



**NUTLEY CE PRIMARY SCHOOL  
PHYSICAL EDUCATION PROGRESSION GRID**

At Nutley CE Primary School, our PE curriculum is taught with the aim of enabling all students to leave primary school both physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport. Children should be physically active for sustained periods of time and be given the opportunity to compete in sport and other activities to help embed values such as fairness and respect.

**Early Years:**

Children at the expected level of development will:

- 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.

**Key Stage One:**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Children in Key Stage One are taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

**Key Stage Two:**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different

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physical activities and sports and learn how to evaluate and recognise their own success.

Children in Key Stage Two are taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**Swimming and Water Safety:**

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).
- Perform safe self-rescue in different water-based situations.

Invasion Games				
	EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
<b>Skills</b>	EYFS will understand use of objects.  They will respond to simple instructions.	KS1 will develop their running, agility and co-ordination.  They will develop understanding of simple tactics and team games.	LKS2 will continue to develop their running, agility and co-ordination. They will also develop their throwing, dribbling, kicking and catching skills.	UKS2 should develop competence in a range of skills, including running, agility, and co-ordination.  They will participate in team games,

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	<p>They will learn to negotiate space, adjusting speed or direction.</p> <p>They will show increasing control over an object – pushing, patting, throwing, catching or kicking.</p> <p>They should show preference of a dominant hand.</p> <p>They will understand the need for safety.</p>	<p>They will engage in competitive sports and activities.</p>	<p>They will participate in team games, developing simple tactics of attacking and defending.</p> <p>They will be physically active for sustained periods of time.</p>	<p>developing simple tactics of attacking and defending.</p> <p>They will be physically active for sustained periods of time.</p>
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Gymnastics				
	EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
<b>Skills</b>	<p>EYFS children will develop their jumping, balance, co-ordination, agility, stability and locomotion.</p> <p>They will develop their ability to listen to and follow instructions and to maintain their attention.</p> <p>They will understand the need for safety.</p>	<p>KS1 children continue to build upon the skills learnt in EYFS, developing their agility, jumping, balance and co-ordination.</p> <p>They develop their stability, locomotion and rotation.</p>	<p>LKS2 will build on the skills learnt in KS1, developing their flexibility, strength, technique, control and balance.</p> <p>They will compare their performances with previous ones and demonstrate improvement.</p>	<p>UKS2 will continue to build on their skills, developing their flexibility, strength, technique, control and balance.</p> <p>They will compare their performances with previous ones and demonstrate improvement.</p>

Dance				
	EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two

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<p><b>Skills</b></p>	<p>EYFS children will develop their jumping, balance, co-ordination and agility.</p> <p>They will develop their ability to listen to and follow instructions and to maintain their attention.</p> <p>They will begin to move rhythmically, imitating movement in response to music.</p>	<p>KS1 will build upon skills learnt in EYFS, developing areas such as jumping, balance, co-ordination and agility.</p> <p>They will perform dances using simple movements.</p>	<p>LKS2 children will develop a range of skills, including jumping, balance, co-ordination, flexibility, control, strength, movements in isolation and combination.</p> <p>They will perform dances with a range of movements.</p> <p>They will count music and interpret tempo.</p> <p>They will compare and improve performances.</p>	<p>UKS2 children will develop a range of skills, including jumping, balance, co-ordination, flexibility, control, strength, movements in isolation and combination.</p> <p>They will perform dances with a range of movements.</p> <p>They will count music and interpret tempo.</p> <p>They will compare and improve performances.</p>
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Health and Fitness				
	EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
<p><b>Skills</b></p>	<p>Children in EYFS will develop body awareness by experimenting with different ways of moving. They will learn to negotiate space successfully. Children will maintain attention, listen and do. They will show understanding of good practices relating to exercise.</p>	<p>Children in KS1 will build on EYFS by demonstrating understanding on how to live healthy, active lives.</p> <p>They will begin comparing performances with previous ones and demonstrating improvement.</p> <p>They will focus on skills such as running, jumping, throwing, balance and coordination, being physically active for sustained periods of time.</p>	<p>N/A</p>	<p>UKS2 children should understand how to live healthy, active lives.</p> <p>They will be active for a sustained period of time.</p> <p>They will compare performances with previous ones and demonstrate improvement to achieve personal best.</p>

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<b>Striking and Fielding</b>				
	<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
<b>Skills</b>	<p>Children will understand how actions affect others and how to resolve conflicts. They will learn to work as part of a class, as well as learning to play co-operatively and to take turns.</p> <p>They will understand and follow rules and respond to simple instructions.</p>	<p>KS1 will build on the skills learnt in EYFS by participating in team games, developing simple tactics for attacking and defending.</p> <p>They will master basic skills, such as running, jumping, throwing, catching and coordination.</p> <p>They will engage in competitive sports.</p>	<p>LKS2 continue to engage in competition, playing competitively modified games and applying basic principles of attacking and defending.</p> <p>They will use technique and control to develop skills, such as running, jumping, throwing and catching in isolation.</p> <p>They will compare their performances and work to improve them.</p>	<p>UKS2 continue to play competitively modified games, applying basic principles of attacking and defending.</p> <p>They will compare and improve their performances, further developing skills such as running, jumping, throwing and catching in isolation and combination.</p>

