



Primary P.E. Progression Statements

Year Group	Fundamental Movement & Coordination	Games (Invasion, Team, Striking/Fielding)	Gymnastics	Dance	Athletics	Swimming	OAA (Outdoor Adventurous Activities)	Personal Skills, Health & Evaluation
Y1	Develop basic locomotor skills: running, skipping, hopping, jumping. Improve early ball handling: rolling, trapping, underarm throw, two-handed catch.	Play simple games, follow basic rules, understand space, stop/start safely.	Create simple shapes, balances; link 2–3 actions with basic control.	Respond to music with simple movements; show rhythm and body awareness.	Run at different speeds; simple jumping and throwing; begin personal bests.	Water confidence: floating with support, kicking, blowing bubbles, safe entry/exit.	Simple team challenges within school grounds.	Follow rules, take turns, begin teamwork, show enjoyment and confidence.
Y2	Improved control in throwing/catching; introduction to overarm throw; spatial awareness.	Simple invasion play; finding space; basic tactics (spread out/pass to a free player).	Travel in different directions and levels; partner balances; 4–5 part sequences.	Create story-based movement sequences, repeat motifs.	Develop sprint starts, relay basics; improved long jump and throwing accuracy.	Begin combining arms/legs; travel short distances; understand water safety.	Paired challenges; moving equipment safely; teamwork.	Play fairly, understand basic tactics, cooperate, show increased control.
Y3	Improved dribbling with hands/feet; control under pressure; awareness of opponents.	Invasion games with simple formations; passing and receiving while moving; marking.	5–7 action sequences with smoother transitions; include jumps, rolls, balances.	Use canon/unison and cultural themes; improved group timing.	Sprint technique; longer steady runs; standing and run-up long jump; throwing for distance.	Swimming technique for front crawl/backstroke; build stamina.	Problem-solving challenges; simple navigation with symbols.	Evaluate simple performance; understand use of space and basic tactics.

Y4	Increased strength and control; improved decision-making on mobility and ball handling.	Apply tactics (marking, positional awareness); effective passing under pressure.	Partner work: counterbalances, mirrored shapes; 6–8 action routines with apparatus.	Use choreographic devices (pathways, patterns, formations).	Pacing runs; improved jumping technique; javelin basics; throwing for accuracy.	Stroke refinement; increased distance and breathing efficiency.	Map symbols; follow routes independently; team problem-solving.	Reflect on routines and games; show teamwork, resilience, and strategic thinking.
Y5	High-level control, precision and coordination; readiness for competitive play.	Competitive invasion games; officiating and leadership roles; applying complex tactics.	Longer sequences with flight, complex rolls, apparatus.	Themed/choreographed routines; refine and polish performances.	Use analysis to improve PBs; refined sprinting, jumping, throwing; relay changeovers.	Lifesaving basics: treading water, safe entry, reaching rescues.	Leadership in navigation tasks; multi-step challenge solving.	Analyse performance; take leadership; understand health benefits of activity.
Y6	Advanced coordination, agility and movement efficiency; secondary-ready skills.	Full game play with leadership and officiating; strategic decision-making; sportsmanship.	Advanced group routines with expression, tempo changes and formation work.	High-level choreography; polished performance skills.	Event-specific competition preparation; advanced technique.	Survival skills; extended distances; gala readiness.	Independent navigation; resilience; evaluating team performance.	Self-reflective, resilient, cooperative; demonstrate independence and responsibility.