

PE Curriculum Progression Map

Whole School PE Journey

Stage	Focus
Stage 1	Fundamental movement, physical confidence and early game skills
Stage 2 Early Engagement	Exploring movement, balance, ball skills and participation
Stage 2 Engagement	Developing coordination, control and simple tactics
Stage 2 Progression	Applying skills in games, athletics and gymnastics
Stage 3	Team games, competition, tactics and performance analysis
Stage 4	Sport-specific skills, leadership, fitness and lifelong participation

Stage 1

Term	Year 1	Year 2
Autumn 1	Introduction to PE 1	Introduction to PE 2
Autumn 2	Fundamentals 1	Fundamentals 2
Spring 1	Gymnastics 1	Gymnastics 2



Term	Year 1	Year 2
Spring 2	Dance 1	Dance 2
Summer 1	Ball Skills 1	Ball Skills 2
Summer 2	Games 1	Games 2

Stage 1 Skills

Physical

- Running
- Jumping
- Balancing
- Hopping
- Skipping
- Rolling
- Throwing
- Catching

Social

- Sharing

- Taking turns
- Cooperation
- Communication

Emotional

- Confidence
- Perseverance
- Determination
- Fair play

Thinking

- Decision making
 - Selecting actions
 - Following rules
 - Using simple tactics
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Stage 2 Early Engagement Pathway

Term	Unit Focus
Autumn 1	Fundamentals
Autumn 2	Gymnastics
Spring 1	Target Games
Spring 2	Ball Skills
Summer 1	Athletics
Summer 2	Striking & Fielding

Early Engagement Skills

- Begin running and changing direction
 - Demonstrate basic balances
 - Explore jumps and hops
 - Begin throwing towards a target
 - Explore catching and tracking objects
 - Develop simple movement sequences
 - Participate with support
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Stage 2 Engagement Pathway

Term	Unit Focus
Autumn 1	Fundamentals
Autumn 2	Gymnastics
Spring 1	Target Games
Spring 2	Ball Skills
Summer 1	Athletics
Summer 2	Striking & Fielding

Engagement Skills

Physical

- Balance while changing direction
- Jump for height and distance
- Develop rolling and travelling skills
- Throw overarm and underarm
- Catch with increasing consistency
- Begin dribbling and striking

Social

- Support others
- Work cooperatively
- Lead simple activities
- Communicate effectively

Thinking

- Make decisions
- Use simple tactics
- Follow game rules
- Select appropriate actions

Stage 2 Progression Pathway

Term	Year 1	Year 2
Autumn 1	Fundamentals	Sending & Receiving
Autumn 2	Gymnastics	Dance
Spring 1	Target Games	Net & Wall
Spring 2	Ball Skills	Invasion Games

Term	Year 1	Year 2
Summer 1	Athletics	Athletics
Summer 2	Striking & Fielding	Cricket

Progression Skills

Fundamental Movement

- Sprint safely
- Jump with control
- Balance dynamically
- Change direction efficiently

Gymnastics & Dance

- Create sequences
- Link movements smoothly
- Perform to an audience
- Use levels and pathways

Games

- Pass and receive accurately

- Strike and field
- Attack and defend
- Use simple tactics

Athletics

- Run for speed
- Jump further
- Throw further and more accurately
- Measure performance

Stage 3

Term	Year 1	Year 2
Autumn 1	Basketball	Football
Autumn 2	Gymnastics	Fitness
Spring 1	Volleyball	Dodgeball
Spring 2	Rounders	Hockey
Summer 1	Athletics	Athletics

Term	Year 1	Year 2
Summer 2	Tennis	Cricket

Stage 3 Skills

Physical

- Advanced passing and receiving
- Shooting and striking
- Defensive positioning
- Court and field awareness
- Athletics techniques

Social

- Teamwork
- Collaboration
- Leadership
- Respect

Emotional

- Resilience
- Sportsmanship

- Confidence
- Managing competition

Thinking

- Tactical decision making
- Performance evaluation
- Strategy planning
- Identifying strengths and improvements

Stage 4

Pre-Entry

Term	Year 1
Autumn 1	Football
Autumn 2	Volleyball
Spring 1	Fitness
Spring 2	Hockey
Summer 1	Athletics

Term	Year 1
Summer 2	Tennis

Pre-Entry Skills

- Apply game tactics
- Improve fitness components
- Develop leadership
- Evaluate performance
- Referee and officiate
- Work independently and collaboratively

Entry

Term	Year 2
Autumn 1	Basketball
Autumn 2	Badminton
Spring 1	Tag Rugby

Term	Year 2
Spring 2	Rounders
Summer 1	Athletics
Summer 2	Outdoor Adventurous Activities

Entry Skills

Physical

- Advanced sport-specific techniques
- Competitive performance
- Complex attacking and defending
- Accuracy and consistency

Leadership

- Organise games
- Referee activities
- Lead peers
- Support teammates

Outdoor Learning

- Map reading
- Navigation
- Problem solving
- Team challenges

Evaluation

- Analyse performance
- Apply tactics
- Improve through feedback
- Set development targets

PE Golden Threads

Strand	Stage 1	Stage 2	Stage 3	Stage 4
Physical Development	Fundamental movement	Skill development	Sport-specific skills	Advanced performance
Personal Development	Confidence	Independence	Resilience	Leadership
Social Development	Sharing	Cooperation	Teamwork	Collaboration & leadership
Competition	Simple games	Applying rules	Tactical competition	Competitive sport

Strand	Stage 1	Stage 2	Stage 3	Stage 4
Health & Fitness	Active participation	Improving control	Fitness awareness	Lifelong healthy lifestyles

Working as a PE Learner

Pathway	Characteristics
Stage 1	Explore • Move • Participate
Early Engagement	Attempt • Practise • Experience
Engagement	Develop • Control • Cooperate
Progression	Apply • Improve • Compete
Stage 3	Perform • Evaluate • Collaborate
Pre-Entry	Lead • Refine • Analyse
Entry	Strategise • Officiate • Excel