



Wareham St Mary Primary School

PE – Progression of Skills

Updated March 2025

EYFS/KS1

	Autumn 1	Autumn 1	Autumn 2	Autumn 2
EYFS	<p>Locomotion Explore/develop walking</p> <p>Explore walking in different pathways</p> <p>Sustain walking</p> <p>Explore marching</p> <p>Apply walking into a game</p>	<p>Locomotion Explore/develop walking</p> <p>Explore walking in different pathways</p> <p>Sustain walking</p> <p>Explore marching</p> <p>Apply walking into a game</p>	<p>Ball skills – hands 1 Explore pushing</p> <p>Explore rolling</p> <p>Explore bouncing Explore bouncing into space</p> <p>Combine pushing and rolling</p> <p>Combine rolling, pushing and bouncing</p>	<p>Ball skills – hands 1 Explore pushing</p> <p>Explore rolling</p> <p>Explore bouncing Explore bouncing into space</p> <p>Combine pushing and rolling</p> <p>Combine rolling, pushing and bouncing</p>
Y1	<p>Locomotion Explore running Apply running into a game</p> <p>Explore running at different speeds</p> <p>Running for speed: Acceleration</p> <p>Explore running in a team</p> <p>Consolidate running, apply running into a game</p>	<p>Team building Introducing teamwork</p> <p>Develop teamwork</p> <p>Building trust and developing communication</p> <p>Cooperation and communication</p> <p>Explore simple strategies</p> <p>Problem solving: Consolidate teamwork</p>	<p>Ball skills</p> <p>Introduce sending (bouncing) with control</p> <p>Introduce aiming with accuracy</p> <p>Introduce power and speed when sending a ball</p> <p>Introduce/develop stopping, combining sending skills</p> <p>Combine sending and receiving skills</p>	<p>Dance – ‘Zoo’ Exploring expression</p> <p>Developing our movements, adding movements together</p> <p>Responding to a rhythm: Introducing partner work</p> <p>Creating an animal sequence motifs</p> <p>Exploring relationships within our motifs</p>

Y2	Locomotion Dodging Explore dodging Develop dodging Apply dodging: Explore attacking to beat an opponent Apply dodging in teams	Team building Introducing teamwork Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork	Ball skills Develop dribbling/ passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing and receiving to score a point	Dance – ‘Exploring’ Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequences, relationships and performance
	Spring 1	Spring 1	Spring 2	Spring 2
EYFS	Gymnastics High, Over, Under, Over Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus	Gymnastics Explore moving and making shapes using different body parts Explore moving in different directions Explore big and small ways of moving and making shapes Moving in pairs Creating shapes in pairs	Dance – ‘Nursery Rhymes’ Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements	Dance – ‘Ourselves’ Moving in sequence Responding in movement to words and music Moving with props and contrasting tempos Creating their own movements Exploring opposites

<p>Y1</p>	<p>Gymnastics – Wide, narrow, curled</p> <p>Introduction to wide, narrow and curled</p> <p>Exploring the difference between wide, narrow and curled</p> <p>Transitioning between wide, narrow and curled movements</p> <p>Linking two movements together</p>	<p>Gymnastics – Body parts</p> <p>Introduction to big/ small body parts</p> <p>Combining big and small with wide, narrow and curled</p> <p>Transition between wide narrow and curled using big and small body parts</p> <p>Adding (linking) movements together</p>	<p>Ball skills – Hands 1</p> <p>Introduce sending (bouncing) with control</p> <p>Introduce aiming with accuracy</p> <p>Introduce power and speed when sending a ball</p> <p>Introduce/develop stopping, combining sending skills</p> <p>Combine sending and receiving skills</p>	<p>Ball Skills Feet</p> <p>Develop dribbling/ passing/receiving, keeping possession</p> <p>Combine dribbling, passing and receiving, keeping possession/to score a point</p> <p>Apply dribbling, passing and receiving as a team to score a point</p>
<p>Y2</p>	<p>Gymnastics – Linking</p> <p>Developing linking</p> <p>Linking on apparatus</p> <p>Jump, roll, balance sequences/on apparatus</p> <p>Creation of sequences</p> <p>Completion of sequences and performance</p>	<p>Gymnastics – Pathways</p> <p>Explore/develop zigzag pathways/on apparatus</p> <p>Explore/develop curved pathways/on apparatus</p> <p>Creation of pathway sequences</p> <p>Completion of pathways sequences and performance</p>	<p>Ball skills – hands 1</p> <p>Develop dribbling/ passing and receiving</p> <p>Combine dribbling, passing and receiving, keeping possession</p> <p>Develop dribbling/passing and receiving to score a point</p> <p>Combine dribbling, passing and receiving to score a point</p>	<p>Ball skills - feet</p> <p>Develop dribbling/ passing/receiving, keeping possession</p> <p>Combine dribbling, passing and receiving, keeping possession/to score a point</p> <p>Apply dribbling, passing and receiving as a team to score a point</p>

