

PE progression of knowledge, skills and vocabulary EYFS, KS1 and KS2

	Units of work	Key knowledge	Key skills	Key vocabulary
2- plus	Physical development throughout EYFS: Throughout the Early Years Foundation Stage (EYFS), children engage in a wide variety of activities that support the development of both fine motor and gross motor skills on a daily basis. These skills are nurtured through purposeful play and structured experiences, both indoors and outdoors. Fine motor skills, such as hand-eye coordination, dexterity, and precision, are developed through tasks like drawing, building with small blocks, or using tools for creative activities. Gross motor skills, including balance, coordination, and strength, are fostered through physical activities like running, jumping, climbing, and playing with large equipment.	• Awareness of movement and how the body can move in different ways • Recognition of basic actions such as running, jumping, and rolling • Exploration of movement in response to sounds, objects, and people • Understanding that physical activity can be fun and enjoyable	Gross Motor Development: • Begin to run safely on different surfaces • Jump with both feet leaving the ground • Climb low steps and structures with support • Start to kick and throw large balls with some control Fine Motor Development: • Explore different ways to grasp and manipulate objects • Use hands to push, pull, pat and hold small objects Balance, Agility & Coordination: • Attempt to stand on one foot with support • Walk with increasing stability • Push, pull, and carry objects with control Teamwork & Social Skills: • Begin to participate in simple group activities • Copy and respond to actions from adults or peers Health & Fitness: • Show awareness of body movements (stretching, bending) • Start to recognise physical changes (breathing faster, feeling tired)	run, jump, roll, walk, push, pull, catch, climb, throw, kick, exercise, fast, slow, stretch, bend, safe

Nursery	Year A and Year B • Unit 1: Play, move, explore (tailored for nursery) • Unit 2: Move, match, magic (tailored for nursery) • Unit 3: Explore, evade, escape (tailored for nursery) • Unit 4: Search, steal, share (tailored for nursery) • Unit 5: Crawl, climb, collect (tailored for nursery) • Unit 6: Hands, feet, equipment (tailored for nursery) Physical development throughout EYFS: <i>Throughout the Early Years Foundation Stage (EYFS), children engage in a wide variety of activities that support the development of both fine motor and gross motor skills on a daily basis. These skills are nurtured through purposeful play and structured experiences, both indoors and outdoors. Fine motor skills, such as hand-eye coordination, dexterity, and precision, are developed through tasks like drawing, building with small blocks, or using tools for creative activities. Gross motor skills, including balance, coordination, and strength, are fostered through physical activities like running, jumping, climbing, and playing with large equipment. In addition to this, nursery take part in weekly PE lessons with a specialist teacher, using the Beyond the Physical scheme.</i>	• Recognise how different movements feel (fast, slow, big, small) • Awareness of basic equipment (balls, beanbags, hoops) • Understanding that physical activity can be part of play • Recognise that being active makes them feel good	Gross Motor Development: • Run safely, adjusting speed and direction • Jump off low objects and land safely • Throw, catch and kick a large ball with increasing coordination • Pedal tricycles and use ride-on toys with control Fine Motor Development: • Develop control in using one-handed tools and equipment • Build strength for writing through play (e.g. squeezing, rolling, threading) Balance, Agility & Coordination: • Climb low apparatus independently • Balance on different body parts • Change direction when moving Teamwork & Social Skills: • Take turns in simple physical activities • Begin to follow basic rules in movement games Health & Fitness: • Recognise the effects of exercise on their bodies • Engage in active play daily	Year A and Year B Unit 1: play, turn, help, space, make, share, move, kind Unit 2: travel, space, copy, pick, throw, make Unit 3: explore, steady, hear, move, start, stop, play Unit 4: find, look, move, dodge, share, play, help Unit 5: crawl, hands, feet, climb, help, together, find Unit 6: carry, move, hit, kick, roll, push, play
