

## AP Progression Map Examples: PE

### Informal/Semi-Formal

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PE: EYFS/Year 1 Objectives: ASD ROUTE					
Fundamental Movements & Spatial Awareness	Ball Skills & Coordination	Balance, Coordination & Gymnastics	Dance & Creative Movement	Athletics & Fitness	Invasion Games and Cooperation
<p><b>Moving with Control &amp; Coordination</b>  <b>All:</b> I can experience and explore moving in different ways (such as stepping, bouncing or crawling) in a safe and familiar space.  <b>Most:</b> I know how to move in different ways (walking, running, jumping) in a space.  <b>Some:</b> I know how to move with increased control, changing speed and direction safely.</p>	<p><b>Rolling a Ball</b>  <b>All:</b> I can hold a ball  <b>OR</b>  I can roll a ball towards a target with basic control.  <b>Most:</b> I can roll a ball accurately to a partner.  <b>Some:</b> I can control the power and direction of the roll to hit a target consistently.</p>	<p><b>Exploring body shapes and stillness</b>  <b>All:</b> I can keep my body still  <b>OR</b>  I can spread my arms out wide.  <b>Most:</b> I can hold a basic shape (e.g., a star or a tuck).  <b>Some:</b> I can maintain balance whilst holding a shape.</p>	<p><b>Moving to different rhythms</b>  <b>All:</b> I can move to fast music  <b>OR</b>  I can move to slow music.  <b>Most:</b> I can stop moving when the music changes.  <b>Some:</b> I can watch somebody move to music and copy them.</p>	<p><b>Running at different speeds</b>  <b>All:</b> I can walk around the room safely.  <b>Most:</b> I can run at a steady pace.  <b>Some:</b> I can adjust speed for different activities.</p>	<p><b>Understanding basic rules of simple games</b>  <b>All:</b> I know how to follow simple rules in a turn-taking game with an adult.  <b>Most:</b> I know how to follow simple rules in a turn-taking game with a small group of peers.  <b>Some:</b> I can explain and apply basic rules during play.</p>



<p><b>Balancing &amp; Body Control</b></p> <p><b>All:</b> I can experience supported standing and movement activities, such as shifting weight from one foot to the other, with encouragement.</p> <p><b>Most:</b> I can try to stand still on one foot.</p> <p><b>Some:</b> I can balance on one leg for a few seconds.</p>	<p><b>Catching &amp; Tracing Objects</b></p> <p><b>All:</b> I can look at the ball when it moves.</p> <p><b>Most:</b> I can track a ball with my eyes and hands.</p> <p><b>Some:</b> I can attempt to catch a ball with two hands</p> <p>OR</p> <p>I can catch a small ball consistently using two hands.</p>	<p><b>Balancing on different body parts</b></p> <p><b>All:</b> I can balance on one foot for a few seconds.</p> <p><b>Most:</b> I can hold a balance for longer on different body parts.</p> <p><b>Some:</b> I can balance on one leg for 5 seconds and transition between balances.</p>	<p><b>Exploring high, medium and low levels.</b></p> <p><b>All:</b> I can lift my hands above my head and attempt to keep them straight.</p> <p><b>Most:</b> I can use my body to stretch up high or bend down low.</p> <p><b>Some:</b> I can move like a puppet on strings, going up and down</p> <p>OR</p> <p>I can pretend to be a seed growing tall, then shrinking down small.</p>	<p><b>Jumping for height and distance</b></p> <p><b>All:</b> I can bounce on a trampette</p> <p><b>OR</b></p> <p>I can bend and stretch my legs to music.</p> <p><b>Most:</b> I can perform a standing jump.</p> <p><b>Some:</b> I can jump forward with control.</p>	<p><b>Working as a team to complete challenges</b></p> <p><b>All:</b> I can listen and respond to an adult explaining the rules of a game.</p> <p><b>Most:</b> I know how to participate in a team activity with support.</p> <p><b>Some:</b> I can communicate with teammates to achieve a goal.</p>
<p><b>Awareness of Others &amp; Safe Movement.</b></p> <p><b>All:</b> I can move safely in a space without bumping into others.</p> <p><b>Most:</b> I can change direction and speed whilst maintaining control.</p> <p><b>Some:</b> I can react to cues and signals quickly when moving.</p>	<p><b>Throwing Underarm</b></p> <p><b>All:</b> I can swing my arm whilst holding a ball.</p> <p><b>Most:</b> I can throw a ball underarm towards a partner.</p> <p><b>Some:</b> I can throw a ball with some accuracy towards a target.</p>	<p><b>Moving and Balancing on Low Apparatus</b></p> <p><b>All:</b> I can walk across a low beam or bench.</p> <p><b>Most:</b> I can use different levels whilst balancing.</p> <p><b>Some:</b> I can add in turns and changes of directions.</p>	<p><b>Copying and mirroring simple dance moves.</b></p> <p><b>All:</b> I can copy simple actions.</p> <p><b>Most:</b> I can mirror a partner's movements.</p> <p><b>Some:</b> I can link two/three movements together and complete a short sequence whilst copying an adult.</p>	<p><b>Throwing for Distance</b></p> <p><b>All:</b> I can stand with my feet apart to throw.</p> <p><b>Most:</b> I can throw a beanbag forward.</p> <p><b>Some:</b> I can use an overarm throw for distance.</p>	<p><b>Developing attacking and defending skills</b></p> <p><b>All:</b> I can hold my hands out for the ball.</p> <p><b>Most:</b> I can move into a space and attempt to receive a ball.</p> <p><b>Some:</b> I can use simple tactics to attack or defend.</p>