	Summer 1	Summer 1	Summer 2	Summer 2
EYFS	<p>Ball skills</p> <p>Explore moving with a ball using our feet</p> <p>Develop moving with a ball using our feet</p> <p>Understand dribbling</p> <p>Develop dribbling against an opponent</p>	<p>Ball skills – hands 2</p> <p>Explore throwing overarm</p> <p>Explore throwing underarm</p> <p>Explore rolling</p> <p>Explore stopping a ball</p> <p>Explore catching</p>	<p>Games for understanding</p> <p>Taking turns/keeping the score</p> <p>Understanding and playing by the rules</p> <p>Avoiding a defender</p> <p>Preventing an attacker from scoring</p>	<p>Rackets' Bats, Balls and Balloons</p> <p>Explore pushing/hitting a balloon with control</p> <p>Explore hitting a balloon with power into space</p> <p>Explore hitting/pushing (sending) a balloon with accuracy</p> <p>Explore balancing an object on a racket/bat</p>
Y1	<p>Locomotion - Jumping</p> <p>Recap jumping</p> <p>Develop jumping</p> <p>Explore how jumping affects our bodies</p> <p>Explore skipping</p> <p>Apply skipping and jumping into a game</p>	<p>Team building</p> <p>Introducing teamwork</p> <p>Develop teamwork</p> <p>Building trust and developing communication</p> <p>Cooperation and communication</p> <p>Explore simple strategies</p> <p>Problem solving: Consolidate teamwork</p>	<p>Games for understanding</p> <p>Understanding the principles of attack/defence</p> <p>Applying attacking/ defending principles into a game</p> <p>Consolidate attacking/defending</p>	<p>Games for understanding</p> <p>Understanding the principles of attack/defence</p> <p>Applying attacking/ defending principles into a game</p> <p>Consolidate attacking/defending</p>

Y2	<p>Locomotion – Jumping</p> <p>Consolidate jumping</p> <p>Apply jumping into a game</p> <p>Linking jumping</p> <p>Explore jumping combinations</p> <p>Develop jumping combinations</p>	<p>Team building</p> <p>Introducing teamwork</p> <p>Develop teamwork</p> <p>Building trust and developing communication</p> <p>Cooperation and communication</p> <p>Explore simple strategies</p> <p>Problem solving: Consolidate teamwork</p>	<p>Rackets, bats and balls (Y1unit)</p> <p>Develop pushing (dribbling) a ball with a racket: Introducing control</p> <p>Explore hitting and develop pushing a ball (with a racket) towards a target</p> <p>Explore hitting a ball (with a racket) with accuracy and power</p>	<p>Rackets, Bats and Balls (Y2 unit)</p> <p>Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent</p> <p>Introduce hitting (sending/striking) a ball into a space: Where and why?</p> <p>Striking the ball (with a bat) into space with intent</p>
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KS2

	Autumn 1	Autumn 1	Autumn 2	Autumn 2
Y3	<p>Handball</p> <p>Introduce passing, receiving and creating space</p> <p>Develop passing and moving</p> <p>Combine passing and moving</p> <p>Introduce shooting</p> <p>Develop passing and shooting</p>	<p>OAA</p> <p>Tactics and Communication</p> <p>Creating and applying simple tactics</p> <p>Developing leadership</p> <p>Develop communication as a team</p> <p>Create defending and attacking tactics as a tea</p>	<p>Tag Rugby</p> <p>Introduce moving with the ball, passing and receiving</p> <p>Introduce tagging</p> <p>Create space when attacking</p> <p>Develop passing and moving</p> <p>Combine passing/moving to create attacking opportunities</p>	<p>Dance – ‘Wild Animals’</p> <p>Responding to stimuli</p> <p>Developing character dance into a motif</p> <p>Develop sequences with a partner in character that show relationships</p> <p>Extending sequences with a partner in character</p>
Y4	<p>Handball</p> <p>Refine passing and receiving</p> <p>Develop passing and creating space</p> <p>Develop passing, moving and shooting</p> <p>Combine passing and shooting</p> <p>Introduce defending</p>	<p>OAA</p> <p>Problem Solving</p> <p>Benches and mats challenge</p> <p>Round the clock card challenge</p> <p>The pen challenge</p> <p>The river rope challenge</p> <p>Caving challenges</p>	<p>Tag Rugby</p> <p>Develop passing, moving and creating space</p> <p>Apply learning to 3v3 mini games</p> <p>Develop defending in game situations</p> <p>Combine passing and moving to create an attack and score</p>	<p>Dance – ‘Cats’</p> <p>Responding to stimuli working together</p> <p>Extending sequences with a partner in character</p> <p>Exploring two contrasting Relationships and interlinking dance moves</p>

