

PE Curriculum Knowledge and Progression Map 2025 2026							
YEAR 1/2 WILLOW & YEAR 2 CHERRY	Gymnastics <i>Spinning, turning and twisting</i>	Dance	Net and Wall <i>Net and wall games</i>	Invasion Games <i>Invasion games skills</i>	Striking <i>Striking and fielding games skills</i>	Athletics <i>Athletics</i>	ADDITIONAL OPPORTUNITIES
BREADTH OF STUDY	Perform movement patterns.	Perform dances using simple movement patterns.	Participate in team games, developing simple tactics for attacking and defending.	Participate in team games, developing simple tactics for attacking and defending.	Participate in team games, developing simple tactics for attacking and defending.	Participate in team games, developing simple tactics for attacking and defending.	All planning supported with PE passport.
THRESHOLD CONCEPTS	Develop practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.						Expert practitioners available across school for additional PE sessions.
MILESTONES	Hold a position whilst balancing on different points of the body. Move with some control and awareness of space Copy and remember actions. Link two or more actions to make a sequence.	Copy and remember moves and positions. Move with coordination and control. Link two or more actions to perform a sequence. Choose movements to show a mood, feeling or idea.	Develop tactics. Use hitting, running, jumping, catching and kicking skills. Use the term opponent and teammate Lead others when appropriate.	Develop tactics. Use hitting, running, jumping, catching and kicking skills. Use the term opponent and teammate Lead others when appropriate.	Develop tactics. Use hitting, running, jumping, catching and kicking skills. Use the term opponent and teammate. Lead others when appropriate.	Use hitting, running, jumping, catching and kicking skills.	LFC Foundation providing PE CPD to teachers. Delivery of PE curriculum. Beth Tweddle Gymnastics providing additional gymnastics sessions and necessary CPD for staff across KS1 & 2.

	Jump in a variety of ways and land with control and balance. Stretch and curl to develop flexibility. Travel by rolling forwards, backwards and sideways. Show contrasts.						St Helens Rugby Foundation providing additional invasion games sessions and staff CPD across KS1 and 2. Breadth of afterschool sports clubs providing structured sporting opportunities for our children throughout the year. Diddi Dance to work with EYFS and Nursery children in Autumn term.
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