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Reception	Year A and Year B • Unit 1: Play, move, explore • Unit 2: Move, match, magic • Unit 3: Explore, evade, escape • Unit 4: Search, steal, share • Unit 5: Crawl, climb, collect • Unit 6: Hands, feet, equipment Physical development throughout EYFS: <i>Throughout the Early Years Foundation Stage (EYFS), children engage in a wide variety of activities that support the development of both fine motor and gross motor skills on a daily basis. These skills are nurtured through purposeful play and structured experiences, both indoors and outdoors. Fine motor skills, such as hand-eye coordination, dexterity, and precision, are developed through tasks like drawing, building with small blocks, or using tools for creative activities. Gross motor skills, including balance, coordination, and strength, are fostered through physical activities like running, jumping, climbing, and playing with large equipment. In addition to this, reception take part in weekly PE lessons with a specialist teacher, using the Beyond the Physical scheme.</i>	• Understanding of how to move safely in a space • Recognition of different types of movements (hopping, skipping, galloping) • Awareness of how the body feels before and after exercise • Introduction to simple rules in games	Gross Motor Development: • Negotiate space successfully when playing movement games • Move with confidence in different ways (hopping, skipping, galloping) • Develop increasing control when throwing, catching and kicking • Climb and balance on larger apparatus Fine Motor Development: • Show accuracy and care when using small equipment (e.g. balls, beanbags) • Develop hand-eye coordination for controlled movements Balance, Agility & Coordination: • Move with control and coordination in different ways • Balance on one foot for short periods • Explore simple movement sequences Teamwork & Social Skills: • Play simple team games, understanding basic rules • Respond to instructions in movement activities Health & Fitness: • Recognise why physical activity is important • Talk about how exercise affects the body	Year A and Year B Unit 1: participate, rules, instructions, space, create, compete, send, travel, fair Unit 2: travel, space, direction, copy, collect, sort, perform, throw, create Unit 3: explore, balance, listen, evade, start, stop, react, escape, destroy, flee Unit 4: find, seek, hunt, capture, dodge, avoid, collaborate, cooperate, rescue Unit 5: crawl, feet, hands, climb, together, choose, collect, search, find Unit 6: carry, dribble, move, hit, kick, swat, roll, push, power
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Year 1/2	Year A • Unit 1: Agility, balance, coordination (Yr1) • Unit 2: Look, run, avoid (Yr 1) • Unit 3: Throw, prepare, catch (Yr 2) • Unit 4: Hands, feet, equipment (Yr 2) • Unit 5: Jump, shape, create (Yr 1) • Unit 6: Fair, share, dare (Yr 1) • Unit 7: Duel, win, lose (Yr 2) • Unit 8: Inspire, create, perform (Yr 2) • Unit 9: Run, jump, throw (Yr 1) • Unit 10: React, roll, retrieve (Yr 1) • Unit 11: Target, control, combine (Yr 2) • Unit 12: Send, receive, return (Yr 2) Year B • Unit 1: Agility, balance, coordination (Yr 2) • Unit 2: Look, run, avoid (Yr 2) • Unit 3: Throw, prepare, catch (Yr 1) • Unit 4: Hands, feet, equipment (Yr 1) • Unit 5: Jump, shape, create (Yr 2) • Unit 6: Fair, share, dare (Yr 2) • Unit 7: Duel, win, lose (Yr 1) • Unit 8: Inspire, create, perform (Yr 1) • Unit 9: Run, jump, throw (Yr 2) • Unit 10: React, roll, retrieve (Yr 2) • Unit 11: Target, control, combine (Yr 1) • Unit 12: Send, receive, return (Yr 1)	• Understanding of fundamental movement skills (running, jumping, throwing, catching) • Recognition of balance, agility and coordination in movement • Awareness of simple tactics in team games • Understanding of how to participate safely in physical activity	Fundamental Movement Skills: • Develop balance, agility, and coordination in various activities • Master basic movements such as running, jumping, throwing, and catching • Perform simple movement patterns in dance Games & Sport: • Participate in team games using basic tactics for attacking and defending • Apply basic movement skills to different activities Dance & Movement: • Perform simple movement sequences in response to music • Explore different ways to move rhythmically Health & Fitness: • Recognise the importance of staying active for health and wellbeing • Understand how exercise affects the body	Year A Unit 1: agility, speed, direction, balance, stable, hold, coordination, body, control Unit 2: search, space, turn, speed, timing, challenge, dodge, agility, awareness Unit 3: throw, target, aim, prepare, ready, body, catch, react, predict Unit 4: bounce, control, transfer, position, dribble, direction, explore, coordination, manipulate Unit 5: jump, land, absorb, shape, level, hold, create, invent, imagination Unit 6: fair, rules, respect, share, plan, teamwork, dare, risk, reward Unit 7: duel, direction, change, win, celebrate, respect, lost, learn, persevere Unit 8: motif, choreography, action, sequence, travelling level, matching, unison, timing, performance Unit 9: agility, balance, coordination, running, jumping, throwing, catching Unit 10: respond, quick, reactions, direction, target, aim, send, collect, return Unit 11: aim, direction, accuracy, coordination, position, communicate, collaborate, compete, cooperate Unit 