



Riversdale Primary School

PHYSICAL EDUCATION PROGRESSION

DISCIPLINARY CONCEPTS			
Motor Competence	Rules, Strategies & Tactics	Evaluation & Improvement	Healthy Participation
Developing balance, coordination, agility, control, fluency and efficient movement patterns.	Understanding how games, activities and performances work and how to apply successful strategies.	Analysing performance, responding to feedback and refining technique and decision-making.	Understanding safe participation, physical fitness, wellbeing and healthy active lifestyles.

ACTIVITY DOMAINS							
Swimming	Invasion Games	Fundamentals (Multi Skills)	Gymnastics & Dance	Net & Wall	Athletics	Striking & Fielding	OAA

GENERAL OVERVIEW EYFS	
<u>Nursery:</u> <u>Physical Development:</u> - Continue to develop movement, balancing, riding and ball skills. - Go up steps and stairs, or climb up apparatus, using alternate feet. - Skip, hop, stand on one leg and hold a pose. - Start taking part in group activities which they make up themselves or in teams. - Increasingly be able to use and remember sequences and patterns of movements. - Match their developing physical skills to tasks and activities. <u>Personal, Social and Emotional Development:</u> - Develop their sense of responsibility and membership of a community. - Become more outgoing with unfamiliar people in the safe context of their setting. - Play with one or more other children, extending and elaborating play ideas. - Increasingly follow rules, understanding why they are important. <u>Motor Competence:</u> - Develop core strength, stability, balance and coordination through active play. - Explore travelling actions including crawling, climbing, hopping, running and jumping. - Develop increasing control when using climbing equipment, wheeled toys and outdoor apparatus. - Explore object control through rolling, pushing, throwing, catching and kicking.	<u>Reception:</u> <u>Physical Development – Gross Motor Skills ELG:</u> - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <u>Personal, Social and Emotional Development – Self-Regulation ELG:</u> - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control immediate impulses when appropriate; - Give focused attention to what the teacher says, responding appropriately even when engaged in activity. <u>Personal, Social and Emotional Development – Managing Self ELG:</u> - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; - Explain the reasons for rules, know right from wrong and try to behave accordingly; - Manage their own basic hygiene and personal needs. <u>Personal, Social and Emotional Development – Building Relationships ELG:</u>

- Begin to negotiate space safely while moving.

Rules, Strategies & Tactics:

- Follow simple movement instructions.
- Begin to take turns during games.
- Develop awareness of personal space.
- Work alongside others during movement activities.

Evaluation & Improvement:

- Repeat movements with increasing confidence.
- Respond to adult modelling.
- Begin to recognise successful movement outcomes.

Healthy Participation:

- Develop confidence when attempting new challenges.
- Begin to understand safe use of space and equipment.
- Experience movement as enjoyable and positive.

- Work and play cooperatively and take turns with others;
- Form positive attachments to adults and friendships with peers;
- Show sensitivity to their own and others' needs.

Motor Competence:

- Move with increasing control, coordination and fluency.
- Demonstrate balance, agility and body control.
- Negotiate space and obstacles safely.
- Develop increasing precision when throwing, catching and kicking.
- Use large and small apparatus safely and appropriately.

Rules, Strategies & Tactics:

- Follow simple rules within games.
- Cooperate with partners and groups.
- Begin to make simple decisions during activities.
- Develop awareness of attacking space and avoiding obstacles.

Evaluation & Improvement:

- Copy, repeat and refine movements.
- Describe movement using simple physical vocabulary.
- Begin to identify what makes movement effective.

Healthy Participation:

- Understand that exercise supports health and wellbeing.
- Show resilience when tasks become challenging.
- Manage personal safety while moving and using equipment.

OVERVIEW						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Multi Skills	Gymnastics	Dance	Tennis	Athletics	Invasion Games
Year 2	Multi Skills	Gymnastics	Dance	Tennis	Athletics	Invasion Games
Year 3	Invasion Games (Football)	Rugby	Gymnastics & Dance	Tennis	Athletics/OAA	Cricket
Year 4	Invasion Games (Football)	Rugby	Gymnastics & Dance	Tennis	Athletics/OAA	Cricket
Year 5	Invasion Games (Football)	Rugby	Gymnastics & Dance	Tennis	Athletics/OAA	Cricket
Year 6	Invasion Games (Football)	Rugby	Gymnastics & Dance	Tennis	Athletics/OAA	Cricket
Resource Base (SEND)	Fundamentals		Gymnastics & Dance		Multi Skills	

Swimming is taught weekly in EYFS, KS1 and Gems and in blocks of 6 weeks for KS2.

