

PE End Point Progression Map

Invasion Games

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Move freely using space and speed	Participate in team games using simple attacking and defending techniques	Keep the ball and find the best places to score during team games	Pass a ball with accuracy and use space to keep possession and score points	Plan, choose and adopt tactics and techniques to maintain possession and give their team a chance to score	Keep the ball away from defenders through shielding, changing direction and speed and shoot at a target with increasing accuracy during game situations	Choose the right tactics and positions for attacking and defending, supporting players to score goals and preventing teams from scoring

Dance and Gymnastics

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Experiment with different ways of moving	Combine different ways of travelling and moving on mats and small apparatus	Perform a short sequence individually including balances, different actions, jumps, floor and small apparatus	Perform a range of dance and gymnastic movements with partners to perform a routine/sequence	Devise, perform and repeat sequences and routines to music involving change of dynamics, linking movements and a range of travel movements	Improvise routines and sequences using floor space and apparatus at different levels ensuring transitions are smooth, individually and with partners	Plan, design and perform their own innovative routines and sequences using different apparatus and floor space layouts

Net and Wall

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Push and pat a ball or object showing control	Pass and receive a ball in different ways	Pass and receive a ball in different ways with increased accuracy	Use a range of different shots to strike a ball in different directions	Refine strokes using a racket or bat hitting a ball over a net into a court	Stand and receive a ball in the correct position and hit a ball into a court with increasing accuracy using both sides of the body	Strike balls away from an opponent during game situations by knowing the best place to stand and receive the ball

Striking and Fielding

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Show control when throwing and catching	Perform striking and fielding techniques with increased control	Throw balls and other objects with increased control	Field and return balls in different ways, knowing which technique is appropriate	Combine movements to catch and field a ball using the correct techniques and strike balls with increasing accuracy using a basic shot	Play a range of shots consistently striking the ball with increased accuracy	Use rules, strategies and tactics to game situations using their knowledge of batting and fielding scoring runs more efficiently and applying tactics to beat opponents

Athletics

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Show good coordination in large movements	Develop control when running, jumping and throwing	Run over short distances with increased speed and control	Use different techniques, speed and effort for running, jumping and throwing	Run over a range of distances at an appropriate pace. Throw into target areas at increasing length and perform a variety of jumps.	Set individual targets for themselves for a range of running, throwing and jumping events	Perform a range of throw, jumps and runs using the correct techniques during athletic events

Swimming

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
				Move in water in a vertical or horizontal position with or without floats	Develop appropriate strokes for travelling in water on front and back with/without support and travel further	Swim 25m on front and back using a correct swimming stroke