



PE Progression Map	Fundamental movements	Team games and Individual sports	Gymnastics/Dance	Swimming
Reception	<p>NC expectations:</p> <p>Begin to throw and catch using larger objects (balloons, foam balls)</p> <p>Begin to run and jump with balance and co-ordination from one point to another</p> <p>End Points:</p>	<p>NC expectations:</p> <p>Be able to co-operate within a team game and understand a game with an opponent</p> <p>Begin to strike a ball with a larger object (racket/bat)</p> <p>End Points:</p>	<p>NC expectations:</p> <p>Copy simple dance movement and begin to sequence these</p> <p>Begin to hold balances using basic movements</p> <p>End point:</p>	
Year 1	<p>NC expectations:</p> <p>Throw and catch various objects over different distances</p> <p>Further running and jumping, developing techniques for this</p> <p>End Points</p>	<p>NC expectations</p> <p>Further understanding of working effectively in a team to achieve goals and targets</p> <p>Play in more competitive games with small groups of children</p> <p>End points</p>	<p>NC expectations:</p> <p>Continue simple dances and sequences and begin to work in pairs</p> <p>Further develop their balance and agility skills</p> <p>End Points</p>	



<p>Year 2</p>	<p>NC expectations:</p> <p>Have some consistent success when throwing and catching from shorter distances</p> <p>Show effective jumping and running techniques consistently</p> <p>End points</p>	<p>NC Expectations:</p> <p>Show good understanding of working in a team and how this is done effectively</p> <p>Begin to play in more competitive games with larger groups of children</p> <p>End points</p>	<p>NC expectations:</p> <p>Begin to work with a partner on putting moves into a sequence by themselves</p> <p>Start to show competence with agility and balance during gym/dance lessons</p> <p>End points</p>	<p>NC expectations:</p> <p>Begin to have swim lessons and be able to float safely in water</p> <p>Start to use a range of strokes to swim, aided with floats</p>
<p>Year 3</p>	<p>NC expectations:</p> <p>Begin to combine the use of throwing and catching whilst moving</p> <p>Begin to be able to put these fundamental movements into full sporting situations</p>	<p>NC expectations:</p> <p>Begin to play team games (football, rugby etc)</p> <p>Begin to understand the importance of team work and the effectiveness of this</p>	<p>NC expectations</p> <p>Begin to have control over their bodies and show techniques to support this</p> <p>Begin to work in small groups to sequence moves together for a performance</p>	
<p>Year 4</p>	<p>NC expectations:</p> <p>Start to show some competency throwing and</p>	<p>NC expectations:</p> <p>Further the children's knowledge of attacking</p>	<p>NC expectations</p> <p>Have a more competent control of their body</p>	



	<p>catching when in game related situations</p> <p>Be able to use these skills in individual game scenarios where agility is important (tennis)</p>	<p>and defending in team games</p> <p>Begin to identify tactics to help achieve success</p>	<p>when carrying out particular gymnastics movements (rolls)</p> <p>Start being able to compare their different performances and begin to identify what they can do better</p>	
Year 5	<p>NC expectations</p> <p>Have a higher level of competency with the fundamentals of throwing, catching, running and jumping. Using these with greater impact in games.</p>	<p>NC expectations:</p> <p>Start to see effective games being played in a competitive scenario with a clear difference attacking and defending principles</p> <p>Use more advanced tactics to outwit opponents</p>	<p>NC expectations:</p> <p>Show a better understanding of how they can use their body's strength and flexibility to support with different challenges in Gymnastics and dance.</p> <p>Further their understanding of analysing their performances and begin to work with peers on this</p>	
Year 6	<p>NC expectations:</p> <p>Have a complete competency on throwing and catching, with this being a natural thing</p>	<p>NC expectations:</p> <p>Be able to set up a team game and have children to officiate the game themselves, showing</p>	<p>NC expectations:</p> <p>Be able to put together a performance with minimal assistance using various movement</p>	<p>NC expectations:</p> <p>Have further swim lessons, float safely in deep water</p>



	<p>where they do not have to think about this</p> <p>Show a clear understanding of when to use various techniques of throwing and catching for an effective outcome in a game</p>	<p>clear understanding of the rules</p> <p>Be able to show effective use of tactics to win in competitive scenarios and show how they may need to adapt these within a game</p>	<p>patterns in a group and individual scenario</p> <p>Being able to critique performances effectively in order to improve next time</p>	<p>Use a range of strokes to swim over a distance of 25 metres</p>
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