PROGRESSION OF DISCIPLINARY KNOWLEDGE				
Activity Domain	EYFS	KS1	LKS2	UKS2
Swimming	Water can feel different to moving on land. Water can support the body. Kicking and splashing create movement in water. Listening carefully helps keep everyone safe. Confidence grows through practice and exploration. Safe entry and exit routines are important.	Water can support the body. Floating requires a relaxed body position. Controlled breathing supports movement in water. Kicking and arm actions help propulsion. Pool rules support safety. Staying calm helps pupils participate safely.	Different strokes require different body positions, arm actions and breathing patterns. Streamlined body position helps swimmers move efficiently. Efficient swimming reduces fatigue. Water safety routines reduce risk. Safe self-rescue begins with staying calm, floating and calling for help. Stamina improves through repeated practice.	Technique affects speed, stamina and efficiency. Breathing rhythm supports sustained swimming. A range of strokes can be used for different purposes. Self-rescue requires calm decision-making and controlled movement. Water conditions affect safety and risk. Swimming is an essential life skill as well as a form of physical activity.
Invasion Games	Space helps movement. Teams work together during games. Rules help games stay fair and safe. Passing can help others. Quick movement can help avoid others. Listening carefully helps games work successfully.	Space helps teams keep possession. Defenders try to stop attackers. Teamwork improves success. Quick movement creates opportunities. Passing can help maintain possession. Rules support fair play and safety.	Width creates attacking opportunities. Marking reduces attacking options. Quick transitions create advantage. Communication supports teamwork. Maintaining possession can control the game. Positioning affects attacking and defending success.	Tactical adaptations depend on opponents. Positioning affects attacking and defensive balance. Anticipation supports decision-making. Team shape influences performance. Different tactics suit different situations. Communication and leadership improve team effectiveness.
Fundamentals (Multi Skills)	Moving in different ways helps develop strength and coordination. Space is needed to move safely. Looking carefully helps control movement. Balancing helps the body stay stable. Different movements use different parts of the body.	Balance supports stability. Eyes help track objects. Bending knees supports safe landing. Coordination improves control. Space awareness helps avoid collisions.	Timing affects movement success. Controlled body positioning improves performance. Efficient movement conserves energy. Agility supports rapid directional change. Combining movements increases challenge and complexity.	Movement patterns transfer across sports. Repetition develops automaticity. Efficient technique improves consistency. Spatial awareness supports decision-making. Body control improves performance under pressure.

	Practice helps movements improve.	Different movements require different levels of control.	Practice improves consistency and fluency.	Fluency allows movements to be adapted quickly and effectively.
Gymnastics	Different body shapes can be made using arms, legs and body. Balancing requires control. Travelling can happen in different ways. Safe landings protect the body. Moving slowly or quickly creates different effects. Space is needed to move safely around others.	Tension helps balance. Pointed toes and stretched shapes improve presentation. Safe landings protect the body. Starting and finishing positions improve sequence quality. Different body shapes create different effects. Control is needed when travelling and balancing.	Transitions improve sequence fluency. Levels and direction create variation. Apparatus changes movement possibilities. Strength and flexibility affect performance. Timing affects synchronisation. Sequences require planning and organisation.	Precision improves aesthetic quality. Synchronisation affects group performance. Sequence composition requires planning. Timing and extension improve control. Advanced balances require strength and stability. Performance quality improves through refinement and evaluation.
Dance	Music and rhythm can inspire movement. Different movements can show feelings and ideas. Moving at different speeds changes a performance. Space and direction affect movement. Copying movements helps learning. Working with others helps performances.	Rhythm affects timing. Different dynamics create different effects. Movement can communicate meaning. Space and direction affect performance. Dance sequences require memory and control. Expression helps communicate mood and feeling.	Formation changes audience perspective. Dynamics influence mood and atmosphere. Repetition and contrast support choreography. Stimuli can inspire movement ideas. Timing and unison improve group performance. Spatial awareness supports safe movement.	Choreographic intent shapes performance. Expression enhances communication. Audience awareness influences presentation. Dance styles have distinctive features. Transitions improve fluency and continuity. Refinement improves clarity, precision and artistic impact.
Net & Wall	Objects can be sent and received in different ways. Watching the object carefully improves control. Taking turns helps games work fairly. Gentle control can improve accuracy. Space helps movement.	Accuracy helps sustain rallies. Ready position improves reactions. Sending the ball away from opponents creates space. Tracking the ball improves control. Consistent striking improves performance.	Shot direction affects opponent movement. Consistency improves performance. Court positioning improves coverage. Placement can create tactical advantage. Anticipation improves reactions. Rallying requires concentration and control.	Tactical shot selection creates advantage. Anticipation improves defensive positioning. Placement and spin affect gameplay. Varying speed and direction can outwit opponents.

