



St Matthew's Catholic Primary School

P.E Progression Map 2023-2024



Domain	Key Concept	End points			
		EYFS	KS1	LKS2	UKS2
Movement	Dance	<p>Copy basic body actions and rhythms</p> <p>Choose and use travelling actions, shapes and balances.</p> <p>Travel in different pathways using the space around them</p> <p>Travel in different pathways using the space around them</p> <p>Begin to count to music.</p>	<p>Copy, remember and repeat a series of actions</p> <p>Select from a wider range of actions in relation to a stimulus</p> <p>Use pathways, levels, shapes, directions, speeds and timing with guidance</p> <p>Use mirroring and unison when completing actions with a partner.</p> <p>Show a character through actions, dynamics and expression</p> <p>Use counts with help to stay in time with the music</p>	<p>Copy, remember and adapt set choreography</p> <p>Choreograph considering structure individually, with a partner and in a group</p> <p>Use action and reaction to represent an idea</p> <p>Change dynamics to express changes in character or narrative</p> <p>Use counts when choreographing short phrases.</p>	<p>Perform dances confidently and fluently with accuracy and good timing</p> <p>Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme</p> <p>Improvise and combine dynamics demonstrating an awareness of the impact on performance.</p> <p>Use counts when choreographing and performing to improve the quality of work</p>
Fundamental Movement Skills	Fundamentals Fitness Athletics	<p>Run and stop with some control</p> <p>Explore skipping as a travelling action.</p> <p>Jump and hop with bent knees.</p> <p>Throwing larger balls and beanbags into space.</p> <p>Balance whilst stationary and on the move.</p>	<p>Show balance and coordination when running at different speeds.</p> <p>Link running and jumping movements with some control and balance.</p> <p>Show hopping and jumping movements with some balance and control.</p> <p>Change technique to throw for distance</p>	<p>Demonstrate how and when to speed up and slow down when running</p> <p>Link hopping and jumping actions with some control</p> <p>Jump for distance and height showing balance and control</p> <p>Throw with some accuracy and power towards a target area</p>	<p>Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time</p> <p>Link running, jumping and hopping actions with greater control and co-ordination</p> <p>Perform jumps for height and distance using good technique</p>

		<p>Change direction at a slow pace</p> <p>Explore moving different body parts together</p>	<p>Show control and balance when travelling at different speeds</p> <p>Demonstrates balance and co-ordination when changing direction</p> <p>Perform actions with increased control when co-ordinating their body with and without equipment.</p>	<p>Demonstrate good balance when performing other fundamental skills</p> <p>Show balance when changing direction at speed in combination with other skills.</p> <p>Begin to co-ordinate their body at speed in response to a task</p>	<p>Show accuracy and good technique when throwing for distance.</p> <p>Show fluency and control when travelling, landing, stopping and changing direction</p> <p>Change direction with a fluent action and can transition smoothly between varying speeds</p> <p>Can co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.</p>
Games	<p>Ball skills</p> <p>Sending and Receiving</p> <p>Invasion, Target</p> <p>Net and Wall</p> <p>Striking and</p> <p>Fielding</p>	<p>Drop and catch with two hands</p> <p>Move a ball with feet</p> <p>Throw and roll a variety of beanbags and larger balls to space.</p> <p>Kick larger balls to space</p> <p>Stop a beanbag or large ball sent to them using hands.</p> <p>Attempt to stop a large ball sent to them using feet.</p> <p>Hit a ball with hands</p> <p>Run and stop when instructed</p> <p>Move around showing limited awareness of others</p> <p>Make simple decisions in response to a situation</p>	<p>Dribble a ball with two hands on the move</p> <p>Dibble a ball with some success, stopping it when required.</p> <p>Throw and roll towards a target using varying techniques with some success</p> <p>Show balance when kicking towards a target</p> <p>Catch an object passed to them, with and without a bounce</p> <p>Move to track a ball and stop it using feet with limited success.</p> <p>Strike a ball using a racket.</p> <p>Run, stop and change direction with balance and control.</p> <p>Move to space to help score goals or limit others scoring</p> <p>Use simple tactics.</p>	<p>Link dribbling the ball with other actions with increasing control.</p> <p>Change direction when dribbling with feet with some control in game situations</p> <p>Use a variety of throwing techniques with increasing success in game situations</p> <p>Kick with increasing success in game situations.</p> <p>Catch a ball passed to them using one and two hands with increasing success</p> <p>Receive a ball using different parts of the foot under pressure.</p> <p>Strike a ball using varying techniques with increasing accuracy</p> <p>Change direction to lose an opponent with some success</p> <p>Create and use space with some success in game situations.</p> <p>Use simple tactics to help their team score or gain possession</p>	<p>Use dribbling to change the direction of play with control under pressure</p> <p>Use a variety of dribbling techniques to maintain possession under pressure.</p> <p>Use a variety of throwing techniques including fake passes to outwit an opponent</p> <p>Select and apply the appropriate kicking technique with control.</p> <p>Catch and intercept a ball using one and two hands with increasing success in game situations.</p> <p>Receive a ball with consideration to the next move.</p> <p>Strike a ball using a wider range of skills to outwit an opponent. Apply these with increasing control under pressure</p> <p>Confidently change direction to successfully outwit an opponent</p>

