






Physical Education (PE) Subject Progression:

		Nursery & Reception	Year 1 & 2	Year 3 & 4	Year 5 & 6
	Movement	Children develop fundamental movement skills such as running, jumping, hopping, and balancing. They explore how their bodies move in different ways, developing coordination and spatial awareness. Children participate in simple activities that encourage agility, balance, and coordination, such as obstacle courses and movement games.	Children improve their control and coordination in a range of movements. They develop basic skills such as throwing, catching, skipping, and dodging, and begin to apply these to simple games and activities. Children learn to move with increasing accuracy, balance and control, using space effectively and responding to changes in pace and direction. They begin to move their body effectively in the water.	Children refine their movement skills, demonstrating fluency and control in a range of activities, including swimming. They develop their techniques in running, jumping, throwing, and catching, applying these skills to team games and individual performances. Children learn to adapt their movements based on the demands of an activity, such as changing speed in a game or controlling balance in gymnastics.	Children demonstrate confidence and precision in a wide range of movements. They apply advanced techniques in different physical activities, combining movements effectively and performing them with control, balance and flexibility. Children understand how to use movement strategically, adjusting their speed, direction, and coordination to respond to challenges in games, dance, athletics and outdoor and adventurous activities.
	Performance	Children begin to explore performing movements in front of others, gaining confidence in their actions. They take part in simple games, dance, and role-play activities, responding to music and instructions.	Children start to perform movements with more control and awareness of their surroundings. They learn to follow simple sequences in gymnastics and dance, as well as play small-sided games that require teamwork and coordination. Children begin to work with partners and small groups to perform skills in front of others. They begin to swim master strokes in swimming to be able to travel further	Children develop their ability to perform movements with expression, fluency and coordination. They take part in more structured performances, such as dance routines, gymnastics sequences, team games and swimming for distance. Children show greater confidence in presenting their skills to an audience and begin to understand the importance of focus, timing, and accuracy in performance.	Children perform with fluency, control, and confidence in a range of physical activities. They refine their technique in individual and group performances, demonstrating precision and creativity. Children understand how to use their bodies effectively in performances and games while showing awareness of rhythm, space, and audience engagement.
	Creativity	Children use their imagination to explore different ways of moving. They experiment with creating their own sequences of movement, such as pretending to be animals or following patterns in dance.	Children begin to explore new ways of moving in response to music, themes, and stimuli. They create short movement patterns in dance and gymnastics, learning how to express ideas through movement. Children begin to work collaboratively to develop simple creative sequences. They begin to develop simple tactics (attacking/defending) to overcome problems in game situations.	Children develop their creativity by designing their own sequences in dance, gymnastics, and other activities. They experiment with different ways of combining movements, developing originality in their actions. Children learn to work in pairs and small groups to create routines and respond to challenges creatively. Tactics are used to overcome problems in game situations.	Children demonstrate confidence in creating and adapting movement sequences in different sports, dance, and gymnastics. They explore ways to express themselves through movement and work collaboratively to choreograph performances. Children apply strategic thinking and problem-solving to physical challenges, such as creating tactics for a game or inventing new rules.
	Physical Literacy	Children develop their basic motor skills, such as running, jumping, balancing, and throwing. They explore how their bodies move and begin to understand the importance of being active.	Children develop confidence in a range of physical skills, learning to control their movements with accuracy. They practise fundamental skills, including coordination, agility, and balance, and begin to apply these to different activities. Children start to understand simple rules in games and learn how to take turns and cooperate with others.	Children improve their overall fitness, strength, and endurance through a variety of activities. They develop a greater awareness of their bodies, refining their control and technique in sports, gymnastics, and dance. Children begin to recognise the importance of warming up and cooling down and understand how physical activity benefits health.	Children demonstrate high levels of control, coordination, and stamina in a range of activities. They apply their physical literacy to more complex challenges, such as competitive sports and endurance activities. Children have a strong understanding of the importance of fitness, recognising how physical activity supports a healthy lifestyle.
	Evaluation & Analysis	Children begin to talk about what they enjoy in physical activities. They recognise when they have completed a movement successfully and begin to describe simple differences between actions.	Children start to observe and describe their own movements and those of others. They begin to recognise what makes a movement effective and suggest simple ways to improve their skills. Children respond to basic feedback and start to develop awareness of how they can improve.	Children develop the ability to assess their own performance and that of others. They learn to give and receive constructive feedback, identifying strengths and areas for improvement. Children begin to compare their performances over time and understand how practice can lead to progress.	Children confidently evaluate their own performance, using technical vocabulary to describe strengths and areas for development. They analyse tactics, techniques, and movements in different physical activities, making adjustments to improve their skills. Children learn to give detailed feedback to peers and use self-reflection to set personal goals for improvement including outdoor and adventurous activity.