

Physical Education Road Map

Bridges foundational mechanics and advanced technique by refining sprint acceleration, developing consistency in hurdling and multi-phase jumps, and enhancing throwing power and accuracy before advancing to full hip rotation and strategic pacing.



YEAR 5

Advances to strategic pacing for long distances, maximizing jump distance with control, generating throwing power via forward hip rotation, and executing timed relay changeovers.



YEAR 6

Focuses on technical mastery and competitive application, combining rapid acceleration or efficient pacing with controlled jumps, optimal throwing release trajectories, and fluid baton handovers under race conditions

Introduces specialized athletic events, including short-distance acceleration, triple jump mechanics (hop, step, jump), clearing hurdles at speed, shot put stances, and basic relay baton handovers.



YEAR 4

Progresses to running with dynamic arm drives ("hip to lip"), jumping using arm swings for distance, and throwing with a run-up, while introducing basic peer leadership.



YEAR 3

Consolidate the children's running, jumping, and throwing abilities through a cooperative team challenge that promotes physical coordination, taking turns, and celebrating collective achievements



EYFS

Focuses on foundational straight-line walking and running, basic two-foot jumping, and static target throwing, while learning to co-operate as part of a team.



YEAR 1



YEAR 2

Athletics



Ready



Respectful



Safe



Kind

Physical Education Road Map

Pupils will translate concepts of focus, stealth, and agility into structured phrases with distinct spatial pathways. They will demonstrate increased physical control and characterisation, showing a clear understanding of how to remember, refine, and perform an intricate "agent" or martial routine.



YEAR 5

Pupils will demonstrate precision, fluency, and spatial awareness while developing complex martial arts motifs in small groups. They will intentionally vary dynamics, combine multiple phrases, and adapt their timing to create a dramatic sense of tension, conflict, and resolution.



YEAR 6

Pupils will choreograph and perform a polished, fluid martial arts dance routine that showcases absolute physical discipline, complex group formations, and seamless transitions. They will independently organize their choreography and critically evaluate the technical accuracy and artistic impact of their own and others' work.



YEAR 4

Pupils will begin to improvise freely and collaborate with a partner to create short, non-contact combat sequences. They will introduce basic choreography structures like **unison** (moving at the same time) and **canon** (one after the other), while using simple dance vocabulary to describe their moves.



YEAR 3

Pupils will respond imaginatively to the martial arts stimulus, choosing specific dynamic qualities—such as heavy, light, strong, or fast—to express combat energy. They will successfully link two or more isolated martial actions together to perform a short, repeatable dance phrase.



EYFS

Pupils will explore fundamental body actions by imitating basic martial arts concepts (like "strong blocks" or "slow-motion kicks") to a rhythmic beat. The focus is on finding their own space, moving safely, and discovering how different parts of the body can create sharp, distinct shapes.



YEAR 1

Pupils will learn to copy and repeat simple martial arts dance moves with basic control and coordination. They will experiment with changing their levels (e.g., high punches versus low stances) and speeds, practicing how to move confidently and stop safely in balance.



YEAR 2

Dance



Ready



Respectful



Safe



Kind

Physical Education Road Map

Children perform turning rocket jumps fluently within sequences and complete Teddy Bear rolls independently or with a partner. They execute complex matching and mirroring balances with a partner and perform bunny hops onto apparatus using a short run-up. Ultimately, pupils perform short mat sequences in unison with others, demonstrating varying levels and timing.



YEAR 5

Pupils execute controlled jumps, leaps, T-rolls, and Side Star rolls with fluency. They create Point & Patch (P&P) balance sequences, progress toward straight-leg cartwheels, and perform hurdle steps on springboards. Moving onto equipment, they perform squat on/squat off vaults onto box tops and link complex actions across apparatus.



YEAR 6

Children consistently execute jumps, leaps, T-rolls, and Side Star rolls with precision, fluency, and pointed toes. They perform Point & Patch balance sequences on apparatus, execute straight-leg cartwheels, and perform springboard hurdle steps with a short run-up. Finally, pupils master squat on/off or squat through vaults on a box top and link complex actions into apparatus sequences while evaluating self and peer performance.



YEAR 4

Pupils perform rocket jumps incorporating 1/4, 1/2, and full turns, alongside controlled Teddy Bear rolls. They execute matching and mirroring partner balances and perform bunny hops onto low apparatus. Using these skills, they construct short mat sequences featuring different levels, timing, and control.



YEAR 3

Children perform space shapes and jumps with body tension, control, and pointed toes. They independently execute Star forward rolls alongside rocket, dish, and flying saucer rolls, while performing controlled bunny hops lifting their legs off the floor. To complete their learning, they combine shape, jump, and balance skills into complete apparatus sequences with strong body tension throughout.

Early Years Foundation Stage (EYFS)

Children explore fundamental space shapes (e.g., Rocket, Star, Moon) and basic jumps while maintaining tight body control. They learn basic Moon rocks, Rocket rolls, and teacher-supported Star forward rolls. Additionally, pupils combine these movements into simple three-part mini-sequences featuring a distinct start, middle, and finish.



EYFS



YEAR 1

Pupils perform space shapes and space jumps showing strong body control and tension. They execute Moon rocks, Moon rolls, a variety of basic rolls, and static or moving bunny hops by putting their hands down first. Finally, they link a shape, jump, and balance into a clear apparatus sequence with defined start and finish positions.