<b>Athletics</b>				
	<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
<b>Skills</b>	<p>Children will understand how actions affect others. They will learn to work as part of a class, as well as learning to play co-operatively and to take turns.</p> <p>They will understand and follow rules and respond to simple instructions.</p>	<p>Building on the skills learnt in EYFS, KS1 children develop further by working to improve their technique and control, as well as comparing and improving their performances.</p> <p>They begin to engage in competition and enjoy sustained periods of</p>	<p>LKS2 continue to build on prior skills, comparing their performances with previous ones and demonstrating improvement to achieve their personal best.</p> <p>They engage in competition sports and activities for a sustained period of</p>	<p>UKS2 continue to compare their performances with previous one in order to improve and achieve their personal best. They are able to name the physical skills and components of fitness needed to be successful.</p> <p>They continue to play competitively</p>

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	They will learn to negotiate space, by adjusting speed or direction.	activity.  Children work to improve their running, agility, jumping, throwing, team games, coordination and balance.	time.  Children work to improve their running, jumping and throwing skills, looking at and working on correct technique.	in sports and activities for sustained periods of time.  Children work to improve their running, jumping and throwing skills, using the correct technique.
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Net/Wall Games				
	EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two
<b>Skills</b>	N/A	KS1 children should master basic movement, including running, catching, throwing and use of a racket.  They should develop simple tactics of attacking and defending.	LKS1 children should continue to develop the skills learnt in KS1, learning and using the correct technique.  They should play competitive modified games, and use basic principles of attack and defence.  They should compare performances to improve.	UKS2 should continue to develop the skills learnt so far, learning and using the correct technique.  They should play competitive modified games, and use basic principles of attack and defence.  They should compare performances to improve.

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	EYFS	Key Stage One	Lower Key Stage Two	Upper Key Stage Two

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<b>Skills</b>	N/A	N/A	N/A	UKS2 should take part in outdoor and adventurous activity challenges both individually and within a team.
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<b>Swimming</b>				
	<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
<b>Skills</b>	N/A	N/A	<p>Children should be able to swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>They should use a range of strokes effectively (front crawl, back stroke, breast stroke).</p> <p>They should perform safe self-rescue in different water-based situations.</p>	N/A

<b>Physical Education Year A</b>			
<b>Autumn Term 1</b>			
<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
	Invasion Games	Invasion Games (Football)	Invasion Games (Football)
	Gymnastics	Gymnastics	Invasion Games (Netball)

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<b>Autumn Term 2</b>			
<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
	Dance	Invasion Games (Alternative)	Invasion Games (Alternative)
	Health and Fitness	Health and Fitness	Gymnastics
<b>Spring Term 1</b>			
<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
	Dance	Invasion Games (Netball)	Invasion Games (Netball)
	Invasion Games	Dance	Dance
<b>Spring Term 2</b>			
<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
	Net/Wall Games	Net/Wall Games (Tennis)	Net/Wall Games (Tennis)
	Gymnastics	Striking and Fielding (Rounders/Cricket)	Invasion Games (Basketball)
<b>Summer Term 1</b>			
<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
	Athletics	Athletics	Athletics
	Striking and Fielding	Swimming	Striking and Fielding (Rounders/Cricket)
<b>Summer Term 2</b>			
<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
	Striking and Fielding or Net/Wall Games	Striking and Fielding (Rounders/Cricket)	Striking and Fielding (Rounders/Cricket)
	Athletics/Sports Day	Athletics/Sports Day	Athletics/Sports Day

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<b>Physical Education Year B</b>			
<b>Autumn Term 1</b>			
<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
Parachute games and body letters	Invasion Games	Invasion Games (Football)	Invasion Games (Football)
	Dance	Gymnastics	Invasion Games (Netball)
<b>Autumn Term 2</b>			
<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
Dance	Gymnastics	Invasion Games (Alternative)	Invasion Games (Alternative)
Gymnastics	Health and Fitness	Health and Fitness	Gymnastics
<b>Spring Term 1</b>			
<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
Games: balls all shapes and sizes.	Dance	Invasion Games (Alternative)	Invasion Games (Alternative)
	Invasion Games	Dance	Dance
<b>Spring Term 2</b>			

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<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
Multi skills	Net/Wall Games	Net/Wall Games (Tennis)	Net/Wall Games (Tennis)
	Gymnastics	Striking and Fielding (Rounders/Cricket)	Invasion Games (Basketball)
<b>Summer Term 1</b>			
<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
Athletics	Athletics	Athletics	Athletics
	Striking and Fielding	Swimming	Striking and Fielding (Rounders/Cricket)
<b>Summer Term 2</b>			
<b>EYFS</b>	<b>Key Stage One</b>	<b>Lower Key Stage Two</b>	<b>Upper Key Stage Two</b>
Numbers Games	Striking and Fielding or Net/Wall Games	Striking and Fielding (Rounders/Cricket)	Striking and Fielding (Rounders/Cricket)
	Athletics/Sports Day	Athletics/Sports Day	Athletics/Sports Day

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