12: send, strike, control, aim, receive, react, prepare, watch, return, rally, direction Year B Unit 1: agility, speed, direction, balance, stable, hold, coordination, body, control Unit 2: search, space, turn, speed, timing, challenge, dodge, agility, awareness Unit 3: throw, target, aim, prepare, ready, body, catch, react, predict Unit 4: bounce, control, transfer, position, dribble, direction, explore, coordination, manipulate Unit 5: jump, land, absorb, shape, level, hold, create, invent, imagination Unit 6: fair, rules, respect, share, plan, teamwork, dare, risk, reward Unit 7: duel, direction, change, win, celebrate, respect, lost, learn, persevere Unit 8: motif, choreography, action, sequence, travelling, level, matching, unison, timing, performance Unit 9: agility, balance, coordination, running, jumping, throwing, catching Unit 10: respond, quick, reactions, direction, target, aim, send, collect, return Unit 11: aim, direction, accuracy, coordination, position, communicate, collaborate, compete, cooperate Unit 12: send, strike, control, aim, receive, react, prepare, watch, return, rally, direction
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Year 3/4	Year A • Unit 1: Look run avoid (Yr 3) • Unit 2: Agility, balance, coordination (Yr 3) • Unit 3: Fair, share, dare (Yr 4) • Unit 4: Hands, feet, equipment (Yr 4) • Unit 5: Inspire, create, perform (Yr 3) • Unit 6: Duel, win, lose (Yr 3) • Unit 7: Symmetry, balance, travel (Yr 4) • Unit 8: Pass, position, patience (Yr 4) • Unit 9: Strike, react, rally (Yr 3) • Unit 10: Accuracy, power, distance (Yr 3) • Unit 11: Run, jump, throw (Yr 4) • Unit 12: React, roll, retrieve (Yr 4) Year B • Unit 1: Look, run, avoid (Yr 4) • Unit 2: Target, control, combine (Yr 4) • Unit 3: Jump, shape, create (Yr 3) • Unit 4: Hands, feet, equipment (Yr 3) • Unit 5: Inspire, create, perform (Yr 4) • Unit 6: Duel, win, lose (Yr 4) • Unit 7: Fair, share, dare (Yr 3) • Unit 8: Pass, position, patience (Yr 3) • Unit 9: Strike, react, rally (Yr 4) • Unit 10: Accuracy, power, distance (Yr 4) • Unit 11: Run, jump, throw (Yr 3) • Unit 12: React, roll, retrieve (Yr 3)	• Understanding of how to combine movement skills effectively • Awareness of teamwork and communication in sports and activities • Recognition of key rules and strategies in competitive games • Knowledge of how to improve performance through practice	Applying and Developing Skills: • Develop and apply a broader range of movement skills • Link actions together to create movement sequences Games & Sport: • Play competitive games with a greater understanding of attacking and defending • Use skills such as passing, dribbling, and shooting in different sports Dance & Movement: • Perform dance routines using a wider range of movement patterns • Work collaboratively to create movement sequences Outdoor & Adventurous Activities: • Take part in team-based challenges that require problem-solving • Develop confidence in outdoor environments Health & Fitness: • Recognise how different exercises contribute to fitness • Begin to set personal goals for improvement	Year A Unit 1: search, space, turn, speed, timing, challenge, dodge, agility, awareness Unit 2: agility, speed, direction, balance, stable, hold, coordination, body, control Unit 3: fair, rules, respect, share, strategies, teamwork, dare, risk, brave Unit 4: bounce, control, transfer, position, dribble, direction, explore, coordination, manipulate Unit 5: motif, choreography, action, sequence, travelling, improvise, level, pathways, collaborate, mirroring, timing, performance Unit 6: duel, direction, change, win, celebrate, respect, lost, learn, persevere Unit 7: symmetry, asymmetrical, shapes, balance, hold, tension, travel, roll, move Unit 8: pass, accuracy, control, position, angle, support, patience, timing, awareness Unit 9: strike, control, send, react, move, respond, rally, return, teamwork Unit 10: accuracy, aim, target, power, technique, throw, strike, distance, strength Unit 11: jumping, throwing, catching, isolation, combination, flexibility, strength, technique, control, balance Unit 12: respond, adapt, reactions, direction, target, accurate, recover, collect, return Year B Unit 1: search, space, turn, speed, timing, challenge, dodge, agility, awareness Unit 2: aim, direction, accuracy, coordination, position, communicate, collaborate, compete, cooperate Unit 3: jump, land, absorb, shape, level, hold, create, invent, imagination Unit 4: bounce, control, transfer, position, dribble, direction, explore, coordination, manipulate Unit 5: motif, choreography, action, sequence, travelling, improvise, level, pathways, collaborate, mirroring, timing, performance Unit 6: duel, direction, change, win, celebrate, respect, lost, learn, persevere Unit 7: fair, rules, respect, share, strategies, teamwork, dare, risk, brave Unit 8: pass, accuracy, control, position, angle, support, patience, timing, awareness Unit 9: strike, control, send, react, move, respond, rally, return, teamwork Unit 10: accuracy, aim, target, power, technique, throw, strike, distance, strength Unit 11: jumping, throwing, catching, isolation, combination, flexibility, strength, technique, control, balance Unit 12: respond, adapt, reactions, direction, target, accurate, recover, collect, return
