

PE Progression Map (EYFS–Year 6)

At St Vincent's, we believe that physical education plays a vital role in developing the whole child.

Through our partnership with **Charlton Athletic Community Trust** and our use of the **PE Hub scheme**, children enjoy a broad, balanced and progressive PE curriculum.

We aim to foster a love of physical activity, promote teamwork, build resilience and develop lifelong healthy habits.

Our curriculum enables pupils to develop competence in a wide range of physical activities, engage in competitive sports, and understand the importance of fitness and wellbeing.

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Key Skills and Knowledge
EYFS	Gymnastics	Dance	Body Management	Cooperate & Solve Problems	Manipulation & Coordination	Speed, Agility & Travel	Develop balance, coordination and spatial awareness; move safely and energetically; follow instructions; work cooperatively.
Year 1	Basic Ball Skills	Gymnastics	Gymnastics 2	Hit, Catch, Run	Hit, Catch, Run	Dance	Master basic movements (running, jumping, throwing, catching); begin team games and develop coordination, balance and agility.
Year 2	Basic Ball Skills	Gymnastics	Gymnastics 2	Tennis	Tag Rugby	Athletics	Build on agility, coordination, and control; develop tactics in simple games; understand fair play and teamwork.
Year 3	OAA	Gymnastics	Handball	Tennis	Tag Rugby	Cricket	Develop strength, technique, and control; use skills in team games; understand attacking and defending; work collaboratively.
Year 4	OAA	Gymnastics	Handball	Tennis	Tag Rugby	Cricket	Refine techniques in gymnastics and games; apply tactics in competitive play; communicate effectively in team settings.
Year 5	OAA	Gymnastics	Handball	Dance	Swimming	Hockey	Improve personal fitness; apply tactics in team games; perform dances with control

							and fluency; swim confidently over 25m using a range of strokes.
Year 6	OAA	Gymnastics	Swimming	Tag Rugby	Cricket	Athletics	Demonstrate flexibility, control and balance; lead warm-ups; show sportsmanship; evaluate and improve performance; prepare for secondary PE challenges.