## Primary Formal: PE

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PE EYFS & Year 1 objectives taken from the National Curriculum					
Unit of Learning					
Fundamental Movements & Spatial Awareness	Ball Skills & Coordination	Balance, Coordination & Gymnastics	Dance & Creative Movement	Athletics & Fitness	Invasion Games and Cooperation
<p><b>Moving with Control &amp; Coordination</b>  <b>All:</b> I know how to move in different ways (walking, running, jumping) in a space.  <b>Challenge 1:</b> I know how to move with increased control, changing speed and direction safely.  <b>Challenge 2:</b> I can demonstrate agility in movement, stopping and starting quickly.</p>	<p><b>Rolling a Ball</b>  <b>All:</b> I can roll a ball towards a target with basic control.  <b>Challenge 1:</b> I can roll a ball accurately to a partner.  <b>Challenge 2:</b> I can control the power and direction of the roll to hit a target consistently.</p>	<p><b>Exploring body shapes and stillness</b>  <b>All:</b> I can hold a basic shape (e.g., a star or a tuck).  <b>Challenge 1:</b> I can maintain balance whilst holding a shape.  <b>Challenge 2:</b> I can transition between shapes smoothly.</p>	<p><b>Moving to different rhythms</b>  <b>All:</b> I can move to music with different speeds.  <b>Challenge 1:</b> I can change movements in response to rhythm.  <b>Challenge 2:</b> I can create movement patterns.</p>	<p><b>Running at different speeds</b>  <b>All:</b> I can run at a steady pace.  <b>Challenge 1:</b> I can adjust speed for different activities.  <b>Challenge 2:</b> I can sprint and pace running effectively.</p>	<p><b>Understanding basic rules of simple games</b>  <b>All:</b> I know how to follow simple rules in a turn-taking game.  <b>Challenge 1:</b> I can explain and apply basic rules during play.  <b>Challenge 2:</b> I know how to adapt rules to create their own simple game.</p>
<p><b>Balancing &amp; Body Control</b>  <b>All:</b> I can balance on one leg for a few seconds.  <b>Challenge 1:</b> I can balance on one leg for 5 seconds and transition between balances.  <b>Challenge 2:</b> I can balance while moving (e.g., hopping, jumping) and hold poses for 10 seconds.</p>	<p><b>Catching &amp; Tracing Objects</b>  <b>All:</b> I can track a rolling ball with eyes and hands.  <b>Challenge 1:</b> I can attempt to catch a ball with two hands.  <b>Challenge 2:</b> I can catch a small ball consistently using two hands.</p>	<p><b>Balancing on different body parts</b>  <b>All:</b> I can balance on one foot for a few seconds.  <b>Challenge 1:</b> I can hold a balance for longer on different body parts.  <b>Challenge 2:</b> I can create or have a go at sequences combining balances.</p>	<p><b>Exploring high, medium and low levels.</b>  <b>All:</b> I can stretch up high or bend down low.  <b>Challenge 1:</b> I can link movements between different levels.  <b>Challenge 2:</b> I can use levels to tell a story.</p>	<p><b>Jumping for height and distance</b>  <b>All:</b> I can perform a standing jump  <b>Challenge 1:</b> I can jump forward with control.  <b>Challenge 2:</b> I can combine jumps into a sequence.</p>	<p><b>Working as a team to complete challenges</b>  <b>All:</b> I know how to participate in a team activity with support.  <b>Challenge 1:</b> I can communicate with teammates to achieve a goal.  <b>Challenge 2:</b> I can lead a small team, and give simple instructions.</p>

