

PE Progression Map

Version 2 - EYFS develops physical skills through continuous provision and everyday active play

At Christ Church, Physical Education helps children become confident, competent and motivated movers. Through a carefully sequenced curriculum, pupils develop secure movement foundations before applying them with increasing control, creativity and independence in games, dance, gymnastics, athletics and outdoor adventurous activity.

Our PE curriculum is designed so that important knowledge and skills are revisited and deepened over time. Pupils learn not only how to perform movements, but also how to make decisions, solve physical problems, understand rules and tactics, evaluate performance, cooperate with others and respond positively to challenge.

PE at Christ Church supports our school vision: "Together, we flourish." Children are encouraged to be curious when exploring movement, perseverant when refining skills, respectful and kind when working with others, hopeful when facing challenge, and committed to contributing positively to their team and community.

Our Three Key PE Schemas

To help pupils make meaningful connections across year groups and physical activity contexts, our PE curriculum is organised around three key schemas. These are the same three domains used throughout the Beyond the Physical materials: Move, Solve and Connect.

	'Move' (Physical competence) Pupils develop motor competence: locomotion, stability and object control. They learn to move with increasing agility, balance, coordination, strength, accuracy and fluency, then apply these qualities in games, dance, gymnastics, athletics and outdoor activity.
	'Solve' (Thinking and applying) Pupils learn to make purposeful decisions about movement. They understand rules, space, strategies and tactics; select and adapt techniques; solve physical problems; create sequences and choreography; and evaluate performance in order to improve.
	'Connect' (Healthy participation) Pupils develop the behaviours and relationships that support positive participation. They learn to cooperate, communicate, lead, show fairness and respect, manage emotions, persevere, use feedback and support themselves and others to flourish through physical activity.

Working Like Physical Educators

Alongside Move, Solve and Connect, pupils learn to practise, apply and refine techniques; use rules, strategies and tactics; observe and evaluate movement; respond to feedback; solve problems; and work constructively with others. In EYFS, these habits grow through continuous provision, adult-guided play, outdoor exploration, music and movement, and everyday physical routines rather than discrete scheme units.

As children progress through Christ Church, they become increasingly independent in choosing techniques, making decisions, evaluating performance and supporting others. By the end of Year 6, our aim is for pupils to be confident, competent and motivated movers who can think tactically, participate fairly and continue to enjoy physical activity beyond school.

