



Progression of Knowledge & Skills Overview – PE - 2025/26

Last updated: 23.10.2025

Progression of Knowledge & Skills - PE

	N	R	Y1	Y2	Y3	Y4	Y5	Y6
Games Invasion, Net/Wall, Striking & Fielding	<p>Exploration of movement with equipment.</p> <p>Roll, push, throw and catch large soft balls.</p> <p>Begin to aim towards a large target.</p> <p>Move safely in shared spaces.</p> <p>Begin to understand taking turns.</p>	<p>Developing coordination and simple games.</p> <p>Throw, catch and kick larger balls with more control.</p> <p>Move into space to receive.</p> <p>Begin to play simple chasing and aiming games.</p> <p>Start to follow very simple rules.</p>	<p>Fundamental ball and object control.</p> <p>Throw and catch a range of equipment with control.</p> <p>Move safely into space during games.</p> <p>Begin to use simple tactics e.g. passing to space.</p> <p>Work cooperatively with a partner or small group.</p>	<p>Application of skills and simple team games.</p> <p>Throw, catch, kick, and strike with increasing accuracy.</p> <p>Understand basic attack and defence – space and direction.</p> <p>Follow game rules independently.</p> <p>Begin to communicate and cooperate in teams.</p>	<p>Refining techniques and tactics.</p> <p>Use a range of sending, receiving and striking skills with control.</p> <p>Apply tactics in small-sided games.</p> <p>Develop positional awareness.</p> <p>Begin to evaluate effectiveness of tactics.</p>	<p>Combining skills in competitive play.</p> <p>Use a range of attacking and defending skills.</p> <p>Select and apply appropriate techniques.</p> <p>Understand roles within a team.</p> <p>Begin to officiate small games fairly.</p>	<p>Strategy and teamwork.</p> <p>Demonstrate accuracy, control and fluency in games</p> <p>Apply tactical awareness and make strategic decisions</p> <p>Communicate effectively with teammates.</p> <p>Lead small team activities.</p>	<p>Mastery and leadership.</p> <p>Perform consistently with control and precision.</p> <p>Adapt tactics to changing situations.</p> <p>Show leadership and organisational skills.</p> <p>Analyse and evaluate performance of self and others.</p>
Gymnastics	<p>Exploring body shapes and movement.</p> <p>Experiment with body shapes e.g.</p>	<p>Balance and control.</p> <p>Travel, balance, and roll with control.</p>	<p>Fundamental balance and travel.</p> <p>Show contrasting shapes e.g.</p>	<p>Developing sequences.</p> <p>Create and perform short sequences on</p>	<p>Linking actions with flow.</p> <p>Create sequences using</p>	<p>Control and precision.</p> <p>Perform more complex</p>	<p>Performance and complexity.</p> <p>Combine movements with</p>	<p>Mastery and evaluation.</p> <p>Create and perform extended</p>

Dance	<p>wide, narrow, curled.</p> <p>Move safely on mats and low apparatus.</p> <p>Begin to balance using different body parts.</p>	<p>Copy and repeat simple shapes and sequences.</p> <p>Begin to use small and large apparatus safely.</p>	<p>tall/small, wide/narrow.</p> <p>Link 2–3 actions smoothly.</p> <p>Begin to jump and land safely.</p> <p>Use apparatus confidently and safely.</p>	<p>the floor and using apparatus.</p> <p>Demonstrate control in balances and rolls.</p> <p>Change direction, speed and level.</p> <p>Recognise good performance.</p>	<p>travel, roll, jump and balance.</p> <p>Move smoothly between actions.</p> <p>Use pathways, directions and levels.</p> <p>Work cooperatively with a partner.</p>	<p>balances, rolls, and jumps.</p> <p>Include symmetrical/asymmetrical elements.</p> <p>Show control and extension in all movements.</p> <p>Evaluate and refine sequences.</p>	<p>flow, precision and control.</p> <p>Incorporate apparatus creatively.</p> <p>Vary dynamics e.g. speed, height, level.</p> <p>Perform in front of others with confidence.</p>	<p>sequences with fluency.</p> <p>Adapt routines for apparatus or theme.</p> <p>Demonstrate strength, flexibility, and control.</p> <p>Lead warm-ups and provide feedback to peers.</p>
	<p>Moving to music.</p> <p>Respond to rhythms and sounds through movement.</p> <p>Explore body parts and levels.</p> <p>Copy simple actions.</p>	<p>Expressive movement.</p> <p>Move with rhythm and coordination.</p> <p>Copy and repeat movement patterns.</p> <p>Express ideas and feelings through movement.</p>	<p>Basic movement and rhythm.</p> <p>Create simple movement phrases.</p> <p>Move in time with a beat.</p> <p>Use simple dynamics e.g. fast/slow, big/small.</p> <p>Work individually and with a partner.</p>	<p>Pattern and expression.</p> <p>Copy, remember and repeat short dance phrases.</p> <p>Link movements to music or theme.</p> <p>Vary dynamics and direction.</p> <p>Perform with control and expression.</p>	<p>Structure and interpretation.</p> <p>Improvise and create sequences to a stimulus.</p> <p>Use shape, direction and timing effectively.</p> <p>Perform and evaluate with peers.</p>	<p>Group choreography.</p> <p>Create longer routines with formations and patterns.</p> <p>Vary tempo, dynamics, and levels.</p> <p>Perform with confidence and awareness of others.</p>	<p>Performance and style.</p> <p>Refine and adapt sequences to show style or mood.</p> <p>Synchronise movement with music.</p> <p>Collaborate effectively in groups.</p>	<p>Composition and performance.</p> <p>Create complex choreography showing expression and fluency.</p> <p>Use motifs, repetition, and contrast.</p> <p>Evaluate and improve performance.</p> <p>Perform confidently to an audience.</p>

