



PHYSICAL EDUCATION Y1 PROGRESSION MAP

AUTUMN TERM	SPRING TERM	SUMMER TERM
Progression Statement		
FUNDAMENTALS <ul style="list-style-type: none"> Physical: balancing, sprinting, jogging, dodging, jumping, hopping, skipping Social: taking turns, supporting and encouraging others, working safely, communication Emotional: challenging myself, perseverance, honesty Thinking: selecting and applying, identifying strengths, listening and following instructions 	GYMNASTICS <ul style="list-style-type: none"> Physical: travelling actions, shapes, balances, jumps, barrel roll, straight roll, forward roll progressions Social: sharing, working safely Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions 	ATHLETICS <ul style="list-style-type: none"> Physical: running at varying speeds, agility, balance, jumping, hopping and leaping in combination and for distance, throwing for distance Social: working safely, collaborating with others Emotional: working independently, honesty and playing to the rules, determination Thinking: exploring ideas
MINDFUL MOVEMENT <ul style="list-style-type: none"> Physical: breathing, relaxation, balance, flexibility, strength Social: working safely, sharing ideas, leadership Emotional: calmness, patience, understanding, independence Thinking: selecting actions, comprehension, focus, providing feedback 	DANCE <ul style="list-style-type: none"> Physical: travel, copying and performing actions, using shape, balance, co-ordination Social: co-operation, communication, coming to decisions with a partner, respect Emotional: confidence, acceptance Thinking: counting, observing and providing feedback, selecting and applying actions 	
TEAMWORK <ul style="list-style-type: none"> Physical: balancing, travelling actions Social: communication, sharing ideas, inclusion, encouraging and supporting others Emotional: confidence, trust, honesty Thinking: decision making, using tactics, providing instructions, planning, problem solving 	GAMES (BALL SKILLS) <ul style="list-style-type: none"> Physical: rolling, kicking, throwing, catching, bouncing, dribbling, tracking Social: co-operation, communication, leadership, supporting others Emotional: honesty, perseverance, challenging myself Thinking: using tactics, exploring actions, comprehension 	GAMES (STRIKING & FIELDING) <ul style="list-style-type: none"> Physical: throwing, catching, retrieving a ball, tracking a ball, striking a ball Social: communication, supporting and encouraging others, consideration of others Emotional: perseverance, honesty and fair play Thinking: using tactics, selecting and applying skills, decision making

Year group long-term overview (with statutory requirements) and subject progression map (above) to be used together to inform medium term planning.