Whole-School PE Structure

Year Group	AUTUMN	SPRING	SUMMER
EYFS	Autumn 1: Continuous provision: walking, crawling, running, climbing and spatial awareness Autumn 2: Continuous provision: balance bikes, climbing, music and movement	Spring 1: Continuous provision: whole-body strength, coordination and dance Spring 2: Continuous provision: ball skills, balance and obstacle-course play	Summer 1: Continuous provision: running, climbing, posture and safe equipment use Summer 2: Continuous provision: energetic movement, space, challenge and independence
Year 1	Autumn 1: Agility, Balance, Coordination / Look, Run, Avoid Autumn 2: Throw, Prepare, Catch / Hands, Feet, Equipment	Spring 1: Jump, Shape, Create / Fair, Share, Dare Spring 2: Duel, Win, Lose / Inspire, Create, Perform	Summer 1: Run, Jump, Throw / Roll, React, Retrieve Summer 2: Target, Control, Combine / Send, Receive, Return
Year 2	Autumn 1: Agility, Balance, Coordination / Look, Run, Avoid Autumn 2: Throw, Prepare, Catch / Hands, Feet, Equipment	Spring 1: Jump, Shape, Create / Fair, Share, Dare Spring 2: Duel, Win, Lose / Inspire, Create, Perform	Summer 1: Run, Jump, Throw / Roll, React, Retrieve Summer 2: Target, Control, Combine / Send, Receive, Return
Year 3	Autumn 1: Look, Run, Avoid / Agility, Balance, Coordination Autumn 2: Jump, Shape, Create / Hands, Feet, Equipment	Spring 1: Inspire, Create, Perform / Duel, Win, Lose Spring 2: Fair, Share, Dare / Pass, Position, Patience	Summer 1: Strike, React, Rally / Accuracy, Power, Distance Summer 2: Run, Jump, Throw / React, Roll, Retrieve
Year 4	Autumn 1: Look, Run, Avoid / React, Roll, Retrieve Autumn 2: Fair, Share, Dare / Hands, Feet, Equipment	Spring 1: Inspire, Create, Perform / Duel, Win, Lose Spring 2: Jump, Shape, Create / Pass, Position, Patience	Summer 1: Strike, React, Rally / Accuracy, Power, Distance Summer 2: Run, Jump, Throw / Target, Control, Combine
Year 5	Autumn 1: Fair, Share, Dare / Evade, Invade, Capture Autumn 2: Inspire, Create, Perform / Block, Guard, Support	Spring 1: Move, Watch, Connect / Symmetry, Balance, Travel Spring 2: Serve, Set, Slam / Explore, Solve, Challenge	Summer 1: Aim, Strike, Retrieve / Run, Jump, Throw Summer 2: Speed, Distance, Strength / Lend, Move, Score
Year 6	Autumn 1: Fair, Share, Dare / Evade, Invade, Capture Autumn 2: Inspire, Create, Perform / Block, Guard, Support	Spring 1: Move, Watch, Connect / Symmetry, Balance, Travel Spring 2: Serve, Set, Slam / Explore, Solve, Challenge	Summer 1: Aim, Strike, Retrieve / Run, Jump, Throw Summer 2: Speed, Distance, Strength / Lend, Move, Score



Progression in PE - Move



Nursery

- I know how to walk, crawl, run and climb with growing confidence and control in everyday play.
- I know how to kick and throw a large ball, balance briefly and move my body to music.
- I know how to use balance bikes, climbing equipment and simple obstacle courses to strengthen my whole body.

Reception

- I know how to use increasing strength, balance, coordination and agility in indoor and outdoor play.
- I know how to negotiate space, adjust speed and direction, and move safely around people and obstacles.
- I know how to control a ball and move confidently by running, jumping, dancing, hopping, skipping and climbing.

Year 1

- I know the basic movement patterns of running, jumping, rolling, balancing, throwing, catching and changing direction.
- I know how to send, receive and control objects using simple techniques with my hands, feet and equipment.
- I know how to perform simple jumps, shapes and dance actions with control and link a few actions together.

Year 2

- I know how to combine fundamental movements with greater fluency, balance and coordination.
- I know how to adjust body position and force to throw, catch, roll, dribble and send objects with improving accuracy.
- I know how to perform and link jumps, shapes and dance actions with increasing control and confidence.

Year 3

- I know how to apply agility, balance and coordination in games, athletics, gymnastics and movement challenges.
- I know how to control, pass, dribble, throw, catch, strike, roll and retrieve objects using appropriate techniques.
- I know how to vary speed and direction and combine running, jumping and throwing with increasingly secure technique.

Year 4

- I know how to select and refine techniques for running, jumping, throwing, catching, dribbling, striking and retrieving.
- I know how body position, strength, balance and coordination improve accuracy, control and efficiency.
- I know how to apply different jumping techniques, create controlled shapes and link them into increasingly fluent sequences with balance and control.

Year 5

- I know how to apply efficient techniques in athletics, invasion, net/wall and striking-and-fielding activities.
- I know how to track and intercept objects, strike with control, pass and move, and defend using secure body positioning.
- I know how to use controlled movement, balance, dance technique and navigation skills in performance and outdoor challenges.

Year 6

- I know how to refine and adapt movement technique for speed, power, accuracy, efficiency and control.
- I know how to combine skills fluently under pressure in invasion, net/wall and striking-and-fielding games.
- I know how to select physical skills independently for complex performance, athletics and outdoor adventurous challenges.



