

## PE Progression Map (Indoor)

Concepts	Components	EYFS	Y1 & 2	Y3 & 4	Y5 & 6
<b>Physical</b>	<b>Balance Control Flexibility Strength Agility Coordination</b>	<p><u>Me &amp; Myself</u></p> <ul style="list-style-type: none"> <li>- Ability to dress themselves with support if necessary.</li> <li>- Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</li> <li>- Moves freely and with pleasure and confidence in a range of skilful ways.</li> </ul> <p><u>Movement Development</u></p> <ul style="list-style-type: none"> <li>- Travels with confidence and skill in a range of movements when using equipment.</li> <li>- Moves freely and with pleasure and confidence in a range of skilful ways.</li> <li>- Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</li> </ul> <p><u>Working with Others</u></p> <ul style="list-style-type: none"> <li>- Shows some understanding that good practices regarding exercise, eating, sleeping and hygiene can contribute to good health.</li> </ul>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>-Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities.</li> <li>- Show understanding and a basic level of control, coordination and consistency throughout.</li> <li>- Experiment with a different jumping techniques, showing control, coordination, and consistency throughout.</li> </ul> <p>-Develop coordination and balance whilst exploring different running, jumping and throwing techniques.</p> <p>-Develop the overarm, underarm and pull throw technique, throwing accurately towards a target.</p> <p>-Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.</p> <p><u>Dance</u></p> <ul style="list-style-type: none"> <li>-Respond imaginatively to a range of stimuli.</li> </ul>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>-Apply and develop a broad range of athletic skills in different ways.</li> <li>-Show control, coordination and consistency when running, throwing, and jumping.</li> </ul> <p>-Choose the appropriate running speed to meet the demand of the task.</p> <p>-Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.</p> <p>-Combine basic jump actions to form a jump combination, using a controlled jumping technique.</p> <p><u>Dance</u></p> <ul style="list-style-type: none"> <li>-Explore and create characters and narratives in response to a range of stimuli.</li> <li>-Perform dances using a range of movement patterns – accurately, fluently, consistently and with control on your own and with a partner.</li> <li>-Develop dance phrases using canon, unison, repetition,</li> </ul>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>-Understand and apply appropriate pace judgement for the running distance to be covered.</li> <li>-Run, jump, catch and throw in isolation and combination. Combine and perform skills with control.</li> <li>-Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.</li> <li>-Choose the appropriate speed to run at for the distance to be covered.</li> <li>-Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height.</li> <li>-Select and apply skill that meet the needs of the situation, combining and performing each skill with control at speed.</li> </ul> <p><u>Dance</u></p> <ul style="list-style-type: none"> <li>-Continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus.</li> <li>-Use basic compositional principles when creating dances – combining</li> </ul>

