

Downsway Primary PE Progression

Year Group	Autumn Term		Spring Term		Summer Term	
Foundation Stage	Introduction to PE: Unit 1	Dance: Unit 1	Fundamentals: Unit 1	Games: Unit 1	Did Rugby	Athletics
1	Team Building	Dance	Fundamentals Gymnastics	Target Games	Ball Skills	Athletics
2	Fundamentals	Invasion	Fitness	Tag Rugby	Striking & Fielding	Striking & Fielding
	Gymnastics	Dance	Yoga	Team Building	Ball Skills	Athletics
3	Hockey	Yoga	Fundamentals	Fitness	Dance	Athletics
	Gymnastics	Basketball	Ball Skills	Cricket	Cricket	Football
4	Netball	Tag Rugby	Dance	Handball	Tennis	Rounders
	Swimming	Fitness	Gymnastics	Cricket	Cricket	Athletics
5	Basketball	Badminton	Yoga	Dodgeball	Cricket	Cricket Rounders
	Fitness	Dance	Tag Rugby	Hockey	Athletics	Tennis
6	Fitness	Badminton	Handball	Dance	Athletics	Rounders
	Hockey	Tag Rugby	Gymnastics	Football	Cricket	Volleyball