



PE skills Progression Grid – 2024/2025

Proverbs 22 v 6 Train up a child in the way they should go and they will not depart from it

The progression grid outlines the specific knowledge which pupils are expected to learn in each phase

Gymnastics		Dance		Body Management	
<ul style="list-style-type: none"> To develop confidence in fundamental movements To experience jumping, sliding, rolling, moving over, under and on apparatus To develop coordination and gross motor skills 	<ul style="list-style-type: none"> To develop confidence in fundamental movements To learn and refine a variety of shapes, jumps, balances and rolls To link simple balance, jump and travel actions 	<ul style="list-style-type: none"> Recognise that actions can be reproduced in time to music; beat patterns and different speeds Perform a wide variety of dance actions both similar and contrasting Copy, repeat, and perform simple movement patterns 	<ul style="list-style-type: none"> Count and move to beats of 8. Copy and repeat movement patterns. Work as an individual, in partners, and as a group. 	<ul style="list-style-type: none"> Explore balance and managing own body including manipulating small objects Able to stretch, reach, extend in a variety of ways and positions Able to control body and perform specific movements on command 	<ul style="list-style-type: none"> Explore a variety of rolling, sliding and slithering. Jump using a variety of take offs and landings, moving on and off low apparatus using hands and feet Participate in a variety of small group co-operative activities.
Skills		Skills		Skills	
Adapt instructions to physical actions. Develop take-off and landing position for jumps. Transferring and moving small equipment. Moving through and under apparatus. Copying and repeating actions.	Refines shapes and jumps to improve coordination. Experiment with egg & log roll. Recognise pathways and direction. Points and patches to develop body tension. Link basic movements and use start and finish position.	Link colours to feelings. Explore animal movements and levels. Replicate actions in larger groups. Sequence work. Explore leader or follower work.	Learning and repeating actions through circle dance. Perform to the count of 8. Copy and repeat 4 actions. Perform an African dance motif.	Balance obstacle course. Work with others to move through hoops. Reach, stretch, retrieve objects. Steps, strides, bounce, hop, bridges and tunnels. Travel over apparatus.	Twist, turn, roll. Coordinate and control limbs. Run and jump in time to music. Agility, balance, coordination obstacle course. Perform basic actions with others.
Speed, Agility, Travel		Manipulation and Coordination		Cooperate and Solve Problems	
<ul style="list-style-type: none"> Travel with some control and coordination Change direction at speed through both choice and instructions Stop, start, pause, prepare for and anticipate movement in a variety of situations 	<ul style="list-style-type: none"> Agility-based activities moving and controlling objects Recognise different actions such as: moving softly, quietly, quickly, powerfully Relate body movements to music and percussion 	<ul style="list-style-type: none"> Send and receive a objects with different body parts. Work with others to control objects in space. Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways 	<ul style="list-style-type: none"> Coordinate similar objects in a variety of ways Differentiate ways to manoeuvre objects Skip in isolation and with rope 	<ul style="list-style-type: none"> Organise and match various items, images, colours and symbols Work with a partner to listen, share ideas, question and choose Move confidently and cooperatively in space 	<ul style="list-style-type: none"> Copy and repeat various patterns and actions Show an understanding of own feelings and others Solve more complex tasks using skills learned Work and play cooperate and take turns
Skills		Skills		Skills	
Demo agility in variety of games. Recognise and follow instructions. Experiment with starting and stopping positions. Perform fast and slow movements. Show control to stop and perform actions.	Play games, take turns. Move by inching, crawling & jumping. Jump for speed and distance. Recognise cues in lyrics to change actions. Use strength to maintain a body shape.	Coordinate limbs to carry out defined movements and actions. Replicate bilateral movements. Make contact with ball with legs and feet. Practice hop, step, jump sequence.	Play parachute games. Move small objects using dominant and non-dominant hand. Push, hit, dribble. Use a baton to steer objects. Roll, spin, rotate, throw and catch hoops.	Work as an individual and part of a group to match. Keep heart rate high. Travel and follow travel trails as and individual. Work cooperatively to form shapes.	Move along a pathways/trail with partner. Work with partner to form jumping patterns. Respond to visual cues. Compete as a team to complete an obstacle relay.