Athletics Running, jumping, throwing.	Exploring movement.	Coordination and control.	Basic techniques.	Control and measurement.	Refining technique.	Developing power and consistency.	Performance and stamina.	Mastery and competition.
	Run, jump, and throw freely.	Run in different ways e.g. fast/slow, direction changes.	Run in straight lines, stop/start safely.	Develop overarm throwing.	Run with good posture and stride.	Improve sprinting technique.	Refine sprint, relay, and distance running.	Perform at maximum effort with efficiency.
	Develop coordination and balance.	Jump off two feet.	Jump for height and distance.	Combine running and jumping.	Jump using correct take-off and landing.	Develop standing long jump and javelin-style throws.	Throw for distance using correct technique.	Apply strategies for pacing and relay changeovers.
		Throw towards a target.	Throw underarm with accuracy.	Begin to measure and compare results.	Throw with control and coordination.	Record and improve performances.	Use feedback to improve personal bests.	Analyse and improve own and others' techniques.
OAA Outdoor and Adventurous Activities			Basic problem solving.	Basic problem solving.	Teamwork and navigation.	Teamwork and navigation.	Independence and strategy.	Independence and strategy.
			Work cooperatively to complete simple challenges.	Work cooperatively to complete simple challenges.	Use simple maps and compasses.	Use simple maps and compasses.	Plan and complete challenges requiring teamwork and decision making.	Plan and complete challenges requiring teamwork and decision making.
			Follow instructions and simple maps.	Follow instructions and simple maps.	Develop communication and leadership skills.	Develop communication and leadership skills.	Navigate routes using coordinates and maps.	Navigate routes using coordinates and maps.
			Begin to navigate around space.	Begin to navigate around space.	Solve problems collaboratively.	Solve problems collaboratively.	Show resilience, trust, and cooperation.	Show resilience, trust, and cooperation.
Swimming					Water confidence.	Basic strokes.	Proficiency.	Mastery.

					Enter and exit water safely. Move confidently in the water. Submerge and retrieve objects.	Develop front crawl, backstroke and breaststroke. Float and glide with control. Begin to swim short distances.	Swim 25 metres using efficient stroke technique. Perform safe self-rescue. Refine breathing and timing.	Swim confidently and competently over 25m. Perform a range of strokes effectively. Demonstrate safe water entry, exit, and survival skills.
Health, Fitness and Personal Development	Enjoyment and awareness. Recognise that exercise makes us feel good. Talk about being active and healthy.	Enjoyment and awareness. Recognise that exercise makes us feel good. Talk about being active and healthy.	Understanding fitness. Identify how exercise affects our body e.g. heart rate, breathing. Take part in warm-ups and cool-downs. Begin to talk about healthy choices.	Understanding fitness. Identify how exercise affects our body e.g. heart rate, breathing. Take part in warm-ups and cool-downs. Begin to talk about healthy choices.	Building fitness and reflection. Understand importance of flexibility, strength, and stamina. Begin to set personal goals. Describe how to improve performance.	Building fitness and reflection. Understand importance of flexibility, strength, and stamina. Begin to set personal goals. Describe how to improve performance.	Responsibility and lifestyle. Take responsibility for personal fitness. Lead warm-ups and explain purpose of exercises. Understand impact of activity, diet, and rest on health.	Responsibility and lifestyle. Take responsibility for personal fitness. Lead warm-ups and explain purpose of exercises. Understand impact of activity, diet, and rest on health.
Gross Motor Skills	Move confidently in a range of ways e.g. running, jumping, balancing, hopping, climbing.	Move confidently in a range of ways e.g. running, jumping, balancing, hopping, climbing.						

Fine Motor Skills	Develop coordination, control, and spatial awareness.	Develop coordination, control, and spatial awareness.						
	Use equipment safely e.g. bikes, balls, bats, climbing frames.	Use equipment safely e.g. bikes, balls, bats, climbing frames.						
	Build strength, balance, agility, and core stability.	Build strength, balance, agility, and core stability.						
	Engage in activities that promote physical confidence e.g. obstacle courses, dance, games.	Engage in activities that promote physical confidence e.g. obstacle courses, dance, games.						
	Use hands and fingers for precise actions e.g. threading, building, cutting, painting.	Use hands and fingers for precise actions e.g. threading, building, cutting, painting.						
	Develop hand-eye coordination and dexterity.	Develop hand-eye coordination and dexterity.						
	Handle tools and equipment effectively e.g. pencils, scissors, brushes.	Handle tools and equipment effectively e.g. pencils, scissors, brushes.						
	Strengthen muscles needed	Strengthen muscles needed						

	for writing and manipulating small objects.	for writing and manipulating small objects.						
--	---	---	--	--	--	--	--	--