2 dance movements together
Year 2	Gymnastics and Running Move in a variety of ways in and out of cones and obstacles. Jump with both feet leaving floor. Hop Stop on command Run and Sprint Skip with and without a rope Jump for height Gallop Side gallop Jump for distance	Gymnastics Single balance Balancing on one foot Be able to balance on a piece of apparatus Side roll Climb Line walk Bench walk	Ball Skills, Team Games; Throwing and Catching Be able to throw and catch a medium sized ball accurately Kick a ball Balance a ball on a bat Dribble a ball in and out of a set of obstacles. Hit a ball with some accuracy using a racket or bat Throw a beanbag into a given target	Team Games, Ball Skills Be able to participate in a game with an opposing side Be able to control a ball within a game setting Play a game with a set of rules Play as part of a team Cooperate with team-mates Work as a team in order to score goals Control a ball accurately Use both hands and feet in order to control a ball.	Dance Dance to link in with learning theme Copy a dance pattern Move to a beat Link a short series of dance sequences together