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Progression of Skills

EYFS ELG:	ELG: Gross Motor Skills Children at the expected level of development will: Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.		
Aspect	Reception		Links to Year 1
Agility- Space and Movement	Move in and out of space safely and move with some confidence and imagination.		Gymnastics: Explore and use space effectively using agility, balance and coordination skills.
	Recognise simple changes in their bodies during exercise.		All Units Year 1 Onwards: Children will explore how their heart rate and breathing changes when they exercise or rest.
	Explore different jumping movement skills: Kumping and landing using 2 feet, forwards and backwards.		Gymnastics: Jump and land safely, whilst exploring different jumping techniques.
	Completing simple movement patterns whilst balancing or collecting an object such as a beanbag or hoop.		Gymnastics: Balance using different parts of the body, exploring points and patches (Beginning on apparatus). Games: Carry and balance equipment whilst changing speed and direction

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Aspect	Reception		Links to Year 1
Ball Skills	Moving with confidence when holding an object.		Gymnastics: Explore different styles of travelling: under, over and through. Beginning to travel on apparatus. Games: Carry and balance equipment whilst changing speed and direction. Move in different directions whilst handling a ball.
	Rolling a variety of different sized balls with some control and accuracy; e.g rolling to a target or through a target and developing to roll to a partner.		Games: Develop control and accuracy when rolling a ball. Athletics: Basic throw, catch and skip developing hand-eye coordination and ball handling and throwing skills.
	Bouncing and catching a ball whilst stationary and developing to doing whilst on the move.		Athletics: Basic throw, catch and skip developing hand-eye coordination and ball handling and throwing skills. Games: Send and receive a bouncing ball whilst positioning body correctly.
	Sliding and throwing an object such as a beanbag, with some accuracy. Using an underarm throw and able to position body correctly towards a target.		Games: Underarm throw with control and accuracy. Games: Send and receive a bouncing ball whilst positioning body correctly.
	Striking an object using different parts of the body.		Games: Gain rhythm when throwing and striking a ball.

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Aspect	Reception		Links to Year 1
Catching & Throwing	Throw an object, such as a beanbag, over and underarm.		Games: Underarm throw with control and accuracy. Games: Show control and accuracy when throwing and aiming.
	Catching an object, such as a beanbag with two hands.		Athletics: Basic throw, catch and skip developing hand-eye coordination and ball handling and throwing skills_
	Throw, roll and catch a ball with some continuity. Bounce and then catch a ball with some continuity.		Games: Send and receive a bouncing ball whilst positioning body correctly. Games: Develop control and accuracy when rolling a ball.
	Throw and catch a small ball such as a tennis ball with some continuity, using the cup method of 2 hands.		Athletics: Basic throw, catch and skip developing hand-eye coordination and ball handling and throwing skill. Games: Underarm throw with control and accuracy.
	Roll, catch and throw circular pieces of equipment such as quoits.		Athletics: Basic throw, catch and skip developing hand-eye coordination and ball handling and throwing skills.

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Aspect	Reception	Links to Year 1
Athletics	Travel at varying speeds including sprinting.	Games: Show control and balance in basic movements. Athletics: Run fast from a standing start developing speed and coordination.
	Throw objects using a chest past or overarm technique. Throw objects towards a target with some accuracy.	Athletics: Basic throw, catch and skip developing hand-eye coordination and ball handling and throwing skills. Athletics: Basic bowl and step- throwing with agility and with skill. Games: Show control and accuracy when throwing and aiming.
	Jump with some control, landing safely to different distances. Develop jumping for height, clearing a low-level obstacle.	Gymnastics: Jump and land safely, whilst exploring different jumping techniques. Athletics: Jump and throw, developing coordination, agility and rhythm.

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Aspect	Reception		Links to Year 1
Gymnastics	Use different ways of travelling across a mat and a bench.		Gymnastics: Explore different styles of travelling: under, over and through. Beginning to travel on a variety of apparatus_
	Balance on the floor and low level apparatus using different body parts.		Gymnastics: Balance using different parts of the body, exploring points and patches (Beginning on apparatus).
	Create basic shapes such as pencil, tuck and star with body.		Gymnastics: Learn copy and name basic and advanced low-level shapes. Gymnastics: Link shapes and rolls to form a short sequence.
	Jump and land safely from a small height.		Gymnastics: Jump and land safely, whilst exploring different jumping techniques.

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Aspect	Reception		Links to Year 1
Dance	Performance and appreciation	Perform a simple dance to a given theme in a small group or pairs.	Dance: Create a class performance.
	Choreography	Create movement to a given count of music working in unison with a partner.	Dance: Select and use a variety of movements to form a short dance phrase. Dance: Perform a variety of movements to form a group dance phrase.
	Movement	Interpret music to inspire movement.	Dance: Explore a range of movements.

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Aspect	Reception		Links to Year 1
Skills Based Challenges	Throw and catch circular objects and balls with some consistency.		Games: Underarm throw with control and accuracy. Games: Show control and accuracy when throwing and aiming. Athletics: Basic throw, catch and skip developing hand-eye coordination and ball handling and throwing skills.
	Roll a ball with some accuracy towards given targets.		Games: Develop control and accuracy when rolling a ball.
	Kick a ball with some degree of accuracy towards given targets.		Games: Strike and kick a moving ball with accuracy and control.
	Bounce a ball with one or two hands towards a target.		Games: Show control and accuracy when throwing and aiming.
	Hit (strike) a ball with a racket or bat.		Games: Gain rhythm when throwing and striking a ball. Games: Strike and kick a moving ball with accuracy and control.

