

Progression Overview 2024-2025

EYFS & KS1

Foundation
Progression of Skills

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

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

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

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

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

Year 1
Progression of Skills

Locomotion: 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 competitive game

Locomotion: Jumping
Recap jumping
Develop jumping
Explore how jumping affects our bodies
Explore skipping
Apply skipping and jumping into a game

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

Ball Skills Feet
Develop moving the ball using the feet
Apply dribbling into games
Consolidate dribbling
Explore kicking (passing)
Apply kicking (passing) to score a point

Ball Skills Hands 2
Introduce throwing with accuracy
Apply throwing with accuracy in a team
Introduce stopping a ball
Develop sending (rolling) skills to score a point
Consolidate sending and stopping to win a game

Year 2
Progression of Skills

Locomotion: Dodging
Explore dodging
Develop dodging
Apply dodging:
Explore attacking and defending
Apply dodging in teams

Locomotion: Jumping
Consolidate jumping
Apply jumping into a game
Linking jumping
Explore jumping combinations
Develop jumping combinations

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

Ball Skills Feet
Develop dribbling/passing/receiving, keeping possession
Combine dribbling, passing and receiving, keeping possession/to score a point
Apply dribbling, passing and receiving as a team to score a point

Ball Skills Hands 2
Consolidate pupils application and understanding of underarm throwing
Applying the underarm and overarm throw to win a game
Applying the underarm throw to beat an opponent

Foundation
Progression of Skills

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

Moving (Gymnastics)
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

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

Ourselves
Moving in sequence
Responding in movement to words and music
Moving with props and contrasting tempos
Creating their own movements
Exploring opposites and creating simple movement sequences

Dinosaurs
Moving with control
Adding movements together
Responding to rhythm in character
Adding expression to our characters' (dinosaur) movements
Performing with a partner
Exploring relationships

Year 1
Progression of Skills

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

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

The Zoo
Exploring expression
Developing our movements, adding movements together
Responding to a rhythm: Introducing partner work
Creating an animal sequence motifs
Exploring relationships within our motifs

Growing
Responding to rhythm
Developing the growing plant 'dance'
Introduction to motifs
Creating motifs
Creating movement sequences
Relationships and performance

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

Year 2
Progression of Skills

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

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

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

Water
Responding to stimuli
Developing whole group movement
Improvisation and physical descriptions
Creating contrasting movement sequences
Sequences, relationships and performance

Mr Candy's Sweet Factory
Exploring expression
Linking movements together
Creating a motif with characterisation, expression and emotion
Extending our motifs with different dynamics (fast and slow)

Foundation
Progression of Skills

Games For Understanding
Taking turns/keeping the score
Understanding and playing by the rules
Avoiding a defender
Preventing an attacker from scoring
Applying attacking and defending into a game

Rackets, Bats and Balls units are not available on Complete P.E. for Foundation

Health and Wellbeing units are not available on Complete P.E. for Foundation

Team Building units are not available on Complete P.E. for Foundation

Year 1
Progression of Skills

Games For Understanding
Understanding the principles of attack/defence
Applying attacking/ defending principles into a game
Consolidate attacking/defending

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

Health and Wellbeing
Introduce and explore agility
Introduce and explore balance
Introduce and explore coordination:
Bouncing, rolling and throwing

Team Building
Introducing teamwork
Develop teamwork
Building trust and developing communication
Cooperation and communication
Explore simple strategies
Problem solving:
Consolidate teamwork

Year 2
Progression of Skills

Games For Understanding
Attacking/defending as a team
Understanding the transition between defence and attack
Create and apply attacking/ defensive tactics

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

Health and Wellbeing
Consolidate agility
Consolidate balancing:
Explore balancing on apparatus
Introduce and explore coordination: Dribbling and kicking

Team Building
Introducing teamwork
Develop teamwork
Building trust and developing communication
Cooperation and communication
Explore simple strategies
Problem solving:
Consolidate teamwork

KS 2



Year 3
Progression
of skills

Netball
Introduce passing,
receiving and creating space
Develop/combine passing
and moving
Combine/develop passing
and shooting

Tag Rugby
Introduce moving with the
ball, passing and receiving
Introduce tagging
Create space when attacking
Develop passing and moving
Combine passing/moving
to create attacking
opportunities

Cricket
Understand the concept
of batting and fielding
Introduce throwing overarm
Introduce throwing underarm
Introduce catching
Striking with intent

Rounders
Introduce to rounders
Introduce overarm throwing
Apply overarm and
underarm throwing
Introduce stopping the ball
Application of stopping the
ball in a game

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

Year 4
Progression
of skills

Netball
Refine passing and receiving
Develop passing and dribbling
creating space
Develop passing, moving
and shooting
Refine passing and shooting
Develop footwork

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

Cricket
Develop an understanding
of batting and fielding
Introduce bowling underarm
Develop stopping and
returning the ball
Develop retrieving and
returning the ball
Striking the ball at different
angles and speeds

Rounders
Develop fielding bowling
with a backstop
Introduce batting; how
Develop batting; where and why
Introduce and apply basic
fielding tactics

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

Year 5
Progression
of skills

Netball
Refine passing
and receiving
Apply passing, footwork and
shooting into mini games,
introduce officiating
Introduce defending
Explore the function of
other passing styles

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

Cricket
Refine batting, understand
and develop batting and
bowling tactics
Refine fielding stooping,
catching and throwing
Combine bowling and fielding
creating and applying tactics
Introduce umpiring
and scoring

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

Tennis
Introduce/develop the volley
Controlling the game
from the serve
Doubles, understanding and
applying tactics to win a pint