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Year 5/6	Year A • Unit 1: Fair, share, dare (Yr 5) • Unit 2: Evade, invade, capture (Yr 5) • Unit 3: Inspire, create, perform (Yr 6) • Unit 4: Tag rugby (Yr 6) • Unit 5: Watch, move, connect (Yr 5) • Unit 6: Symmetry, Balance, Travel (Yr 5) • Unit 7: Explore, solve, challenge (Yr 6) • Unit 8: Basketball (Yr 6) • Unit 9: Aim, strike, retrieve (Yr 5) • Unit 10: Run, jump, throw (Yr 5) • Unit 11: Speed, distance, strength (Yr 6) • Unit 12: Volleyball (Yr 6) Year B • Unit 1: Evade, invade, capture (Yr 6) • Unit 2: Football (Yr 6) • Unit 3: Inspire, create, perform (Yr 5) • Unit 4: Block, guard, support (Yr 5) • Unit 5: Symmetry, balance, travel (Yr 6) • Unit 6: Dodgeball (Yr 6) • Unit 7: Serve, set, slam (Yr 5) • Unit 8: Explore, solve, challenge (Yr 5) • Unit 9: Run, jump, throw (Yr 6) • Unit 10: Cricket (Yr 6) • Unit 11: Speed, distance, strength (Yr 5) • Unit 12: Lend, move, score (Yr 5)	• Understanding of more advanced movement techniques and tactics • Recognition of different ways to improve physical performance • Awareness of fitness components and how they apply to different sports • Knowledge of how to set and achieve personal fitness goals • Understanding the importance of teamwork and fair play in sports	Applying and Developing Skills: • Use and adapt advanced movement techniques in different activities • Develop greater control, strength, and flexibility in physical performance • Combine movements with precision and fluency Games & Sport: • Play competitive games with a deeper understanding of tactics and strategies • Refine attacking and defending skills in modified and full sports • Develop leadership and decision-making skills in game situations Dance & Movement: • Create and perform more complex dance routines with confidence and style • Adapt movements to fit different styles and themes Outdoor & Adventurous Activities: • Take part in more complex problem-solving and team-based challenges • Apply map-reading and orienteering skills in various outdoor settings Health & Fitness: • Compare performances and identify areas for improvement • Understand the role of fitness training in improving physical health • Develop resilience and perseverance in physical activities	Year A Unit 1: fair, rules, scoring, share, cooperate, participate, dare, challenge, respect Unit 2: evade, dodge, communication, invade, body, positioning, confidence, capture, strategy, attacking Unit 3: motif, choreography, expression, sequence, travelling, dynamics, pathways, canon, unison, formation, position, transition Unit 4: invade, dodge, communication, evade, defend, positioning, passing, accuracy, attacking Unit 5: watch, track, strike, move, ready-position, anticipate, connect, variation, collaborate Unit 6: symmetry, asymmetrical, shapes, balance, hold, tension, travel, roll, move Unit 7: orienteering, navigation, instruction, teamwork, solution, strategy, communicate, plan, create Unit 8: pass, move, space, dribble, possession, teamwork, tactics, attack, defence Unit 9: accuracy, trajectory, consistency, technique, direction, placement, fielding, positioning, anticipation Unit 10: agility, coordination, endurance, power, stability, acceleration, strength, recovery Unit 11: acceleration, speed, pace, range, length, measurement, power, force, sling Unit 12: bounce, serve, catch, solve, set, dig, strike, net, space Year B Unit 1: evade, dodge, communication, invade, body, positioning, confidence, capture, strategy, attacking Unit 2: pass, move, communication, control, tactics, body, positioning, combine, technique, score Unit 3: motif, choreography, expression, sequence, travelling, dynamics, pathways, canon, unison, formation, position, transition Unit 4: block, challenge, mark, guard, position, share, support, teamwork, together Unit 5: symmetry, asymmetrical, shapes, balance, hold, tension, travel, roll, move Unit 6: accuracy, position, tactic, evade, block, collaboration, communicate, challenge, motivation Unit 7: serve, strike, target, set, net, court, slam, points, competition Unit 8: orienteering, navigation, instruction, teamwork, solution, strategy, communicate, plan, create Unit 9: agility, coordination, endurance, power, stability, acceleration, strength, recovery Unit 10: batting, direction, shot-selection, throw, catch, fielding, bowling, accuracy, technique Unit 11: acceleration, speed, pace, range, length, measurement, power, force, sling Unit 12: lend, pass, teamwork, move, space, support, score, points, tactics
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