Foundation

Progression of skills

Locomotion: Walking

Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game

Locomotion: Jumping

Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping

Ball Skills Hands 1

Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling. pushing and bouncing

Ball Skills Feet

Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent

Ball Skills Hands 2

Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching

Locomotion: Runnina

Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a competitive game

Locomotion: Jumping

Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game

Ball Skills Hands 1

Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending

and receiving skills

Ball Skills Feet

Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point

Ball Skills Hands 2

Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball

Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game

Year 1

Progression

of skills

Progression of skills

Locomotion: Dodging

Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams

Locomotion: Jumping

Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations

Ball Skills Hands 1

Develop dribbling/passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing and receiving to score a point

Ball Skills Feet

Develop dribbling/passing/ receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point

Ball Skills Hands 2

Consolidate pupils application and understanding of underarm throwing Applying the underarm and overarm throw to win a game Applying the underarm throw to beat an opponent







Foundation

Progression of skills

High, Low, Over, Under

Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus

Moving (Gymnastics)

Explore moving and making shapes using different body parts

Explore moving in different directions Explore big and small ways of moving and making shapes Moving in pairs

Creating shapes in pairs

Nursery Rhymes

Moving in sequence Creating our own movements

Creating simple movement sequences

Responding in movement to words and music

Exploring contrasting tempos Exploring character movements

Ourselves

Moving in sequence Responding in movement to words and music Moving with props and contrasting tempos

Creating their own movements

Exploring opposites and creating simple movement sequences

Dinosaurs

Moving with control Adding movements together Responding to rhythm in character

Adding expression to our characters' (dinosaur) movements Performing with a partner Exploring relationships

Year 1

Progression of skills

Wide, Narrow, Curled

Introduction to wide. narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide. narrow and curled movements

> Linking two movements together

Body Parts

Introduction to big/small body parts

Combining big and small with wide, narrow and curled Transition between wide narrow and curled using big and small

> body parts Adding (linking) movements together

The Zoo

Exploring expression Developing our movements, adding movements together

Responding to a rhythm: Introducing partner work

Creating an animal sequence motifs Exploring relationships within our motifs

Growing

Responding to rhythm Developing the growing plant 'dance'

Introduction to motifs Creating motifs

Creating movement sequences

Relationships and performance

Performing movements in sequence

Creating movements that represent superpowers

Creating movements that represent a superhero rescuing/saving, someone/something

> Real life heroes: Exploring character movements

Year 2

Progression of skills

Linkina

Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences

Completion of sequences and performance

Pathways

Explore/develop zig-zag pathways/on apparatus Explore/develop curved pathways/ on apparatus

Creation of pathway sequences

Completion of pathways sequences and performance

Exploring

Responding to stimuli Developing our motif with expression and emotion

Applying choreography in our motifs

Extending our motifs Sequences, relationships and performance

Water

Responding to stimuli Developing whole group movement

Improvisation and physical descriptions

Creating contrasting movement sequences Sequences, relationships and performance

Mr Candy's Sweet Factory

Exploring expression Linking movements together

Creating a motif with characterisation, expression and emotion

Extending our motifs with different dynamics (fast and slow)

Foundation and KS1 Progression of Skills