Year 6
Progression
of skills

Netball
Consolidate keeping
possession, develop officiating
Consolidate defending
Create, understand and apply
attacking/defending tactics
in game situations

Tag Rugby
Consolidate passing
and moving
Consolidate defending
Create, understand and apply
attacking/defending tactics in
game situations
Consolidate attacking and
defending in min games

Cricket
Consolidate batting/
fielding/bowling
Create, understand and apply
attacking/defensive
tactics in game

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

Tennis
Game application
Game application, mixed ability
doubles, round robin games

Year 3
Progression
of skills

Communication & Tactics
Creating and applying
Simple tactics
Developing leadership
Developing communication as a
team / collaborate effectively
as a team
Create defending and
attacking tactics as
a team

**Symmetry &
Asymmetry**
Introduction to symmetry
Introduction to asymmetry
Application of learning onto
apparatus
Sequence formation
Sequence completion

Athletics
Explore running
for speed
Explore acceleration
Introduce /develop relay:
Running for speed in a team
Throwing: Accuracy vs distance
Standing long jump

Wild Animals
Responding to stimuli
Developing character
dance into a motif
Developing sequences with a
partner in character that show
relationships
Extending sequences with a
partner in character

Weather
Responding to stimuli,
extreme weather
Developing thematic
dance into a motif
Extending dance to create
sequences with a partner
Developing sequences
with a partner

Year 4
Progression
of skills

Problem Solving
Benches and
mats challenge
Round the clock
card challenge
The pen challenge
The river rope challenge
Caving challenges

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

Athletics
Develop running
at speed
Exploring our stride pattern
Exploring running at pace
Understand and apply tactics when
running for distance
Javelin
Standing triple jump

Cats
Responding to stimuli
working together
Extending sequences with a
partner in character
Exploring two contrasting
Relationships and interlinking
dance moves

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

Year 5
Progression
of skills

Orienteering
Face orienteering
Cone orienteering
Point and return
Point to point
Timed course
Orienteering competition

**Counter Balance
& Counter Tension**
Introduction to
counter balance
Application of counter balance
learning onto apparatus
Sequence formation
Counter Tension
Sequence completion

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

Greeks
Exploring the Greeks using
compositional principles
Extending sequences with a
partner using compositional
principles
Creating movement using
improvisation where movement
is reactive

The Circus
Developing character
movements linked to
19th Century prejudices
Creating movements to represent
different characters and
performers in a 19th Century circus
Extending our Performance
incorporating props and
apparatus linked to the
variety of performers

Year 6
Progression
of skills

Leadership
Understanding what makes
an effective leader
Communicating as a leader
Introducing the STEP principle:
Space, Task, Equipment
and People

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

Athletics
Running for
speed competition
Running for
distance competition
Throwing competition
Jumping competition

Carnival
Performing with technical
control and rhythm in a group
Creating rhythmic patterns
using the body
Experiencing dance from a
different culture
Choreographical elements
including still imagery

Titanic
Creating rhythmic patterns
using our body
Extending our choreography through
controlled movements, character
emotion and expression
Explore the relationships between
characters applying character
emotion and expression
Performance and reflection

Year 3
Progression
of skills

Witches and Wizards
Responding to stimuli
Developing characters and extending the story
Creating motifs with a partner in character
Developing characterisation

Health, Wellbeing & Mindfulness
Exploring relaxation techniques
Applying relaxation techniques and using them effectively
Performing balanced meditative poses
Using props to help us balance in our meditative poses

Boccia
Exploring sending
Sending the ball: Understanding why we need to be accurate
Sending the ball: Developing our sending technique and understanding of accuracy
Introduce scoring in Boccia

Badminton units are not available on Complete P.E. for Year 3

Year 4
Progression
of skills

World War II
Explore the behaviours of people in 1939
Creating sequences in small group that show character emotion
Creating movements that interconnect

Health, Wellbeing & Mindfulness
Creating movements to help express ourselves and our emotions.
Using mime to manage positive and negative emotions
Using meditative poses to help control and manage our emotions

Boccia
Consolidating sending with accuracy in Boccia: Sending with pace and speed
Tactical Play: Applying accuracy into our Boccia games
Tactical Play: Defending in Boccia

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Year 5
Progression
of skills

Greeks
Exploring the Greeks using compositional principles
Extending sequences with a partner using compositional principles
Creating movement using improvisation where movement is reactive

Health Related Exercise
Explore and understand cardio fitness
Explore and understand flexibility fitness
Explore and understand strength fitness

Boccia
Sending the ball: Develop our understanding why we need to be accurate
Sending the ball: Refine our sending technique and understanding of accuracy
Sending the ball: Applying accuracy in teams

Badminton
Exploring different forehand /backhand shots
Applying different forehand/backhand shots to win a point
Consolidate outwitting an opponent
Doubles: Understanding and applying tactics to win a point

Year 6
Progression
of skills

Titanic
Creating rhythmic patterns using our body
Extending our choreography through controlled movements, character emotion and expression
Explore the relationships between characters applying character emotion and expression
Performance and reflection

Health Related Exercise
Develop a secure understanding of cardio fitness
Develop a secure understanding of flexibility fitness
Develop a secure understanding of strength fitness

Boccia
Creating and applying basic tactics: Coaching and officiating Boccia games
Level 1 Competition: Pairs Boccia
Level 1 Competition: Team Boccia

Badminton
Introduction to badminton: Outwitting an opponent
Introduce the forehand and backhand
Applying the forehand and backhand: Creating space to win a point
Controlling the game from the serve