

PE- Learning Progression

Key Area	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Balance	To know that I can balance whilst standing still. To know that I can balance when moving.	To know that I have control when I move. To know I have stability.	To know I have balance when performing movements.	To know I have balance when performing other fundamental skills.	To know I have good balance and good control when performing other fundamentals skills.	To know I have consistency good balance when performing fundamentals skills.	To know I have fluency and control when landing, stopping and changing direction.
Running	To know that I can run in different directions. To know that I can stop.	To know that my body moves differently at different speeds. To know that I can change direction by moving my body.	To know that I can change speed by changing my body. To know that I have to use balance to change direction.	To know that I can change my body shape to change direction. To know I can change speed by changing my body shape.	To know when I need to accelerate/decelerate my speed. To know I can change direction quickly under pressure using my body.	To know I have to change my body posture and balance when changing direction. To know when I need to accelerate/decelerate my speed.	To know I can move by body smoothly between varying speeds. To know I can change direction with a fluent action.