		<ul style="list-style-type: none"> <li>- Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.</li> </ul> <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> <li>- Shows increasing control when throwing and catching a large ball.</li> <li>- Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment.</li> <li>-Shows some understanding towards the effects of activity on their body.</li> <li>- Showing increased control when catching a ball.</li> <li>-Shows increasing control over an object, pushing, passing, throwing, catching or kicking it. Moves freely and with pleasure and confidence in a range of skilful ways.</li> </ul>	<ul style="list-style-type: none"> <li>-Move confidently and safely in your own and general space, using changes of speed, level and direction.</li> <li>-Perform movement phrases using a range of different body actions and body parts – with control and accuracy.</li> <li>-Create linked movements, combining different ways of travelling, with beginnings, middles and ends.</li> <li>-Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.</li> <li>-Explore, remember and repeat short dance phrases, showing greater control and spatial awareness.</li> <li>-Describe phrases and expressive qualities.</li> </ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>-Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still.</li> <li>-Become increasingly confident and competent, moving safely using changes of speed, level, and direction.</li> </ul>	<p>action/reaction, and question/answer.</p> <ul style="list-style-type: none"> <li>-Combine actions and maintain the quality of performance when performing at the same time as a partner.</li> <li>-Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.</li> <li>-Use different compositional ideas to create motifs incorporating unison, canon, action, and reaction.</li> <li>-Show control, accuracy and fluency of movement when performing actions with a partner.</li> <li>-Communicate what you want through your dances and perform with control.</li> </ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>-Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement.</li> <li>-Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.</li> </ul>	<p>movements fluently and effectively.</p> <ul style="list-style-type: none"> <li>-Perform a range of movements accurately with a sense of rhythm, clarity, and confidence.</li> <li>-Use imagination to create and structure dance motifs, phrases, and sections of dances, developing expressive qualities.</li> <li>-Explore, improvise and combine movement ideas fluently and effectively inspired by a stimulus.</li> <li>-Perform movements to an audience with rhythm and confidence.</li> <li>-Use imagination to perform dances to music and develop expressive qualities.</li> </ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>-Explore, improvise, and combine movement ideas fluently and effectively, using skills in different ways, performing confidently, with clarity and a sense of rhythm.</li> <li>-Perform movements accurately with a sense of rhythm.</li> <li>-Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet</li> </ul>
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<b>Participate</b>	<b>Compete Communicate Individual/Team</b>	<p><u>Me &amp; Myself</u></p> <ul style="list-style-type: none"> <li>-Engages in conversation with others.</li> <li>- Responds to ideas showing understanding,</li> </ul>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>-Show good teamwork and sportsmanship when taking part in competitive throwing.</li> </ul>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>-Perform competitively with others.</li> <li>-Devise suitable warm-up activities for themselves</li> </ul>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>-Create a short warm-up routine that follows basic principles e.g. raising body temperature,</li> </ul>

	<p><b>Cooperate Perform Collaborate Challenge</b></p>	<p>asking appropriate questions of others.</p> <p><u>Working with Others</u></p> <ul style="list-style-type: none"> <li>-Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.</li> <li>- Can play in a group. Keeps play going by responding to what others are saying or doing.</li> <li>-Begins to accept the needs of others and can take turns and share, sometimes with the support of others.</li> </ul> <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> <li>- Can play in a group, extending and elaborating play ideas within the group.</li> <li>-Begins to accept the needs of others and can take turns and share, sometimes with the support of others.</li> </ul> <p><u>Throwing &amp; Catching</u></p> <ul style="list-style-type: none"> <li>- Able to respond to simple instructions, showing a good understanding of safety</li> </ul>	<p><u>Dance</u></p> <ul style="list-style-type: none"> <li>-Work individually and with others.</li> </ul> <p><u>Orienteering</u></p> <ul style="list-style-type: none"> <li>-Begin to understand the competitive side of orienteering and take part in a picture orienteering event, following rules, and playing fairly.</li> <li>-Work independently, as well as cooperatively in small groups.</li> <li>-Participate in games following rules and playing fairly.</li> <li>- Working well in big groups, sharing, taking turns, and cooperating with others.</li> </ul>	<p>and others for upcoming activities.</p> <p><u>Dance</u></p> <ul style="list-style-type: none"> <li>-Collaborate with others.</li> <li>-Work well as part of team.</li> </ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Collaborate with others.</li> </ul> <p><u>Orienteering</u></p> <ul style="list-style-type: none"> <li>- Participate in team games, working cooperatively, solving problems with others.</li> <li>-Communicate effectively with others and discuss plans to achieve success.</li> <li>-work as a team to plan and decide what approach to use to meet the challenge set.</li> <li>-work cooperatively and successfully as part of a team, improving communication skills.</li> </ul>	<p>mobilise joints and muscles.</p> <ul style="list-style-type: none"> <li>-Communicate, collaborate, and compete with others. Working effectively as part of a team.</li> <li>-Share, discuss and apply athletic techniques with others, working effectively as part of a team.</li> <li>-Work effectively as part of a team.</li> <li>-Share ideas in small groups, working together to create a routine incorporating different elements.</li> </ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>-Work effectively as part of a team, recognising success, and give constructive feedback.</li> </ul> <p><u>Orienteering</u></p> <ul style="list-style-type: none"> <li>-Working within a team trusting and valuing each other.</li> <li>-develop communication skills and use these skills to achieve success.</li> <li>-Develop physical fitness and be able to describe its importance in orienteering.</li> </ul>
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<b>Mindset</b>	<b>Rules</b> <b>Confidence</b> <b>Attack/Defend</b> <b>Positive</b> <b>Personal best</b> <b>Tactics</b>		<p><u>Athletics</u>          -Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.</p> <p><u>Orienteering</u>          -Has knowledge of safety rules and procedures for</p>	<p><u>Athletics</u>          -Enjoy competing with others.</p> <p><u>Orienteering</u>          -Communicate effectively with others and discuss plans to achieve success.</p>	<p><u>Orienteering</u>          -Build confidence during team activities and develop communication skills to use to achieve success.</p>

