**PE Progression Map**

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| **Year** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| FS1 | Children have daily opportunities to develop gross and fine motor skills through the year. When ready, will join the Sports Coach for a PE session in the hall or on the outdoor area.  In Summer term 2 will be taken to the large playground at quiet times to explore larger areas for skipping, jumping, running & climbing – in preparation for FS2 | | | | | |
| FS2 | Locomotion 1  Fine motor skills | Locomotion 2 | Stability 2 static and dynamic balance | Net and Wall Game Skills 1  Target Games 1 | Athletics 1 | Invasion Games Skills 1 |
| Year 1 | Fundamental Movement Skills 1  Gymnastics – Balancing & Spinning on Points & Patches. | Dance – Superheroes  Fundamental Movement Skills 2 | Target Games 2  Gymnastics – Pathways Small and Long | Dance – Under the Sea  Yoga – Under the Sea  Invasion Games Skill 1 | Striking and Fielding Game Skills 1 Gymnastics –wide narrow curled rolling and balancing | Invasion Games 2  Yoga |
| Year 2 | Movement Skills 2 Dance – Fire of London | Movement Skills 3  Gymnastics - pathways straight zigzag curving | Invasion games 2  Gymnastics – spinning turning twisting | Net and wall games 2 Dance – animals (dinosaurs) | Striking and field game skills 2  Dance – Mini-Beasts | Athletics  Gymnastics stretching, curling, arching |
| Year 3 | Gymnastics – linking movements  Swimming | Dance – Around the world.  Swimming | Gymnastics – body weight  Hockey | Dance – Egyptians  Handball | Athletics  Gymnastics – symmetry | Dance – Space  Dodge ball |
| Year 4 | Dance – Romans  Tag Rugby | Gymnastics – rolling / travelling  Hockey | Gymnastics – bridges  Swimming | Dance – Vikings  Swimming | Tennis  Athletics | Cricket  Dodge ball |
| Year 5 | Gymnastics – Partner work under over | Gymnastics – matching mirroring and contrast | Dance – British Values  Basketball | Cricket | Athletics  Swimming | Dodge ball  Swimming |
| Year 6 | Dance –WW2  Tag Rugby | Hockey | Gymnastics – counter balance and tension  Basket ball | Rounders | Athletics  Cricket | Dodgeball |