



St Felix Roman Catholic Primary School

P.E PROGRESSION MAP



Progression Journey: Body Management – Through Yoga and Gymnastics

Early Years Statutory Framework

National Curriculum Expectations

EYFS	Key stage 1	Key stage 2
<p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> Demonstrate strength, balance and coordination when playing. 	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> master basic movements as well as developing balance, agility and co-ordination. 	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Copy and create shapes with their bodies.	Create shapes showing a basic level of stillness using different parts of their bodies.	Perform balances making their body tense, stretched and curled.	Perform balances on different body parts with some control and balance.	Complete balances with increasing stability, control and technique	Use body tension to perform balances both individually and with a partner.	Show increasing control and balance when moving from one balance to another.	Combine and perform more complex balances with control, technique and fluency.
Begin to take weight on different body parts.	Begin to take weight on different body parts.	Take body weight on hands for short periods of time.	Take body weight on different body parts, with and without apparatus.	Demonstrate some strength and control when taking weight on different body parts for longer periods of time.	Demonstrate increasing strength, control and technique when taking own and others weight.	Use strength to improve the quality of an action and the range of actions available	Demonstrate more complex actions with a good level of strength and technique.
Begin to show shapes and actions that	Show shapes and actions that stretch their bodies.	Demonstrate poses and movements that	Show increased awareness of extension and	Demonstrate increased flexibility and	Demonstrate increased flexibility and extension in more	Use flexibility to improve the quality of the actions they	Confidently transition from one action to another showing



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stretch their bodies.		challenge their flexibility.	flexibility in actions.	extension in their actions.	challenging actions.	perform as well as the actions they choose to link them.	appropriate control and extension for the complexity of the action.
Begin to opy and link simple actions together.	Copy and link simple actions together.	Remember, repeat and link simple actions together.	Copy, remember, repeat and plan linking simple actions with some control and technique.	Choose actions that flow well into one another both on and off apparatus.	Plan and perform sequences showing control and technique with and without a partner.	Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.	Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills.