

Progression in PE

Summer 2026

<u>Skills</u>	<u>Early Years Foundation Stage</u>	<u>Key Stage 1 (Years 1 and 2)</u>	<u>Lower Key Stage 2 (Years 3 and 4)</u>	<u>Upper Key Stage 2 (Years 5 and 6)</u>	<u>As All Saints' Pupils make the transition to secondary school we want them to be able to . . .</u>
<p>Invasion Games/ Striking and Fielding Games/ Ball control</p>	<p>Recognise how to negotiate space and obstacles safely; with consideration for themselves and others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, and skipping through different team games. Make simple decisions in response to a situation.</p>	<p>Send and receive a ball with increasing control. Apply basic attacking and defending ideas. Strike and field with improving coordination. Control a ball using hands and feet. Work cooperatively with others. Follow simple rules and tactics. Demonstrate confidence and enjoyment in physical activity.</p>	<p>Demonstrate control when travelling at speed. Use different types of passes and movement patterns confidently. Combine passing, movement, and support play effectively. Defend using positioning and anticipation. Apply attacking and defending tactics consistently. Adapt play based on game situations. Demonstrate tactical awareness, control, and communication during competitive games.</p>	<p>Apply advanced passing, receiving, striking, and control skills fluently Use tactical awareness to influence competitive games Maintain possession and adapt strategies under pressure Demonstrate accurate and strategic striking and fielding skills Communicate, collaborate, and lead effectively within teams Evaluate and improve performance independently Participate confidently and respectfully in competitive physical activities Continue to develop an understanding of more team games such as Quidditch.</p>	<p>Confidently take part in a range of sporting activities whilst demonstrating a knowledge of a healthy lifestyle and sharing sporting values with others.</p>

<p>Gymnastics/ Yoga</p>	<p>Perform different shapes showing a basic level of stillness using various parts of their bodies</p> <p>Begin to take weight on different body parts.</p> <p>Understand which movements stretch different parts of their bodies.</p> <p>Link different action and movement together.</p>	<p>Perform basic balances, rolls, jumps, and travelling actions safely</p> <p>Link movements together into simple sequences</p> <p>Demonstrate increasing flexibility, coordination, and control</p> <p>Use breathing and relaxation techniques appropriately</p> <p>Perform yoga poses with focus and balance</p> <p>Show confidence when working independently and with others</p>	<p>Perform balances, rolls, and travelling actions with control and fluency.</p> <p>Create and perform sequences individually and collaboratively.</p> <p>Demonstrate flexibility, coordination, and body tension effectively.</p> <p>Use yoga to improve strength, balance, posture, and wellbeing.</p> <p>Coordinate breathing and movement during yoga flows.</p> <p>Evaluate and improve performances thoughtfully</p>	<p>Perform advanced gymnastics actions with control, fluency, and precision</p> <p>Create and refine complex sequences individually and collaboratively</p> <p>Demonstrate strength, flexibility, coordination, and body tension effectively</p> <p>Use yoga to support physical fitness, emotional wellbeing, and mindfulness</p> <p>Coordinate breathing, movement, and focus confidently</p> <p>Evaluate, adapt, and improve performances independently</p> <p>Demonstrate leadership, creativity, and resilience within physical activity</p>	
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Dance	<p>Move freely to music using different body parts and levels. Explore simple actions like jumping, running, and stretching</p> <p>Copy simple movements and rhythms. Begin to move in time with music</p> <p>Combine 2–3 movements into simple sequences. Explore movement with a partner.</p> <p>Perform simple dances with confidence and enjoyment</p>	<p>Show greater control and coordination in movement to music</p> <p>Link movements together using rhythm and timing</p> <p>Develop short sequences with clear beginning, middle, and end.</p> <p>Perform sequences with improved timing and control.</p>	<p>Show fluency and control when linking movements together.</p> <p>Use dynamics (speed, level, tension) to enhance performance.</p> <p>Apply choreographic devices such as unison, canon, and mirroring</p> <p>Perform sequences with expression, timing, and coordination.</p>	<p>Perform with control, rhythm, and coordination</p> <p>Create and refine dance sequences independently and in groups</p> <p>Use choreographic devices effectively</p> <p>Respond creatively to music and themes</p> <p>Demonstrate expression and performance quality</p>	
Athletics/ Fundamental Movement skills/ Multi Skills	<p>Explore running, jumping, hopping, throwing, and catching in free play. Move confidently in space.</p> <p>Copy simple movements and travel in different ways (fast/slow, high/low). Begin basic throwing and catching.</p> <p>Combine movements in simple sequences (run–jump–land). Take part in simple races and challenges.</p> <p>Show confidence in basic movement</p>	<p>Show improved coordination in running, jumping, and throwing activities.</p> <p>Link running, jumping, and throwing in simple sequences and challenges.</p> <p>Apply skills in competitive and cooperative activities. Begin to record personal bests</p> <p>Perform with increasing confidence and consistency in races and challenges.</p>	<p>Demonstrate fluency in fundamental movement skills.</p> <p>Refine technique and improve consistency in athletic events</p> <p>Apply skills in structured competitions and challenges.</p> <p>Perform with accuracy, confidence, and improved efficiency.</p>	<p>Perform advanced athletic skills with control and efficiency.</p> <p>Independently adjust technique to improve performance outcomes</p> <p>Independently adjust technique to improve performance outcomes</p> <p>Perform at a high level with precision, control, and personal best focus.</p>	

	activities and simple physical challenges.				
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