	Rules support safe participation.	Rules support fair gameplay.		Recovery position supports defensive readiness. Tactical awareness improves competitive performance.
Athletics	Running, jumping and throwing use different movements. Arms help balance and movement. Landing safely helps protect the body. Different speeds can be used for movement. Space helps safe participation. Exercise can make breathing faster.	Swinging arms supports running speed. Different jumps require different take-offs. Technique affects throwing distance. Running speed can change during activities. Safe landings improve control. Exercise affects breathing and heart rate.	Pacing affects stamina. Explosive power supports jumping. Body positioning influences performance. Controlled landings improve balance. Technique improves throwing accuracy and distance. Different events require different physical strengths.	Efficient technique improves performance. Measuring performance supports improvement. Controlled pacing supports endurance. Personal bests support motivation and improvement. Different athletic events require different training focuses. Strength, stamina and coordination contribute to success.
Striking & Fielding	Objects can be hit or rolled in different directions. Watching the object carefully improves striking. Teamwork helps games work successfully. Taking turns supports fair play. Running quickly can help in games. Space helps players move safely.	Watching the ball improves contact. Teamwork supports successful fielding. Space can be used strategically. Quick reactions improve fielding success. Striking technique affects direction and distance. Rules support fair and safe gameplay.	Technique improves accuracy and consistency. Field placement affects outcomes. Communication supports team organisation. Anticipation improves catching and retrieving. Decision-making affects batting success. Team roles contribute to overall performance.	Tactical placement creates scoring opportunities. Anticipation improves fielding success. Decision-making affects risk and reward. Different striking techniques create different outcomes. Team strategy affects attacking and defensive success. Communication and leadership improve organisation.
Outdoor Adventurous Activities (OAA)	Listening carefully helps solve challenges. Working together helps teams succeed. Maps and pictures can give information.	Teamwork improves success. Instructions support safety. Maps and symbols communicate information.	Communication supports problem-solving. Navigation requires observation. Different strategies may solve the same challenge.	Leadership supports organisation. Effective planning reduces risk. Reflection improves future performance.

	Outdoor movement requires awareness of surroundings. Following instructions supports safety. Different routes can solve the same problem.	Listening carefully supports problem-solving. Cooperation helps groups complete challenges. Outdoor challenges require awareness of surroundings.	Maps contain symbols and directional information. Collaboration improves efficiency. Safe decision-making reduces risk.	Navigation requires accurate interpretation of information. Teams may need to adapt strategies during challenges. Trust and communication improve teamwork.
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PROGRESSION OF DISCIPLINARY SKILLS				
Activity Domain	EYFS	KS1	LKS2	UKS2
Swimming	Develop water confidence through supported exploration, play and safe entry and exit routines.	Develop confidence and basic swimming technique including floating, gliding, kicking, arm actions and controlled breathing.	Swim competently, confidently and proficiently over increasing distances.	Swim competently, confidently and proficiently over at least 25 metres.
	Explore floating, kicking, splashing and moving in water with support.	Begin to swim short distances independently.	Develop a range of strokes, including front crawl, backstroke and breaststroke, with improving body position and breathing control.	Refine stroke efficiency, stamina, breathing control and propulsion across a range of strokes.
	Follow simple pool routines, including entering and exiting safely and listening to adult instructions.	Understand and follow pool safety rules.	Apply water-safety routines consistently.	Apply water-safety knowledge independently.
	Build confidence by repeating familiar water-based movements.	Recognise safe behaviours around water and begin to understand why water safety matters.	Understand how to select appropriate strokes and pace for different swimming tasks.	Understand how to respond calmly in different water-based situations, including self-rescue scenarios.
	Experience water-based activity as positive, safe and enjoyable.	Recognise improvements in confidence, floating, kicking and short-distance swimming. Develop confidence, resilience and safe participation in water.	Identify how body position, breathing and stroke technique affect swimming efficiency. Respond to feedback to improve stroke quality. Understand that swimming supports fitness, stamina and personal safety.	Evaluate stroke efficiency, stamina and self-rescue performance. Identify personal next steps and refine technique independently. Understand swimming as a lifelong physical activity and essential life skill. Demonstrate confidence, resilience and safe decision-making in water.
Invasion Games	Participate in chasing games and explore moving into space.	Pass, receive, travel and change direction with increasing control.	Apply dribbling, passing, receiving and shooting techniques consistently.	Refine control, speed, agility and technical execution under pressure.
	Follow simple game rules and explore space awareness.	Understand attacking and defending in small-sided games.	Apply principles of width, marking, possession and transition.	Adapt tactics strategically according to opponents and game situations.
	Recognise successful movement and teamwork.	Identify successful passes, movement and positioning.	Evaluate tactical decisions and teamwork effectiveness.	Analyse gameplay critically and adapt performance independently.
	Participate positively in team activities.	Demonstrate fairness and cooperation during games.	Show resilience and communication during competition.	Lead others positively and demonstrate sportsmanship and self-regulation.