<p>Y5</p>	<p>Handball</p> <p>Consolidate passing and receiving</p> <p>Explore the function of other passes</p> <p>Develop defending</p> <p>Develop passing and creating space, introduce officiating</p> <p>Refine shooting</p>	<p>OAA</p> <p>Orienteering</p> <p>Face orienteering</p> <p>Cone orienteering</p> <p>Point and return</p> <p>Point to point</p> <p>Timed course</p> <p>Orienteering competition</p>	<p>Tag Rugby</p> <p>Refine passing and moving to create attacking opportunities</p> <p>Explore different passes that can be used to outwit defenders</p> <p>Refine defending as a team</p> <p>Create and apply defending tactics.</p> <p>Develop officiating</p>	<p>Dance - 'Greeks'</p> <p>Exploring the Greeks using compositional principles</p> <p>Extending sequences with a partner using compositional principles</p> <p>Creating movement using improvisation where movement is reactive</p>
<p>Y6</p>	<p>Handball</p> <p>Consolidate keeping possession, develop officiating</p> <p>Understand and apply defending tactics in game situations</p> <p>Consolidate defensive tactics; understand and apply defensive tactics in game scenarios</p>	<p>OAA</p> <p>Leadership</p> <p>Understanding what makes an effective leader</p> <p>Communicating as a leader</p> <p>Introducing the STEP principle: Space , Task, Equipment and People</p>	<p>Tag Rugby</p> <p>Consolidate passing and moving</p> <p>Consolidate defending</p> <p>Create, understand and apply attacking/defending tactics in game situations</p> <p>Consolidate attacking and defending in mini games</p>	<p>Dance – 'Carnival'</p> <p>Performing with technical control and rhythm in a group</p> <p>Creating rhythmic patterns using the body</p> <p>Experiencing dance from a different culture</p> <p>Chorographical elements including still imagery</p>

	Spring 1	Spring 1	Spring 2	Spring 2
Y3	<p>Gymnastics 'Symmetry and Asymmetry'</p> <p>Introduction to symmetry</p> <p>Introduction to asymmetry Application of learning onto apparatus</p> <p>Sequence formation</p> <p>Sequence completion</p>	<p>Netball</p> <p>Introduce passing and receiving</p> <p>Introduce passing and creating space</p> <p>Introduce scoring and the concept of shooting</p>	<p>Health and Wellbeing</p> <p>Exploring relaxation techniques</p> <p>Applying relaxation techniques and using them effectively</p> <p>Performing balanced meditative poses</p> <p>Using props to help us balance in our meditative poses</p>	<p>Tennis</p> <p>Introduction tennis, outwitting an opponent</p> <p>Creating space to win a point</p> <p>Consolidate how to win a game introduce rackets</p> <p>Introduce the forehand</p>
Y4	<p>Gymnastics – 'Bridges'</p> <p>Introduction to bridges</p> <p>Application of bridge learning onto apparatus Develop sequences with bridges</p> <p>Sequence formation</p> <p>Sequence completion</p>	<p>Netball</p> <p>Develop passing and receiving</p> <p>Develop passing, moving and shooting</p> <p>Develop Footwork</p> <p>Introduce defending and the concept of marking</p>	<p>Health and Wellbeing</p> <p>Creating movements to help express ourselves and our emotions.</p> <p>Using mime to manage positive and negative emotions</p> <p>Using meditative poses to help control and manage our emotions</p>	<p>Tennis</p> <p>Developing the forehand</p> <p>Creating space to win a point using a racket</p> <p>Introduce the backhand</p> <p>Applying the forehand and backhand in game situations</p> <p>Applying the forehand and backhand creating space to win a point</p>

