



Sedbergh Primary School



PE Progression of Skills Map

Strand	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	End Point by Phase
Fundamental Movement / Multi-skills	Run, jump, balance, travel and move confidently in space.	Develop agility, balance and coordination through simple activities.	Apply movement skills in increasingly challenging activities and team games.	Apply fundamental movement skills confidently within PE activities.	Demonstrate increasing control, coordination and fluency across activities.	Improve speed, agility, coordination, endurance and fitness through circuits and multi-skills activities.	Select and refine techniques to improve fitness. Evaluate personal performance and identify areas for development.	EYFS: Move confidently and safely. KS1: Apply basic movement patterns with control. LKS2: Transfer skills across activities. UKS2: Independently refine performance and fitness.
Dance	Move imaginatively in response to music, stories and themes.	Copy, repeat and remember simple movement patterns.	Create and perform simple motifs showing control and expression.	Perform sequences with increasing rhythm, timing and coordination.	Create partner and group dances with varied formations and expression.	Choreograph sequences demonstrating dynamics, character and storytelling.	Refine and perform extended dances with confidence, creativity and precision. Evaluate and	EYFS: Explore movement creatively. KS1: Perform simple sequences. LKS2: Compose and link movements effectively. UKS2: Choreograph and evaluate performances independently.



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							improve performance.	
Gymnastics	Travel, balance and create body shapes confidently.	Perform basic balances, jumps and rolls safely with control.	Link balances, rolls and jumps into short sequences independently.	Demonstrate control, tension and extension. Use apparatus safely within sequences.	Create longer sequences incorporating travelling, balances and apparatus work. Work with a partner to synchronise movements.	Perform fluent sequences demonstrating strength, flexibility and control. Refine technique and body tension.	Create complex sequences independently. Evaluate, adapt and improve performance showing precision, fluency and creativity.	EYFS: Develop balance and body awareness. KS1: Link basic actions. LKS2: Control movement and sequence skills. UKS2: Create and refine complex performances independently.
Invasion Games (Football, Tag Rugby, Netball,	Control and move with a ball in simple games.	Dribble and control a ball using hands or	Pass and receive with increasing accuracy.	Dribble using control, pass accurately, receive under	Pass and receive whilst moving,	Create attacking opportunities through	Adapt tactics during games, maintain	EYFS: Participate in simple games. KS1: Control, pass and receive confidently. LKS2: Apply attacking and defending



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Hockey, Basketball)	Develop awareness of space and others.	feet. Begin working cooperatively.	Understand simple attacking and defending concepts.	pressure and understand basic attacking and defending roles.	maintain possession, use space effectively and make tactical decisions.	movement, support teammates, understand positional play and transition between attack and defence.	possession under pressure, exploit space effectively, evaluate performance and demonstrate leadership.	principles. UKS2: Select and adapt tactics to influence outcomes.
Net & Wall (Tennis)	-	-	-	Hold a racket correctly, send and receive a ball and develop basic forehand skills.	Sustain rallies and demonstrate increasing forehand and backhand control.	Execute a variety of shots accurately, serve consistently and understand court positioning.	Apply tactics to outmanoeuvre opponents, vary shot selection and sustain rallies under pressure.	LKS2: Sustain rallies with control. UKS2: Apply tactics and varied shot selection successfully.



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Striking & Fielding (Rounders/Cricket)	-	-	-	Strike a ball with control, field safely and understand simple team roles.	Strike consistently, throw and catch accurately and make effective fielding decisions.	Select appropriate striking and fielding techniques, communicate effectively and apply tactical awareness.	Adapt tactics according to game situations, apply advanced striking and fielding skills and evaluate team performance.	LKS2: Strike and field effectively. UKS2: Apply tactics and strategic decision-making within games.
Athletics / Sportshall Athletics	Run, jump and throw with growing confidence and coordination.	Develop basic running, jumping and throwing techniques.	Improve speed, distance and control across a range of athletic activities.	Develop sprinting technique, pacing, relay changeovers and accurate throwing skills.	Apply effective techniques to improve performance and compare results.	Demonstrate effective sprinting, jumping and throwing techniques. Compete confidently in Sportshall	Refine and adapt techniques to maximise performance. Analyse results and set improvement targets.	EYFS: Develop basic movement patterns. KS1: Perform fundamental athletic skills. LKS2: Apply technique to improve performance. UKS2: Refine and evaluate performance to achieve personal bests.



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						Athletics events.		
Outdoor Education / OAA	Explore movement and simple challenges with others.	Follow simple instructions and work cooperatively.	Solve simple challenges in pairs and small groups.	Complete team challenges requiring communication and problem solving.	Demonstrate teamwork, resilience and leadership during outdoor activities.	Plan and evaluate strategies within team challenges. Develop resilience, risk awareness and problem-solving.	Adapt strategies independently, lead groups effectively and evaluate the success of different approaches.	EYFS: Explore and cooperate. KS1: Work collaboratively to solve problems. LKS2: Communicate and contribute effectively to a team. UKS2: Lead, evaluate and adapt strategies independently.
Swimming	-	-	-	Develop water confidence, float, submerge and travel using recognised strokes. Swim	Swim confidently using a range of strokes, demonstrate efficient	-	-	LKS2: Swim competently, confidently and proficiently using a range of strokes and demonstrate water safety awareness.



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				increasing distances safely.	technique and perform safe self-rescue skills.			