



PE - Progression of knowledge and skills

	EYFS	Year 1	Year 2
Autumn 1	Introduction to PE and Fundamentals Locomotive skills (moving from one place to another) Walking, jogging, running	Fundamentals and Sending and Receiving Locomotive skills (moving from one place to another) Walking, jogging, running Hopping, skipping	Fundamentals and Sending and Receiving Team work and cooperation Following rules Listening to others Basic tactical awareness (e.g., marking or finding space)
Autumn 2	Dance Locomotive skills (moving from one place to another) Walking, jogging, running Hopping, skipping	Dance and Fitness Locomotive skills (moving from one place to another) Hopping, skipping Jumping (for height and distance) Balance while moving	Dance and Fitness Locomotive skills (moving from one place to another) Jumping (for height and distance) Dodging and chasing Balance while moving
Spring 1	Gym Stability/Balance skills Static balances (e.g., one-leg balances)	Gym and Yoga Stability/Balance skills Dynamic balance (e.g., balancing while moving along a line or beam) Body control (e.g., twisting, bending, stretching)	Gym and Yoga Stability/Balance skills Dynamic balance (e.g., balancing while moving along a line or beam) Body control (e.g., twisting, bending, stretching)

Spring 2	Games Team work and cooperation Taking turns Listening to others	Invasion Games and Team Building Team work and cooperation Taking turns Listening to others Following rules	Invasion Games and Team Building Team work and cooperation Following rules Listening to others Basic tactical awareness (e.g., marking or finding space)
Summer 1	Ball Skills Object control (manipulative skills) Rolling and bouncing a ball	Ball Skills and Target Games Object control (manipulative skills) Rolling and bouncing a ball Throwing (underarm and overarm) Catching (small and large balls) Kicking and dribbling	Ball Skills and Target Games Object control (manipulative skills) Throwing (underarm and overarm) Kicking and dribbling Striking with hands or simple equipment (e.g., bats)
Summer 2	Fundamentals Team work and cooperation Taking turns Listening to others	Athletics and Striking and Fielding Team work and cooperation Taking turns Listening to others Following rules	Athletics and Striking and Fielding Team work and cooperation Following rules Basic tactical awareness (e.g., marking or finding space)