



Physical Education Progression of Skills and Knowledge at Rotherhithe

Topic	Year	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamental Movement		Explore basic movements : walking, running, jumping, hopping	Develop control in movement and spatial awareness	Combine movements with control and coordination	Refine movement patterns and link actions	Apply movement skills in structured activities	Use movement skills in game situations	Demonstrate control and fluency in complex movement sequences
Balance		Static and dynamic balance through play	Balance on different body parts and apparatus	Hold balances with control and transition between them	Explore counterbalances and partner work	Develop balances in sequences and routines	Perform balances in group formations	Combine balances with other skills in performance
Agility		Quick changes of direction in play	Simple agility tasks like dodging and weaving	Improve reaction time and directional changes	Use agility in small-sided games	Apply agility in competitive situations	Refine agility in sport-specific contexts	Demonstrate agility in complex game scenarios
Dance		Expressive movement to music	Explore basic dance actions and rhythms	Create simple sequences with a theme	Develop motifs and perform in groups	Use dynamics and space in choreography	Perform dances with expression and accuracy	Create and perform complex dance routines with evaluation
Gymnastics		Explore shapes and simple	Perform basic rolls, jumps, and	Link movements into short	Develop sequences with apparatus	Refine technique and	Create routines with partners and	Perform and evaluate complex



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	movements	balances	sequences		transitions	apparatus	routines
Co-ordination Ball skills	Rolling, throwing, catching with large balls	Develop hand-eye coordination with beanbags and balls	Catch and throw with increasing accuracy	Dribble, pass, and shoot in simple games	Use ball skills in team games	Refine ball control under pressure	Apply ball skills in competitive scenarios
Multi skills and Athletics	Running, jumping, throwing in play contexts	Explore basic athletic events: sprinting, jumping, throwing	Improve technique and measure performance	Develop stamina and technique in events	Compete in structured athletic activities	Refine technique and set personal goals	Perform and evaluate across all athletic disciplines
Invasion Games	Simple chasing and tagging games	Introduce basic rules and teamwork	Play small-sided games with simple tactics	Develop attacking and defending strategies	Apply tactics in modified games	Refine positional play and teamwork	Compete using advanced tactics and strategies
Net & Wall Games	Throwing and catching over a barrier	Introduce simple net games like balloon tennis	Develop rallying and positioning skills	Learn rules and techniques of tennis/badminton	Apply tactics in net games	Refine serve, volley, and return techniques	Compete and evaluate performance in net games
Striking & Fielding	Hit stationary objects with hand or bat	Learn basic striking and catching skills	Play simple games like rounders and cricket	Develop fielding positions and tactics	Apply rules and strategies in team games	Refine batting and bowling techniques	Compete and evaluate in full game formats
Athletics	Run, jump, throw in	Explore running,	Improve technique	Develop consistency and	Apply skills in competitive	Refine technique	Compete and



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	imaginative play	jumping, and throwing events	and measure outcomes	stamina	formats	and set performanc e targets	evaluate across all athletic disciplines
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