					<p>Effectively create and use space for self and others to outwit an opponent.</p> <p>Work collaboratively to create tactics within their team and evaluate the effectiveness of these.</p>
Body Management	Yoga Gymnastics	<p>Create shapes showing a basic level of stillness using different parts of their bodies.</p> <p>Begin to take weight on different body parts</p> <p>Show shapes and actions that stretch their bodies</p> <p>Copy and link simple actions together</p>	<p>Perform balances on different body parts with some control and balance</p> <p>Take body weight on different body parts, with and without apparatus</p> <p>Show increased awareness of extension and flexibility in actions</p> <p>Copy, remember, repeat and plan linking simple actions with some control and technique</p>	<p>Use body tension to perform balances both individually and with a partner.</p> <p>Demonstrate increasing strength, control and technique when taking own and others weight.</p> <p>Demonstrate increased flexibility and extension in more challenging actions</p> <p>Plan and perform sequences showing control and technique with and without a partner.</p>	<p>Combine and perform more complex balances with control, technique and fluency</p> <p>Demonstrate more complex actions with a good level of strength and technique</p> <p>Confidently transition from one action to another showing appropriate control and extension for the complexity of the action.</p> <p>Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills.</p>
Outdoor Adventurous Activities	OAA Team Building	<p>Follow simple instructions.</p> <p>Share their ideas with others</p> <p>Explore activities making own decisions in response to a task.</p> <p>Make decisions about where to move in space.</p> <p>Follow a path.</p> <p>Begin to identify personal success.</p>	<p>Follow instructions accurately.</p> <p>Work co-operatively with a partner and a small group, taking turns and listening to each other.</p> <p>Try different ideas to solve a task.</p> <p>Follow and create a simple diagram/map.</p> <p>Understand when a challenge is solved successfully and begin to suggest simple ways to improve.</p>	<p>Accurately follow instructions given by a peer and give clear and usable instructions to a peer.</p> <p>Confidently communicate ideas and listen to others before deciding on the best approach</p> <p>Plan and apply strategies to solve problems.</p> <p>Identify key symbols on a map and use a key to help navigate around a grid.</p>	<p>Communicate with others clearly and effectively when under pressure.</p> <p>Confident to lead others and show consideration of including all within a group</p> <p>Use critical thinking skills to form ideas and strategies selecting and applying the best method to solve a problem.</p> <p>Confidently and efficiently orientate a map, identifying key</p>

				Watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements.	features to navigate around a course Accurately reflect on when challenges are solved successfully and suggest well thought out improvements.
Social		Take turns. Learn to share equipment with others. Share their ideas with others.	Encourage others to keep trying. Talk to a partner about their ideas and take turns to listen to each other. Work with a partner and small group to play games and solve challenges	Encourage and motivate others to work to their personal best. Work with others to achieve a shared goal. Work with others to self manage games	Share ideas with others and work together to decide on the best approach to a task. Lead others and show consideration of including all within a group. Communicate with others clearly and effectively
Emotional		Try again if they do not succeed. Practice skills independently Confident to try new tasks and challenges	Show determination to continue working over a longer period of time Determined to complete the challenges and tasks set Explore skills independently before asking for help Confident to share ideas, contribute to class discussion and perform in front of others	Persevere when finding a challenge difficult. Understand what their best looks like and they work hard to achieve it Begin to use rules showing awareness of fairness and honesty. Show an awareness of how other people feel	Understand what maximum effort looks and feels like and show determination to achieve it Use different strategies to persevere to achieve personal best. Compete within the rules showing fair play and honesty when playing independently. Confident to attempt tasks and challenges outside of their comfort zone.
Thinking		Begin to identify personal success. Choose own movements and actions in response to simple tasks e.g. choosing to travel by skipping Begin to provide simple feedback saying what they liked or thought was good about someone else's performance	Make decisions when presented with a simple challenge. E.g. move to an open space towards goal. Begin to select and apply skills to use in a variety of differing situations. E.g. choose to use a balance on their bottom on a wider piece of apparatus. Provide feedback beginning to use key words from the lesson.	Pupils make quicker decisions when selecting and applying skills to a situation. E.g. who to pass to and where to move. Select and apply from a wider range of skills and actions in response to a task. Show determination to continue working over a longer period of time. Provide feedback using key terminology.	Reflect and evaluate their performances both as a group and as an individual and suggest areas for improvement. Identify their own and others' strengths and areas for development providing sensitive feedback and can suggest ways to improve. Recognise and explain their thought process when playing

				games or completing tasks. E.g I moved here because my teammate was over there Select and apply appropriate skills for the situation when under pressure
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