

# PE – Stages of Progression

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Indoor		Gymnastics Stage 1				
	Outdoor	Athletics Stage 1			Football (indoor if wet) Stage 1		Athletics Stage 2
Year 1	Indoor	Games – Boccia		Dance Stages 1 & 2		Games – Netball Stages 1 & 2	
	Outdoor	Games – Football Stages 2 & 3			Athletics – catching and targeted throwing (running and jumping included) Stage 3		
Year 2	Indoor	Gymnastics – upper body (use of equipment) Stages 2 & 3		Games – Tennis Stages 1 & 2		Games – Netball Stages 3 & 4	
	Outdoor	Games – Rugby Stages 1, 2 & 3			Athletics – jumping (standing long, high, triple) Stage 4		
Year 3	Indoor	Dance Stages 3 & 4		Games – Tennis Stages 3, 4 & 5		Games – Basketball (skill specific) Stages 1, 2, 3 & 4	
	Outdoor	Games – Football Stages 4 & 5		Games – Rugby Stage 4		Athletics – running and throwing Stage 5	
Year 4	Indoor	Gymnastics Stages 4 & 5		Games – Badminton Stages 1, 2, 3 & 4		Athletics – jumping Stage 6	
	Outdoor	Games – Rugby Stage 5		Games – Basketball (court markings – playing games) Stages 5, 6 & 7		Games – Cricket Stages 1, 2, 3 & 4	
Year 5	Indoor	Dance Stages 5, 6 & 7		Games – Badminton Stages 5, 6 & 7		Games – Hockey (skills – dribbling, heads up) Stages 1, 2, 3 & 4	
	Outdoor	Games – Tennis Stages 6 & 7		Games – Rugby Stage 6		Games – Cricket Stages 5, 6 & 7	
Year 6	Indoor	Gymnastics Stage 6 & 7		Games – Netball Stages 5, 6 & 7		HIIT class	
	Outdoor	Games – Rugby Stage 7	Games – Hockey (apply skills to games) Stages 5, 6 & 7		Rounders		Athletics (focus on timing, measuring, scoring) Stage 7

Stage 1 (R) Stage 2 (1) Stage 3 (2) Stage 4 (3) Stage 5 (4) Stage 6 (5) Stage 7 (6)

Gymnastics x4 Athletics x7 Football x3 Dance x3 Netball x3 Boccia x1 Tennis x3 Rugby x5 Basketball x2 Badminton x2 Cricket x2 Hockey x2 Rounders x1 HIIT x1