

PE – Stages of Progression

Stage 1 (R) Stage 2 (I) 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 Kwik Cricket x2 Quicksticks (Hockey) x2 Rounders x1 HHT x1

		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	Gymnastics – upper body (use of equipment) Stages 2 & 3	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 2A	Indoor	Games – Tennis Stages 1, 2 & 3			Netball stage 3, 4, 5		
	Outdoor		Games – Rugby Stages 1, 2 & 3	Athletics – jumping (standing long, high, triple) Stage 4			
	Swimming	Swimming					
Year 2B	Indoor	Games – Tennis Stages 1, 2 & 3			Netball stage 3, 4, 5		
	Outdoor	Games – Rugby Stages 1, 2 & 3	Athletics – jumping (standing long, high, triple) Stage 4				
	Swimming					Swimming	

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Year 3	Indoor	Dance Stages 3 & 4	Games – Tennis Stages 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 – Basketball (court markings – playing games) Stages 5, 6 & 7	Games – Rugby Stage 5		Games – Kwik Cricket Stages 1, 2, 3 & 4	

Year 5	Indoor	Dance Stages 5, 6 & 7	Games – Badminton Stages 5, 6 & 7		Games – Quicksticks (Hockey) (skills – dribbling, heads up) Stages 1, 2, 3 & 4	
	Outdoor	Games – Tennis Stages 6 & 7	Games – Rugby Stage 6		Games – Kwik Cricket Stages 5, 6 & 7	
Year 6	Indoor	Gymnastics Stage 6 & 7	Games – Netball Stages 6 & 7		HIIT class – Fitness Stage 6 & 7	
	Outdoor	Games – Rugby Stage 7	Games – Quicksticks (Hockey) (apply skills to games) Stages 5, 6 & 7		Rounders Stages 6 & 7	Athletics (focus on timing, measuring, scoring) Stage 7