



Key Stage 1 PE Curriculum Progression

Year 1 to Year 2 | 2026-2027

This progression document is built directly from Park Road Academy's final Key Stage 1 PE curriculum. It shows how pupils build on EYFS physical foundations and move towards greater control, accuracy, cooperation and application by the end of Year 2.

1. Key Stage 1 Curriculum Sequence

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Gymnastics - Balancing & spinning on Points & Patches balance, rotation and controlled shapes Fundamental Movement Skills 2 running, jumping, throwing and catching	Fundamental Movement Skills 3 combining core movement skills Object Control 2 sending, receiving and controlling equipment	Yoga Storybook balance, flexibility and controlled movement Net & Wall Game Skills 1 tracking, striking and ready position	Invasion Game Skills 1 moving into space, passing and teamwork OAA simple team challenges and problem solving	Striking & Fielding Game Skills 2 striking, throwing, catching and retrieving Athletics 2 running, jumping and throwing for performance	Dance - Fire of London sequence, expression and performance Target Games 2 accuracy, control and simple scoring
Year 2	Invasion Game Skills 2 passing, receiving, movement and simple tactics Gymnastics - Pathways: straight, zigzag & curving pathways, transitions and sequence control	Dance - Pirates creative movement, timing and performance Fundamental Movement Skills 3 refining and applying core movement skills	Net & Wall Game Skills 2 controlled striking, positioning and simple rallies Yoga balance, flexibility, breathing and focus	OAA teamwork, communication and problem solving Tri Golf aiming, striking and course awareness	Athletics 2 improving running, jumping and throwing Striking & Field Game Skills 2 striking, fielding and simple decision making	Target Games 3 greater accuracy, force and scoring decisions Net & Wall Game Skills 2 applying striking and positioning in games

Progression at a glance

Year 1	Year 2	End of KS1
Develop and practise	Refine and apply	Use skills purposefully
Pupils practise core movement patterns and begin applying them in simple games, gymnastics, dance and challenges.	Pupils use skills with greater accuracy and control, make simple decisions and cooperate more independently.	Pupils select and apply basic movement and game skills, follow rules and show growing confidence, teamwork and resilience.

2. KS1 Progression by Strand

The statements below are school-authored progression points drawn from the units in the final KS1 curriculum. They should be used alongside PE Passport lesson content and teacher assessment.

Strand	Year 1 progression	Year 2 progression	End of KS1 - pupils should increasingly be able to...
Fundamental movement & object control	Develop running, jumping, throwing, catching and object-control skills through repeated practice.	Refine movement quality and apply core skills with improved balance, coordination and control.	perform and combine basic movement patterns with increasing confidence, control and consistency.
Gymnastics	Use balances, spins and shapes; move between actions with a clear start and finish.	Travel along different pathways and link actions more smoothly into short controlled sequences.	create and perform a short sequence using travel, balance, shape and rotation with control.
Dance & yoga	Copy, remember and perform movement phrases; use movement to communicate a simple idea or story.	Develop timing, expression and control; link actions into longer movement phrases and perform with greater confidence.	perform simple dance sequences using changes of action, space and expression and maintain controlled positions.
Invasion & OAA	Move into space, pass and receive, work with others and solve simple physical challenges.	Use passing and movement more purposefully, follow rules and communicate to solve team problems.	cooperate with others, use space and make simple choices in games and team challenges.
Net/wall, target & striking/fielding	Track objects, strike or send towards a target, retrieve and begin to position the body effectively.	Control direction and force more consistently and begin to sustain simple exchanges or make basic tactical choices.	send, receive and strike equipment with growing accuracy and apply these skills in simple games.
Athletics	Develop running, jumping and throwing actions and begin to compare different ways of performing.	Improve technique, control and consistency and recognise when performance has improved.	run, jump and throw using appropriate basic techniques and attempt to improve a personal performance.
Personal development	Follow rules, take turns, listen, persevere and respond positively to simple feedback.	Work more independently, communicate with others, accept outcomes and identify ways to improve.	participate safely and fairly, cooperate with others and show resilience when practising or competing.

Assessment and evidence

Observe	Capture	Review
Look for control, accuracy, decision making, teamwork, safe participation and the ability to repeat a skill consistently.	Use PE Passport assessment, brief teacher notes and appropriate photo/video evidence to record significant progress.	Check whether pupils can transfer a skill into a game, sequence or unfamiliar challenge rather than only reproduce it in isolation.

End of Key Stage 1

By the end of Year 2, pupils should be able to use a broad range of basic movement skills with increasing control; apply simple skills and rules in games; perform short gymnastics and dance sequences; work positively with others; and show the confidence, coordination and physical literacy needed for the more sport-specific curriculum in Key Stage 2.