Fundamentals (Multi Skills)	Explore balancing, running, jumping, hopping and object control through active play. Follow simple movement instructions and games. Repeat movements with increasing confidence. Develop confidence through movement exploration.	Master running, jumping, throwing, catching and balancing with increasing coordination and agility. Understand how movement choices affect success in simple activities. Identify how movements can be improved. Understand how movement supports healthy development.	Refine agility, balance and coordination in increasingly complex movement combinations. Apply movement patterns strategically during physical challenges. Respond to feedback to improve coordination and control. Understand how agility, stamina and coordination support physical activity.	Apply movement skills fluently and efficiently across a range of sports and physical challenges. Adapt movement choices rapidly according to context and challenge. Refine movement efficiency and consistency independently. Apply principles of warm-up, effort and recovery appropriately.
Gymnastics	Explore shapes, balances, travelling and pathways. Use space safely and follow simple movement instructions. Copy and repeat movements. Move safely using apparatus and space.	Perform rolls, balances, jumps and travelling actions with increasing control. Understand starting and finishing positions and safe apparatus use. Identify successful balances, shapes and landings. Land safely and control body tension.	Combine actions into sequences using transitions, levels, direction and speed. Structure sequences intentionally using apparatus and transitions. Refine sequences based on feedback and observation. Understand how strength and flexibility support gymnastics.	Create and perform fluent sequences with precision, extension and compositional intent. Adapt routines strategically for timing, audience impact and synchronisation. Evaluate precision, fluency and composition using subject-specific vocabulary. Demonstrate resilience, confidence and safe independent participation.
Dance	Move expressively to music, stories and stimuli. Follow simple movement instructions and rhythms. Copy and repeat expressive movements. Develop confidence through expressive movement.	Copy and repeat movement patterns using simple dynamics and pathways. Understand timing, spacing and sequence structure. Identify effective movements and rhythms. Participate positively with others during performance.	Choreograph sequences using formations, levels and spatial awareness. Use formations, canon and dynamics intentionally. Refine choreography based on observation and feedback. Demonstrate resilience and collaboration during choreography.	Refine choreography with expression, control and artistic intent. Adapt choreography for audience impact and stylistic intent. Evaluate expressive and technical effectiveness critically. Perform confidently and respectfully to different audiences.
Net & Wall	Explore sending and receiving objects over low barriers. Follow simple turn-taking rules.	Send and receive using underarm and simple striking actions. Understand boundaries, scoring and ready positions.	Develop rallying, striking and volleying with increasing consistency and control. Use shot placement and court positioning strategically.	Apply a range of shots with increasing precision, control and fluency. Adapt tactical shot selection according to opponents and gameplay.

