

## PE Curriculum Progression Map

The national curriculum for PE aims to ensure that all pupils:			
<ul style="list-style-type: none"> <li>♣ develop competence to excel in a broad range of physical activities</li> <li>♣ are physically active for sustained periods of time</li> </ul>		<ul style="list-style-type: none"> <li>♣ engage in competitive sports and activities</li> <li>♣ lead healthy, active lives.</li> </ul>	
EYFS	KS1	Lower KS2	Upper KS2
<p><b>Physical Development:</b> Moving and Handling</p> <ul style="list-style-type: none"> <li>• Experiments with different ways of moving; confidently travelling around, over, under and through equipment</li> <li>• Jumps off an object and lands appropriately</li> <li>• Negotiates space successfully and safely; able to change speed and direction to avoid obstacles</li> <li>• Shows increasing control over an object in pushing, patting, throwing, catching and kicking it</li> <li>• Children show good control and co-ordination in large and small movements</li> <li>• Children handle equipment and tools effectively</li> </ul> <p>Health and self-care</p> <ul style="list-style-type: none"> <li>• Children know the importance for good health of physical exercise and a healthy diet</li> </ul> <p><b>Expressive arts and design:</b> Being imaginative</p> <ul style="list-style-type: none"> <li>• Uses movement to express feelings and creates</li> </ul>	<ul style="list-style-type: none"> <li>♣ Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</li> <li>♣ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>♣ participate in team games, developing simple tactics for attacking and defending</li> <li>♣ perform dances using simple movement patterns.</li> </ul> <p><b>Swimming and water safety</b></p> <ul style="list-style-type: none"> <li>♣ swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>♣ perform safe self-rescue in different water-based situations.</li> </ul>	<ul style="list-style-type: none"> <li>♣ Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</li> <li>♣ use running, jumping, throwing and catching in isolation and in combination</li> <li>♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>♣ perform dances using a range of movement patterns</li> </ul> <p><b>Swimming and water safety</b></p> <ul style="list-style-type: none"> <li>♣ swim competently, confidently and proficiently over a distance of at least 25 metres</li> </ul>	<ul style="list-style-type: none"> <li>♣ Pupils continue to apply a range of skills at an increasingly higher level, taking into consideration evaluation and technical points.</li> <li>♣ Confidently use running, jumping, throwing and catching in combination with increased accuracy.</li> <li>♣ Play competitive games (both intra and inter school) and apply more complex and advanced principles of attacking and defending.</li> <li>♣ In their performances, use flexibility, strength, control and balance with increasing confidence.</li> <li>♣ Choreograph dances using a range of movement patterns.</li> <li>♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> <li>♣ take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>♣ Learn and use orienteering skills to navigate maps in outdoor environments.</li> <li>♣ Are ready to leave the school with skills to independently lead an active and healthy lifestyle.</li> </ul>

<p>movement to respond to music</p> <ul style="list-style-type: none"><li>• Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences</li></ul>		<ul style="list-style-type: none"><li>♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li><li>♣ perform safe self-rescue in different water-based situations.</li></ul>	
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