

Sample PE Progression

PE	EYFS	KS1	LKS2	UKS2	Year 7
Physical Competence	<p>Gross Motor: 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... Give focused attention, responding appropriately even when engaged in an activity and show an ability to follow instructions involving several ideas or actions.</p>	Initiates physical activity for five minutes	Initiates physical activity for 15 minutes	Initiates physical activity for 20 minutes	<p>Build on and embed the physical development and skills learned in KS1 and 2. Take part in OAs which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p>
		Follows a simple marked trail	Responds to simple challenges/problem solving activities in different environments	Responds to more complex challenges in new environments. Demonstrates perseverance	
		Changes speed and direction in a controlled manner	Runs at a speed appropriate to the distance they are running	Runs at an even pace over longer distances. Improves and sustains running technique at different speeds. Demonstrates good control, strength, speed and stamina in a variety of athletic events	
		Undertakes physical activity for five minutes	Undertakes directed physical activity for 15 minutes	Undertakes directed physical activity for 20 minutes	