Progression in PE - Solve



Nursery

- I know how to choose equipment that helps me move and play safely.
- I know how to help create and navigate a simple obstacle course using the resources available.
- I know how to respond to simple instructions, music and changes in the environment by trying different movements.

Reception

- I know how to choose and use equipment safely with consideration for other people.
- I know how to adjust my movement when space, obstacles or other people change around me.
- I know how to solve simple physical problems in play by trying an idea, changing it and trying again.

Year 1

- I know that games have rules, spaces, simple scoring systems and choices about where and how to move.
- I know how to choose a simple way to send, receive, roll or throw an object depending on the task and equipment.
- I know how to link actions to a theme and make a short movement sequence.

Year 2

- I know how simple tactics such as finding space, avoiding others and taking turns can help me in games.
- I know how to adjust throwing, catching, rolling and dribbling techniques for different distances, targets and equipment.
- I know how to create, remember and improve simple dance, jump and shape sequences.

Year 3

- I know how to choose techniques and simple tactics to avoid defenders, reach targets, retrieve objects and keep possession.
- I know how to use space, passing and movement to support simple attacking play in invasion games.
- I know how to plan movement sequences and use feedback to make my performance more effective.

Year 4

- I know how to analyse my performance and refine technique using body position, timing, force and control.
- I know how to choose attacking and defending strategies, including when to pass, where to move and how to protect space.
- I know how to apply angles, timing and positioning in target, striking and rallying activities and adapt plans when needed.

Year 5

- I know how to read game situations and select attacking, defending, net/wall and striking-and-fielding tactics quickly.
- I know how to evaluate technique, identify what affects performance and set purposeful improvements.
- I know how to plan routes, roles and strategies to solve outdoor challenges and create effective group performances.

Year 6

- I know how to adapt tactics independently as opponents, space, rules and game situations change.
- I know how to evaluate individual and team performance, justify decisions and refine strategies for improvement.
- I know how to lead planning and problem solving in choreography and outdoor adventurous activities.



Progression in PE - Connect



Nursery

- I know how to take turns and join simple shared games with adult support.
- I know how to look after equipment, play alongside others and begin to help friends.
- I know that perseverance means keeping going when a physical challenge is difficult.

Reception

- I know how to share, take turns and use talk and reason to help keep games and play fair.
- I know how rules and routines help me keep myself and other people safe during active play.
- I know how to encourage and help friends and show resilience when learning or practising something new.

Year 1

- I know how to take turns, share equipment and play fairly with others.
- I know how to keep trying when a skill is difficult and encourage others to do their best.
- I know how to share simple ideas and manage my feelings when winning, losing or making mistakes.

Year 2

- I know how to cooperate with others in sending, receiving and simple team games and show patience when learning.
- I know how to respect rules, opponents and decisions and express my feelings about fairness appropriately.
- I know how to give simple positive feedback and share ideas during games, dance and movement tasks.

Year 3

- I know how to communicate as a team-mate, support others and contribute ideas during shared activities.
- I know how to show sportsmanship, respond positively to setbacks and persevere when tasks become challenging.
- I know how to collaborate in dance and gymnastics and give or receive feedback to improve performance.

Year 4

- I know how to model fair play and respect and manage my emotions during competitive activities.
- I know how clear communication and constructive feedback can help a team or performer improve.
- I know how to maintain focus, motivation and a positive attitude when refining difficult skills.

Year 5

- I know how to work effectively in team roles, communicate in attack and defence and contribute to shared goals.
- I know how to compete fairly and respectfully and use agreed rules and scoring systems responsibly.
- I know how to set personal goals, support peers and begin to lead group performance and outdoor challenges.

Year 6

- I know how to lead and communicate effectively while ensuring fair and inclusive participation for others.
- I know how to use self- and peer-assessment to support improvement and take responsibility for team performance.
- I know how to show independence, resilience, confidence and sportsmanship across competition, performance and challenge.