<p>Y5</p>	<p>Gymnastics 'Counter Balance and Counter Tension'</p> <p>Introduction to Counter Balance</p> <p>Application of Counter Balance learning onto apparatus</p> <p>Sequence formation</p> <p>Counter Tension</p> <p>Sequence completion</p>	<p>Netball</p> <p>Refine passing and receiving</p> <p>Explore the function of other passes</p> <p>Develop defending and marking the player with the ball</p> <p>Tactical Play</p>	<p>Health and Wellbeing Health Related Exercise</p> <p>Explore and understand cardio fitness</p> <p>Explore and understand flexibility fitness</p> <p>Explore and understand strength fitness</p>	<p>Tennis</p> <p>Introduce/develop the volley</p> <p>Controlling the game from the serve</p> <p>Doubles, understanding and applying tactics to win a point</p>
<p>Y6</p>	<p>Gymnastics 'Matching and Mirroring'</p> <p>Introduction to matching /mirroring</p> <p>Application of matching mirroring learning onto apparatus</p> <p>Sequence development</p>	<p>Netball</p> <p>Consolidate attacking</p> <p>Consolidate defending</p> <p>Understand and apply attacking tactics to game scenarios</p> <p>Understand and apply defending tactics in game situations</p>	<p>Health and Wellbeing Health Related Exercise</p> <p>Develop a secure understanding of cardio fitness</p> <p>Develop a secure understanding of flexibility fitness</p> <p>Develop a secure understanding of strength fitness</p>	<p>Tennis</p> <p>Game application</p> <p>Game application, mixed ability doubles, round robin games</p>

	Summer 1	Summer 1	Summer 2	Summer 2
Y3	<p>Athletics</p> <p>Explore running for speed</p> <p>Explore acceleration</p> <p>Introduce /develop relay: Running for speed in a team</p>	<p>Athletics</p> <p>Throwing: Accuracy vs distance</p> <p>Standing Long Jump</p>	<p>Cricket</p> <p>Understand the concept of batting and fielding</p> <p>Introduce throwing overarm</p> <p>Introduce throwing underarm</p> <p>Introduce catching</p> <p>Striking with intent</p>	<p>Rounders</p> <p>Introduce to rounders</p> <p>Introduce overarm throwing</p> <p>Apply overarm and underarm throwing</p> <p>Introduce stopping the ball</p> <p>Application of stopping the ball in a game</p>
Y4	<p>Athletics</p> <p>Develop running at speed</p> <p>Exploring our stride pattern</p> <p>Exploring running at pace</p> <p>Understand and apply tactics when running for distance</p> <p>Javelin</p> <p>Standing Triple Jump</p>	<p>Swimming</p> <p>Perform aquatic breathing.</p> <p>Float and signal for help</p> <p>Float in different ways.</p> <p>Float and regain standing from front and back</p>	<p>Swimming</p> <p>Perform a push and glide on front or back</p> <p>Kick 10 metres backstroke Perform push and glides on front, to the pool floor</p> <p>Travel on and under the water</p>	<p>Rounders</p> <p>Develop fielding bowling with a backstop</p> <p>Introduce batting; how</p> <p>Develop batting; where and why</p> <p>Introduce and apply basic fielding tactic</p>

<p>Y5</p>	<p>Athletics</p> <p>Finishing a race</p> <p>Evaluating our performance</p> <p>Sprinting: My personal best</p> <p>Relay changeovers</p> <p>Shot Put</p> <p>Introducing the Hurdles</p>	<p>Swimming</p> <p>Travel on and under the water</p> <p>Swim 10 metres in two strokes</p> <p>Exit the water without using steps.</p>	<p>Swimming</p> <p>Swim 25 metres using a choice of strokes</p>	<p>Cricket</p> <p>Develop an understanding of batting and fielding</p> <p>Introduce bowling underarm</p> <p>Develop stopping and returning the ball</p> <p>Develop retrieving and returning the ball</p> <p>Striking the ball at different angles and speeds</p>
<p>Y6</p>	<p>Athletics</p> <p>Running for speed competition</p> <p>Running for distance competition</p> <p>Relay changeovers</p> <p>Running at speed over the Hurdles</p>	<p>Athletics</p> <p>Shot Put</p> <p>Javelin</p> <p>Long jump</p> <p>Triple jump</p>	<p>Cricket (Y5)</p> <p>Refine batting, batting and bowling tactics</p> <p>Refine fielding stopping, catching and throwing</p> <p>Combine bowling and fielding creating and applying tactics</p> <p>Introduce umpiring and scoring</p>	<p>Rounders</p> <p>Develop fielding tactics maximising players</p> <p>Understand what happens if the batter misses the ball</p> <p>Refine fielding tactics, what players where?</p> <p>Applying tactics in mini games</p>