

## PE Progression Grid (Years 1–6)

Strand	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>Explore basic shapes and balances</li> <li>Travel under/over/through</li> <li>Jump &amp; land safely</li> </ul>	<ul style="list-style-type: none"> <li>Link shapes into sequences</li> <li>Roll safely</li> <li>Use apparatus with simple balances</li> </ul>	<ul style="list-style-type: none"> <li>Perform sequences with matching/mirroring</li> <li>Improved rolls &amp; balances</li> <li>Jumps in flight</li> </ul>	<ul style="list-style-type: none"> <li>Perform shapes &amp; balances on apparatus</li> <li>Forward rolls with entrances/exits</li> <li>Link jumps &amp; pivots</li> </ul>	<ul style="list-style-type: none"> <li>Perform headstands/handstands</li> <li>Rolling into/out of shapes</li> <li>Vault with varied entrances/exits</li> </ul>	<ul style="list-style-type: none"> <li>Perform complex sequences incl. rotation, stands &amp; mirroring</li> <li>Counterbalance &amp; counter tension</li> <li>Roll on/off/over apparatus confidently</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>Run fast from standing start</li> <li>Basic jump &amp; throw skills</li> </ul>	<ul style="list-style-type: none"> <li>Develop speed &amp; control</li> <li>Jump for distance</li> <li>Throw with increased accuracy</li> </ul>	<ul style="list-style-type: none"> <li>Relay changeovers</li> <li>Jump for height/distance</li> <li>Sprint &amp; record performance</li> </ul>	<ul style="list-style-type: none"> <li>Improve sprint technique</li> <li>Jump with greater power</li> <li>Throw using different techniques</li> </ul>	<ul style="list-style-type: none"> <li>Combine speed &amp; stamina</li> <li>Triple jump intro</li> <li>Javelin &amp; overhead throws</li> </ul>	<ul style="list-style-type: none"> <li>Adjust running style for events</li> <li>Analyse speed changes</li> <li>Apply correct technique in all jumps &amp; throws</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>Perform simple movement patterns</li> <li>Create short phrases</li> </ul>	<ul style="list-style-type: none"> <li>Perform in groups with timing</li> <li>Give simple feedback</li> </ul>	<ul style="list-style-type: none"> <li>Learn &amp; refine choreography</li> <li>Perform with expression</li> </ul>	<ul style="list-style-type: none"> <li>Group synchronisation</li> <li>Refine routines with dynamics</li> </ul>	<ul style="list-style-type: none"> <li>Choreograph more complex sequences</li> <li>Give detailed feedback</li> </ul>	<ul style="list-style-type: none"> <li>Perform complex choreography fluently</li> <li>Use lifts, floor plans &amp; narrative in dance</li> </ul>
<b>Games – Skills</b>	<ul style="list-style-type: none"> <li>Basic rolling, throwing, catching</li> <li>Strike/kick with control</li> <li>Simple tactics</li> </ul>	<ul style="list-style-type: none"> <li>Dribbling (ball skills)</li> <li>Passing/receiving</li> <li>Tagging, attacking &amp; defending</li> </ul>	<ul style="list-style-type: none"> <li>Apply skills in games (football, netball, hockey)</li> <li>Passing &amp; shooting with accuracy</li> <li>Basic tackling</li> </ul>	<ul style="list-style-type: none"> <li>Apply tactics in invasion games</li> <li>Striking/fielding intro</li> <li>Court positioning (tennis)</li> </ul>	<ul style="list-style-type: none"> <li>Skilled passing/receiving at speed</li> <li>Tactical play</li> <li>Improved striking &amp; bowling</li> </ul>	<ul style="list-style-type: none"> <li>Execute advanced techniques (serve, tackle, shoot)</li> <li>Apply complex strategies</li> <li>Compete with full rules understanding</li> </ul>
<b>Personal &amp; Social (implicit strand)</b>	<ul style="list-style-type: none"> <li>Work safely in space</li> <li>Simple teamwork</li> </ul>	<ul style="list-style-type: none"> <li>Take turns, share space</li> <li>Feedback with support</li> </ul>	<ul style="list-style-type: none"> <li>Cooperate in small teams</li> <li>Evaluate own performance</li> </ul>	<ul style="list-style-type: none"> <li>Use tactics and roles in teams</li> <li>Support peers</li> </ul>	<ul style="list-style-type: none"> <li>Lead small groups</li> <li>Analyse performance</li> </ul>	<ul style="list-style-type: none"> <li>Lead warmups, officiate</li> <li>Self-evaluate and improve</li> </ul>