

East-the-Water Primary School

**Physical Education - Curriculum Skills Progression Map (Early Years to Year 6)**

<b>Cycling</b>		
<b>End of KS1 expectations</b>		
<ul style="list-style-type: none"> <li>● Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities</li> <li>● Develop balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>● Participate in team games, developing simple tactics for attacking and defending</li> </ul>		
	<b>Skills progression</b>	<b>Assessment Statements 2025/26</b>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>●Get on and off the bike, either with some support or independently.</li> <li>●Balance whilst both stationary and moving at a slow speed, either with some support or independently.</li> </ul>	<p>AS (1) I can begin to develop balance on a bike</p> <p>AS (2) I can talk about bike safety</p>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>●Understand how to stop the bike in a safe manner, particularly at an appropriate speed – using their brakes and not their feet.</li> <li>●Pedal the bike forwards, understanding the more they pedal the quicker they will ride.</li> <li>●Understand how to steer the handle bars to avoid obstacles and to travel safely.</li> </ul>	<p>AS (3) I can begin to pedal a bike</p>

End of KS2 expectations		
<ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
Year 3	<ul style="list-style-type: none"> <li>• Understand how to prepare as a rider for cycling</li> <li>• Understand how to prepare the bike for cycling</li> <li>• Demonstrate a confidence to get on and off the bike without support</li> <li>• Demonstrate the ability to start, pedal and stop with control</li> <li>• Understand the importance of gears and when to apply them</li> <li>• Use gears across different terrains and vary through speed</li> <li>• Demonstrate an ability to navigate around obstacles with control</li> <li>• Understand the importance of awareness on a bike and use balance and coordination to look all around and behind, staying in control of the bike</li> <li>• Recognise that it is important to share space safely with pedestrians and other cyclists and do this with confidence</li> </ul>	<p>AS (1) I can balance whilst peddling</p> <p>AS (2) I can independently test a bike for safety</p> <p>AS (3) I can develop an awareness of pace</p>
Year 4		<p>AS (4) I can reflect on my own bike safety and other safety</p>
Year 5	<ul style="list-style-type: none"> <li>• Explain how to prepare as a rider for cycling and use this knowledge to teach others</li> <li>• Explain how to prepare the bike for cycling and use this knowledge to teach others</li> <li>• Demonstrate the ability to start, pedal and stop with control across different terrains and at different paces</li> <li>• Demonstrate the use of effective gear changes across different terrains and paces</li> <li>• Develop speed, control, stamina in increasingly challenging drills</li> <li>• Know how to make personal improvements in speed, control and stamina and work on this</li> </ul>	<p>AS (1) I can develop stamina across a range of terrains</p> <p>AS (2) I can discuss bike safety both in and out of school situations</p> <p>AS (3): I can evaluate my own safety when cycling in out-of-school situations</p>
Year 6	<b><i>OUT OF SCHOOL SAFETY SKILLSET</i></b>	
<p><b>Celebration of skills</b></p>	<ul style="list-style-type: none"> <li>• Understand how to prepare correctly for on-road cycling</li> <li>• Demonstrate the ability to safely perform and have the stamina to finish an on-road journey</li> <li>• Understand where typical hazards could come from during a cycle</li> <li>• Understand communication when cycling (e.g. letting others know what they are about to do by using hand signals etc.)</li> <li>• Understand positioning during on-road cycling</li> <li>• Demonstrate safely awareness and skill in passing parked vehicles and side roads</li> </ul>	