


Reception

# PE Road Map Years Reception-6

Please note the order of units within a year/phase is suggested and can be adjusted to suit the needs and makeup of your school in line with the progression map.

Movement to Music 


Ways to travel 

Negotiating space and obstacles

Strength, balance, and coordination

Year 1

Hand eye coordination

Throw and catch 

Multi skills 

Gymnastics 

Dance 

Large ball skills 

Gymnastics 

Invasion games 

Year 2

Athletics 

Dance 

Net/Wall 

Athletics 

Striking and fielding 

Year 3

Gymnastics 

Athletics 

Dance 

Net/  
Wall



Invasion  
games



Striking  
and  
fielding



Year 4

Gymnastics




Athletics



Dance



Invasion  
games



OAA



Invasion  
games



Year 5

Striking and  
fielding



Invasion  
games



Athletics




Dance



Gymnastics



Net/  
Wall



Year 6

OAA




Athletics



Invasion  
games



Net/  
Wall



Dance



Gymnastics