	Repeat successful sending and receiving actions. Participate cooperatively in paired activities.	Identify successful rallies and striking techniques. Demonstrate safe movement and awareness of others.	Refine accuracy and consistency through feedback. Sustain activity during rallies and gameplay.	Evaluate tactical and technical effectiveness critically. Demonstrate resilience, concentration and positive competitive behaviour.
Athletics	Run, jump and throw in different ways during active play. Follow simple movement instructions safely. Repeat movements with increasing control. Participate energetically and safely.	Perform sprinting, jumping and throwing with developing technique. Understand basic event rules and sequencing. Identify improvements in running, jumping and throwing. Understand how exercise affects breathing and heart rate.	Develop technique in sprinting, distance running, jumping and throwing for accuracy and distance. Apply pacing and event-specific techniques strategically. Measure and compare performances to identify progress. Understand stamina, strength and recovery.	Refine pacing, control and technique to improve performance and achieve personal bests. Select appropriate pacing and technique according to event demands. Analyse technique and use performance data to refine outcomes. Understand how sustained activity improves fitness and wellbeing.
Striking & Fielding	Explore striking, rolling and chasing objects using hands and simple equipment. Follow simple turn-taking and chasing rules. Repeat successful striking and chasing actions. Participate positively and safely in chasing and striking activities.	Strike stationary and moving balls using hands or bats with increasing control. Understand simple batting and fielding roles within games. Identify successful striking and catching techniques. Demonstrate cooperation, turn-taking and safe equipment use.	Develop batting, bowling and fielding techniques with increasing consistency and accuracy. Apply tactical decisions about where to strike and how to field effectively. Evaluate batting, bowling and fielding effectiveness and refine performance through feedback. Sustain concentration and resilience during gameplay.	Refine striking and fielding skills fluently under pressure and across different game situations. Adapt striking and fielding tactics strategically according to opponents and gameplay situations. Analyse tactical and technical performance critically and adapt strategies independently. Demonstrate leadership, sportsmanship and self-regulation during competitive situations.
Outdoor Adventurous Activities (OAA)	Participate in exploratory outdoor play and challenges. Follow simple instructions and routines safely. Recognise successful teamwork. Explore outdoor movement safely.	Follow trails and obstacle courses collaboratively. Understand basic maps, routes and teamwork expectations. Identify what helped solve a challenge. Understand safe participation outdoors.	Navigate routes and solve physical challenges collaboratively. Apply communication and navigation strategies during challenges. Reflect on communication and strategy effectiveness.	Plan, lead and complete increasingly complex outdoor challenges. Adapt routes and strategies according to changing problems and environments. Evaluate leadership, teamwork and decision-making critically.

			Demonstrate resilience and cooperation during challenges.	Manage risk appropriately and support others positively.
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RESOURCE BASE ADJUSTMENTS

Adaptations within the Resource Base prioritise:

- communication support;
- sensory regulation;
- emotional safety;
- successful participation;
- physical confidence;
- predictable routines;
- inclusive access to movement and physical activity.

Most pupils access PE through both Resource Base and mainstream provision.

Adaptations are responsive to pupils' individual profiles and may include communication, sensory, cognitive, physical and emotional-regulation support.

Communication Adaptations • Visual timetables and now/next boards. • Simplified and chunked instructions. • Consistent PE vocabulary and visual prompts. • Demonstration and modelling of activities. • Makaton, gesture or symbol-supported communication where appropriate. • Additional processing time. • Repetition of instructions and routines.		Sensory Adaptations • Sensory-friendly equipment. • Reduced auditory and visual overload. • Calm and predictable environments. • Flexible participation approaches. • Gradual exposure to new activities. • Access to movement breaks and regulation strategies. • Adapted lighting, noise levels or space where appropriate.		Cognitive Adaptations • Reduced cognitive load through simplified task design. • Clear routines and repeated structures. • Small-step progression. • Scaffolded tactical understanding. • Reduced game complexity. • Visual sequencing cards and modelling. • Repeated practice to support automaticity and confidence.		Physical Adaptations • Adapted equipment size, weight or texture. • Additional adult support where required. • Modified movement expectations. • Flexible grouping and pacing. • Increased opportunities for repetition and rehearsal. • Structured development of coordination, balance and body awareness.		Emotional Regulation Adaptations • Predictable routines and transitions. • Emotionally safe participation. • Supported turn-taking and teamwork. • Clear expectations and boundaries. • Positive reinforcement and celebration of participation. • Supported competition and personal best approaches. • Flexible opportunities for observation before participation.	
		KS1				KS2			
Swimming		Sensory-friendly sessions. Visual schedules and predictable routines. Flexible entry into water. Consistent staffing. Gradual development of water confidence.				Personalised stroke progression. Calming movement activities. Structured repetition and visual modelling. Reinforcement of water safety routines. Supported development of independence in water.			

Fundamentals & Multi Skills	Simplified instructions. Visual prompts and modelling. Reduced group sizes. Small-sided games. Sensory-friendly equipment. Supported turn-taking and spatial awareness.	Build fluency through repetition. Reinforce spatial awareness through multisensory cues. Encourage supported peer modelling. Scaffold tactical understanding. Structured support for teamwork and communication.
Gymnastics & Dance	Structured movement routines. Predictable sequencing and visual supports. Familiar music and environments. Simplified movement combinations.	Supported creativity through structured choice. Adapted sensory environments. Repeated practice of key movement patterns. Flexible participation approaches. Reduced overstimulation and supported transitions.