YEAR 2

Gymnastics



Ready



Respectful



Safe



Kind

Physical Education Road Map

Pupils refine directional footwork when catching and controlling moving balls. They perform forehand and backhand groundstrokes with accuracy, strike targets without a bounce, and sustain 1v1 rallies.



YEAR 5

Children apply balanced footwork to hit moving balls using forehand and backhand strokes with growing accuracy. They introduce underarm and overarm serves and participate in full mini-tennis rallies.



YEAR 6

Pupils demonstrate multi-directional footwork to execute accurate forehand and backhand shots across varying distances. They perform controlled overarm serves and maintain fluent, strategic rallies in mini-tennis games.



YEAR 4

Children move with balance to catch and control balls on a racket while in motion. They introduce standing forehand and backhand strokes, accurately hitting targets and attempting basic 1v1 rallies.



YEAR 3

Pupils throw, bounce, and catch balls hand-to-hand with strong control and balance. They control balls on their rackets while moving and execute forehand and backhand floor-tennis hits on both sides of the body.



EYFS

Pupils explore foundational ball skills by throwing, bouncing, and catching with a partner. They learn to hold a tennis racket and practice balancing beanbags or balls on the racket face while moving in space.



YEAR 1

Children develop single-handed throw, bounce, and catch techniques with basic control. They practice balancing balls on rackets, controlling balls along the floor, and attempting basic forehand and backhand floor-tennis hits.



YEAR 2

Net & Wall



Ready



Respectful



Safe



Kind

Physical Education Road Map

Pupils roll, throw underarm, and throw overarm across varying distances with control and accuracy. Underarm bowling progresses to directly targeting and striking the wicket. Batting develops to striking moving balls with both accuracy and control within team play.



YEAR 5

Fielders execute long barriers with added speed and efficiency. Pupils bowl both underarm and overarm directly against a batter to hit the wicket. Batting focuses on striking moving balls for distance, while gameplay transitions into "Dynamos Cricket," emphasizing sportsmanship and leadership.



YEAR 6

Pupils roll and throw over varying distances with speed, control, and efficiency. They bowl underarm and overarm against a batter with speed, accuracy, and consistency. Batting combines power, distance, and placement, while tactical "Dynamos Cricket" games focus on team leadership and inspiring fair play.



YEAR 4

Children introduce the long barrier technique to field rolled balls. They perform overarm throws at various heights, introduce standing overarm bowling, and transition from tee-hitting to striking a moving ball with control.



YEAR 3

Pupils refine rolling with control and accuracy, stopping the ball using one hand. They execute underarm catches and overarm throws with enhanced control and accuracy. Children bowl underarm towards targets with precision, hit off a tee with control and accuracy, and begin actively helping teammates in basic games.



EYFS

Children roll a ball with control and stop it using two hands. They practice throwing underarm, catching, and throwing overarm with basic control. Pupils learn to bowl underarm towards a target and hold the bat correctly to hit a ball off a stationary tee.



YEAR 1



YEAR 2

Striking & Fielding



Ready



Respectful



Safe



Kind

Physical Education Road Map

Year 5 invasion games emphasize tactical decision-making, expanded passing range, pass interception, and small-sided team cooperation across netball, tag rugby, and football. Pupils diversify passing options—incorporating netball chest, shoulder, and bounce passes, rugby passes off both sides of the body while running, and lofted football passes—while maintaining ball control on the move. Defensively, players transition to reading ball pathways, intercepting passes in High-5 or 2v2/3v3 setups, and tagging with either hand, while offensive play centers on timed support play, wrist-flick shots, and accurate finishing past goalkeepers.

YEAR 5

YEAR 6

Year 6 invasion games focus on high-speed skill execution, tactical conviction, extended range, active pass interception, and team leadership across netball, tag rugby, and football. Pupils deliver rapid netball passes, accurate multi-distance rugby passes at full speed, and precise lofted football passes, while dynamically turning away from defenders, attacking fast pathways, and dodging into space. Defensively, players perform full-speed tags, intercept passes, and maintain sound defensive positioning in 2v2/3v3 play, culminating in consistent goal scoring, angled shots, and analyzing gameplay to lead team performance.

Year 4 invasion games build upon core controls by integrating movement speed, directional accuracy, tactical body positioning, and refined shot execution across netball, tag rugby, and football. Pupils advance passing by stepping into netball transfers, passing rugby balls off both sides of the body while running, and utilizing a variety of foot passes. Defensively, players adopt side-on marking and deliberate 1v1 body positioning, while offensive play shifts toward dynamic dodges, evading defenders, and finishing attacks with wrist-flick shots or accurate strikes past a goalkeeper.

YEAR 4

Year 3 invasion games focus on fundamental ball control, dynamic movement, basic 1v1 defending, and scoring techniques across netball, tag rugby, and football. Pupils develop sport-specific passing and receiving skills—such as 'W' hand catches, backward rugby passes, and inside-foot football passes—alongside core footwork like stride stops, pivots, dodges, and controlled dribbling. They apply these skills defensively by marking, tagging, or executing standing tackles, while finalizing attacks by shooting into high nets, grounding tries, or striking past a goalkeeper.

YEAR 3

Invasion



Ready



Respectful



Safe



Kind