## Secondary Formal: PE



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PE Year 3-4 National Curriculum Objectives					
<b>Invasion Games (e.g., football, netball, tag rugby).</b> <b>All:</b> I can move into a space when prompted. <b>Challenge 1:</b> I know and understand the concept of space in games & team-based activities. <b>Challenge 2:</b> I can move into and create space to support others whilst developing basic attacking and defending skills.	<b>Gymnastics</b> <b>All:</b> I can copy basic shapes on the floor. <b>Challenge 1:</b> I can hold shapes with control. <b>Challenge 2:</b> I can show extension and control in all body parts.	<b>Dance</b> <b>All:</b> I can copy and perform basic actions on the spot. <b>Challenge 1:</b> I can copy and explore a variety of movements and travel in space. <b>Challenge 2:</b> I can create simple expressive actions using space and direction.	<b>Net and Wall Games (e.g., tennis, volleyball, badminton).</b> <b>All:</b> I can hit a ball over a short distance. <b>Challenge 1:</b> I can rally with control over a short net. <b>Challenge 2:</b> I can sustain a rally using forehand/backhand.	<b>Athletics</b> <b>All:</b> I can run short distances safely. <b>Challenge 1:</b> I can run with good posture over increasing distances. <b>Challenge 2:</b> I can pace myself whilst running and maintain my technique.	<b>Striking and Fielding (e.g., rounders and cricket).</b> <b>All:</b> I can hit a ball off a tee. <b>Challenge 1:</b> I can strike a ball with a bat/racket consistently. <b>Challenge 2:</b> I can choose the direction and type of strike.
<b>All:</b> I can pass and receive a ball with support. <b>Challenge 1:</b> I can pass and receive a ball with accuracy and increasing speed in a pair. <b>Challenge 2:</b> I can pass and receive a ball on the move and when under pressure.	<b>All:</b> I can balance on one point with support. <b>Challenge 1:</b> I can hold balances with different points of contact. <b>Challenge 2:</b> I can transition smoothly between balances.	<b>All:</b> I can copy and repeat a basic 3-step motif with support. <b>Challenge 1:</b> I can repeat and remember a short motif with control. <b>Challenge 2:</b> I can perform a motif with control, fluency and rhythm.	<b>All:</b> I can track and move the ball. <b>Challenge 1:</b> I can anticipate the ball's movements and get in position to return. <b>Challenge 2:</b> I can adjust my footwork for accuracy, speed and power.	<b>All:</b> I can attempt a standing long jump. <b>Challenge 1:</b> I can land safely with control. <b>Challenge 2:</b> I can use my arms and legs for maximum height/distance when I jump.	<b>All:</b> I can catch a large ball with support. <b>Challenge 1:</b> I can throw and catch with accuracy over distance. <b>Challenge 2:</b> I can react quickly to field and return the ball.
<b>All:</b> I can join and follow simple rules. <b>Challenge 1:</b> I can communicate with my team members and take turns during games. <b>Challenge 2:</b> I can take leadership in group roles and tactics.	<b>All:</b> I can attempt simple roles and jumps. <b>Challenge 1:</b> I can perform safe rolls and controlled jumps. <b>Challenge 2:</b> I can combine rolls and jumps into sequences.	<b>All:</b> I can add one change (e.g., speed or direction) to a simple motif. <b>Challenge 1:</b> I know and understand what the term 'dynamics' mean in relation to music and movement. <b>Challenge 2:</b> I can experiment with contrasting dynamics (slow/fast/light/heavy).	<b>All:</b> I can make attempts at an underarm serve. <b>Challenge 1:</b> I can serve consistently into a target area. <b>Challenge 2:</b> I can use different types of serve appropriately.	<b>All:</b> I can attempt to throw a beanbag using an underarm action. <b>Challenge 1:</b> I can throw with the correct arm action. <b>Challenge 2:</b> I can select throwing technique for object/distance.	<b>All:</b> I can understand basic game rules with adult prompts. <b>Challenge 1:</b> I can understand scoring and different positions for players. <b>Challenge 2:</b> I can explain the rules and know how to apply them in a game.