	<b>Technique</b>		<p>taking part in orienteering events.</p> <ul style="list-style-type: none"> <li>-Begin to plan how to solve problems.</li> <li>-meets challenges effectively, working as part of a team.</li> </ul>		
<b>Evaluate</b>	<b>Feedback</b> <b>Recognise success</b> <b>Improve Self and others</b> <b>Compare</b>	<p><u>Movement Development</u></p> <ul style="list-style-type: none"> <li>- Shows understanding of the need for safety when tackling new challenges and considers and manages some risks.</li> <li>-Shows some understanding towards the effects of activity on their body.</li> <li>-Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.</li> </ul> <p><u>Fun &amp; Games</u></p> <ul style="list-style-type: none"> <li>-Shows understanding of the need for safety when tackling new challenges and considers and manages some risks when using equipment.</li> <li>-Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions.</li> </ul>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>-Evaluate successful and unsuccessful techniques.</li> <li>- Begin to evaluate and improve own performance.</li> </ul> <p><u>Dance</u></p> <ul style="list-style-type: none"> <li>-Describe what it feels like to breathe quickly during exercise.</li> <li>-Describe what they have done or seen others doing.</li> <li>-Understand why being active and playing games is good for you.</li> <li>-Begin to understand the importance of warming up.</li> <li>-Watch and describe a performance accurately and recognise what is successful.</li> </ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>-Describe what you have done or seen others do.</li> <li>-Watch and describe a performance accurately.</li> <li>-Understand and describe changes to</li> </ul>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>-Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise.</li> <li>-Learn how to evaluate and recognise their own success.</li> </ul> <p><u>Dance</u></p> <ul style="list-style-type: none"> <li>-Describe and evaluate the effectiveness and quality of a dance.</li> <li>-Be able to describe your own dance, taking characters into account as well as identifying what they need to practice to improve their dance.</li> <li>-Understand the link between heart rate and breathing when exercising.</li> </ul> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>-Learn how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality performance.</li> </ul>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>-Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit.</li> <li>-Explain how their body reacts and feels when taking part in different activities and undertaking different roles and understanding how this effects their muscles.</li> <li>- Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li> <li>-Be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles.</li> <li>-Identify which aspects were performed consistently, accurately, fluently, and clearly and be able to provide feedback.</li> </ul>

			<p>your heartrate when playing a game.</p> <p><u>Orienteering</u></p> <p>-Understand how communication can help to solve problems with others.</p>	<p>-Describe how your body feels when exercising.</p> <p>-Recognise and explain a good performance.</p> <p><u>Orienteering</u></p> <p>-Evaluate your performance and recognise what went well and what could be improved.</p> <p>-Explain how you could improve your performance.</p>	<p>-Explain how their bodies reacts and feels when taking part in different activities and undertaking different roles.</p> <p><u>Orienteering</u></p> <p>-Identify what they have done well and adapt plans for future challenges.</p> <p>-Identify what they have done well and adapt plans for future challenges.</p>
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