

Mandeville Primary School

PE Progression Map (Nursery–Year 6)



Curriculum Intent

At Mandeville Primary School, our PE curriculum develops pupils' physical competence, confidence and enjoyment in physical activity. Through a progressive curriculum, pupils build knowledge, skills and understanding across games, gymnastics, dance, athletics and outdoor activities from EYFS to Year 6. Pupils develop as physically literate learners by improving movement, coordination, teamwork, resilience and tactical understanding. Knowledge and disciplinary skills are revisited and developed progressively to deepen pupils' performance, confidence and understanding of healthy, active lifestyles.

Pupils develop physical awareness and understanding by exploring movement, performance and teamwork across a range of sporting and physical activities.

Physical Concepts and Threads

PE Thread	How understanding develops across the curriculum
Fundamental Movement Skills	Pupils develop balancing, running, jumping, throwing and catching skills which become increasingly refined and sport-specific over time.
Coordination and Control	Pupils develop increasing control, fluency and precision in movement and physical performance.
Teamwork and Communication	Pupils learn to collaborate, communicate and apply tactics effectively within team activities and games.
Health and Fitness	Pupils develop understanding of exercise, stamina, strength and healthy lifestyles.
Performance and Evaluation	Pupils improve performance through reflection, feedback and evaluation.
Competition and Resilience	Pupils develop confidence, perseverance, sportsmanship and resilience through challenge and competition.

Physical Knowledge Progression

Phase	Movement & Control	Games & Tactics	Dance/Gymnastics	Health & Fitness
Nursery	Explore travelling, balance, coordination and movement using different body parts and apparatus.	Begin taking turns, sharing space safely and following simple rules in games.	Explore movement linked to rhythm, music and stories.	Recognise how movement and exercise affect the body.
Reception	Combine movements with increasing control, balance and coordination.	Understand simple attacker and defender roles and apply simple tactics in games.	Create simple movement sequences and perform movements linked to stories and themes.	Understand the importance of exercise, safety and physical activity.

Year 1	Apply fundamental movement skills with increasing confidence and control.	Understand simple tactics and teamwork in games.	Create simple sequences and controlled movements using different levels and directions.	Identify ways to stay healthy and active.
Year 2	Link movements together with improved fluency and coordination.	Apply simple attacking and defending skills in games.	Perform sequences with increasing balance, control and coordination.	Understand how exercise supports physical wellbeing.
Year 3	Apply sport-specific skills in hockey, cricket and athletics.	Develop tactical understanding in competitive games.	Perform symmetrical and asymmetrical movements with increasing control.	Recognise how exercise improves fitness and performance.
Year 4	Refine skills across invasion games, swimming and athletics.	Apply teamwork and tactical awareness in games and swimming activities.	Create sequences using levels, direction and balance.	Understand safety, stamina and water confidence during physical activity.
Year 5	Develop consistency and precision across sports and activities.	Apply advanced tactics and communication in games.	Perform controlled movements involving counterbalance and counter tension.	Understand the relationship between exercise and physical health.
Year 6	Refine techniques and apply skills confidently across sports and activities.	Evaluate and adapt tactics effectively in competitive situations.	Perform increasingly complex sequences with control, fluency and creativity.	Understand how physical activity contributes to lifelong health and wellbeing.

Disciplinary Knowledge Progression

Phase	Performing	Applying Tactics	Evaluating & Improving	Rules & Safety
Nursery	Explore movement and copy actions using increasing control.	Follow simple instructions and take turns in games.	Talk about movements they enjoy and movements they find difficult.	Move safely in space and use apparatus carefully.
Reception	Perform movements with increasing balance, control and coordination.	Work cooperatively in games and begin applying simple tactics.	Describe successful movements and identify ways to improve.	Understand simple rules, routines and safe use of equipment.
Year 1	Perform movements with improving coordination and confidence.	Apply simple tactics during games and team activities.	Identify strengths within performances.	Follow rules and use equipment safely.
Year 2	Combine movements with increasing fluency and control.	Apply attacking and defending skills in games.	Suggest ways to improve performance.	Demonstrate safe movement and teamwork.

Year 3	Perform sport-specific skills with increasing accuracy and control.	Apply tactics within competitive activities and games.	Evaluate performances using feedback.	Apply rules confidently during games and activities.
Year 4	Perform controlled sequences, swimming techniques and sport-specific skills.	Adapt tactics within team activities and games.	Evaluate and refine skills independently.	Demonstrate responsibility and safe participation, including water safety.
Year 5	Apply skills confidently in competitive situations.	Adapt tactics strategically during gameplay.	Analyse strengths and areas for improvement.	Apply rules fairly and support others safely.
Year 6	Perform techniques fluently and consistently across activities.	Evaluate and adapt tactics effectively during competition.	Reflect critically on performance and identify improvements.	Demonstrate leadership, responsibility and sportsmanship.

Physical Development Progression

Phase	Progression
Nursery	Develop balance, coordination, travelling and movement confidence through play, games and apparatus work.
Reception	Combine movements with increasing control, coordination and fluency across games, gymnastics and dance.
Year 1	Apply fundamental movement skills confidently within games and physical activities.
Year 2	Link movements together with increasing fluency, balance and coordination.
Year 3	Apply sport-specific skills and tactical awareness across a range of activities.
Year 4	Refine techniques, swimming skills and teamwork within competitive activities.
Year 5	Develop precision, consistency and strategic understanding across sports and games.
Year 6	Refine performance, evaluate effectiveness and apply advanced tactics confidently across activities.