



St Johns PE Progression Grid 2025-26

Big Idea	Aspect	Year 1	Year 2
Physical education - Swimming	Swimming and water safety		
Processes	Athletics	<p>Running involves keeping your head up, pumping your arms and lifting your knees. Jumping involves starting in a crouch, swinging your arms behind your body, taking off on both feet and landing with bent knees. Throwing involves looking where you want the ball to go, stepping forward on one foot, pulling the ball back with the other hand and then pushing the ball forwards, letting go in front of you. Catching involves watching the ball and grasping it tightly with both hands. Practice basic running, jumping, throwing and catching techniques.</p>	<p>Techniques in running, jumping, throwing and catching can be developed and modified to improve performance. Develop and modify running, jumping, throwing and catching techniques to make outcomes more successful, with increasing balance, agility and coordination.</p>



	Gymnastics	Balancing means holding the body steady without wobbling or falling. Using space safely means showing awareness of other	Two or more different body shapes, performed and held in a steady position one after the other, are called a sequence of linked
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		people and obstacles in the setting. Demonstrate agility, balance, control and coordination when moving or balancing, performing basic sequences that use space safely.	balances. Different body parts can support a balance. Body shapes can include a star, straight line, bridge, arch, tuck and crab. Demonstrate a sequence of linked balances, creating a variety of body shapes.
	Sending and striking	Patting involves tapping a ball with open hands. Throwing involves sending a ball through the air using the hands and arms. Kicking involves sending a ball along the ground by striking it with a foot. Stopping a ball involves using a part of the body to prevent the ball from moving. Catching involves grasping a ball in two hands after it has been thrown or kicked. Pat, throw, kick, stop and catch a ball.	There are different ways to send an object from one place to another, such as patting, throwing, rolling and kicking. Confidently send or receive an object, such as a beanbag or ball.



	Team games	Rules are instructions that guide how a game should be played. Everyone playing the game must follow the rules to make it fair. Participate in simple playground games, following the rules.	A tactic is an action, such as passing the ball to a team member who is closer to the net, that helps the team to achieve something. Team members work together towards a shared goal, such as scoring points. Play simple team games, understanding the rules and developing basic tactics to score points.
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	Dance	Different parts of the body can be used to create movements, such as stepping, stretching, skipping or crouching. Two or more movements can be ordered to create a movement pattern. Copy, create and remember simple movement patterns, showing awareness of rhythm.	Movements can be performed along different pathways (straight, curved or zigzag), levels, speeds and directions. This can help performers to express different ideas, emotions or feelings. For example, if creating a dance about a storm, movements may be fast, with lots of changes of direction. Perform movements to express ideas, emotions or feelings, varying level, speed and direction.



Creativity	Evaluation	Words, such as exciting, brilliant, bouncy and fast can be used to describe feelings, movements and actions. Comment on their own or others' performance, routine or game.	Improve means to get better at doing something. Performance in PE can be described using different vocabulary, such as tried hard, found it a challenge, listened carefully and could improve. Use appropriate vocabulary to comment on performance and opportunities for improvement.
Investigation	Data analysis	Blocks, measuring sticks and trundle wheels can be used to measure how far something has travelled in metres and centimetres. Counting aloud or using a timer can tell us how fast	Skills are learned in PE and then improved by practising (doing something over and over again to become better). Information can be collected over time to show how practice
		something has travelled in minutes and seconds. Record achievement in running, jumping and throwing activities by measuring how fast or far something has travelled.	improves performance. Collect data over time to show how repetition improves overall performance.



<p>Nature</p>	<p>Outdoor or adventurous activities</p>	<p>Position, direction and movement can be described using the words top, middle, bottom, in front of, above, between, around, near, close, far, up, down, turn, forwards, backwards, inside, outside, left and right. There are different ways of travelling to get from one place to another, such as walking, jogging, skipping or jumping. Follow a simple route around the school grounds or a given outdoor space.</p>	<p>Obstacles can be overcome by moving into spaces around, over, under or through them. Move over, under and through spaces and obstacles outdoors.</p>
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