



Eldon Primary School PE Skills & Knowledge Progression Overview

	EYFS	KS1 (Yr1–2)	Lower KS2 (Yr3–4)	Upper KS2 (Yr5–6)
Fundamental Movement	Emerging FMS	Master basic FMS	Perform with control/accuracy	Consistent across contexts
Invasion Games	Simple movement in space	Simple tasks & tactics	Basic attacking skills	Tactical play & evaluation
Net & Wall / Target	Begin hitting/throwing	Apply skills in games	Broader game application	Strategy & team roles
Striking & Fielding	Introduce hitting & fielding	Simple gameplay	Transfer skills to game scenarios	Competitive performance
Gymnastics	Basic moves & body control	Short sequences	Longer sequences & partner work	Complex choreography
Dance	Respond to music & stimuli	Link movement creatively	Expressive & structured dance	Perform & refine routines
Athletics	Lead movement concepts	Link run/jump/throw	Refine technique	Performance & evaluation
Outdoor & Adventurous	Begin exploration (simple)	–	Map awareness, teamwork	Independent navigation & tasks