N.C Objectives						
		KS1: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.		KS2: Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. KS2: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		
Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	<p>Explore and use space effectively using agility, balance and coordination skills.</p> <p>Balance using different parts of the body, exploring points and patches (Beginning to on apparatus).</p>	<p>Explore medium level shapes with linking, mirroring and balances.</p>	<p>Perform short sequence with: low and medium level shapes; with matching and mirroring; contrasting shapes with some linking.</p>	<p>Perform & evaluate a routine: matching balances & stands; with matching balances on apparatus; with contrasting balances; with contrasting balances on and over apparatus; with linked balances on and over apparatus.</p>	<p>Perform a range of routines with rolling; including jumping rolls, build into rolling from and into a pike position.</p>	<p>Incorporate stands into cannon and or unison performances. Perform rotation, balances and stands in unison and cannon.</p>
	<p>To take weight on hands and feet.</p> <p>Learn copy and name basic and advanced low-level shapes.</p> <p>Link shapes and rolls to form a short sequence.</p>	<p>Compare and contrast low and medium level shapes with confidence and rehearse them.</p> <p>Roll safely using a variety of rolling techniques. Incorporate two shapes into a sequence.</p> <p>Perform low level shapes with some precision and perform shapes in flight.</p>	<p>Take weight confidently on hands (developing core strength) and roll safely, exploring different rolling methods (Front and backward Rolls).</p>	<p>Perform a shoulder and headstand safely without support.</p>	<p>Perform both a stag jump and a split leap. Progress from a cartwheel to a perform a round-off. Perform Cat Springs.</p>	<p>Perform shoulder, headstands, cartwheels and handstands safely without support.</p>

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Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	Explore different styles of travelling: under, over and through. Beginning to travel on apparatus.	Use apparatus (extended) safely with entrances, exits, balances and including medium level shapes.	Perform a wide range of shapes and balances on apparatus.	Perform a forward roll with appropriate entrances and exits including on, off and over apparatus.	Perform forwards and backward rolls with a range of entrances and exits. Learning a headstand, transitioning into a forward roll and incorporating as part of a routine.	Perform to roll on, off and over apparatus within routines. Include counter-balances and counter tension balances.
	Jump and land safely, whilst exploring different jumping techniques.	Jump and land safely using apparatus, including from a variety of heights, directions and landings.	Perform shapes in flight, on and off a piece of apparatus, including turn, twist and spin. Perform a range of jumps and leaps from varying heights and on a vault.	Link movements by performing jumps, turns and pivots.	Vault safely with a range of entrances and exits and then into rolling, building up to various landings on and over a vault.	Roll in sequences on, off and over apparatus. Include into partner routines.
	Copy, mirror and create a small routine and matching actions.	Model linking and mirroring of low-level shapes. Including balancing & travel with a partner using mirroring technique.	Perform mirrored and matching travels and balances with a partner.	Complete mirroring actions along different pathways and levels, including basic rolls.	Plan a sequence of movements on apparatus both individually and as a group, in time with each other to form a routine.	Combine balancing & travelling to produce a floor routine including matching. Incorporate apparatus. Produce mirroring routine with a partner on apparatus.





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Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	Run fast from a standing start developing speed and coordination.	Developing awareness of speed when running a short distance, including control and fluency in movements; understanding how their body reacts when running.	Run a relay and change over the baton appropriately – including passing a baton from standing start.	Communicate as a team to make relay changeovers. Improving running technique including the sprint finish and maintaining sprint pace	To run relays, running in a given zone, changing baton over with increased skill.	Compete in a variety of athletics type races; adjusting running styles from sprinting to long distance.
	Jump and throw, developing coordination, agility and rhythm.	Jump for distance. Developing awareness of space, height and distance.	Jump for distance including jumping from a standing start. Developing skills to jump further distances. *Learn basics of hurdling, keeping head same height throughout jumping.	Can challenge self to jump for distance including measuring performance. Jumping for height including high over obstacles.	Develop jumping for distance (triple jump); jumping in different ways and competing competitively.	Use correct techniques for all jumps, challenging self to jump further distances.
	Run and kick for accuracy and speed.	Adjust and make changes to running speed when completing different distances.	Run for speed, including over longer distances. *Learn basics of hurdling, keeping head same height throughout jumping.	Sprinting, challenge self and recording performance.	Develop running for speed including sprint from a start finish and sprinting further distance over a given time. Developing hurdling skills, including the role of the lead and trail leg; applying skill to competitive situation.	Run with greater fluency & speed, including hurdling; using the correct stride pattern. Can analyse the changes in speeds when sprinting and hurdling.

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Aspect	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	<p>Basic throw, catch and skip developing hand-eye coordination and ball handling and throwing skills.</p> <p>Basic bowl and step throwing with agility and with skill.</p>	<p>Throw and aim with accuracy towards a given target.</p> <p>Choose the best way to throw different pieces of equipment dependent on size & weight.</p>	<p>Developing throwing skills – further distances and a range of techniques.</p>	<p>Throw for distance challenging self and recording performance. Using overhead heave and fling throw.</p>	<p>Develop throwing skills using a variety of techniques. Throwing javelin from a standing start.</p>	<p>Use correct techniques for all throws, measuring accurately, challenging to throw further distances.</p>

N.C Objectives		KS1: Perform dances using simple movement patterns.		KS2: Perform dances using a range of movement patterns. These skills are fluid and may commence later or earlier in specific year groups and possibly cross them contingent of outcomes.			
Aspect		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	Performance and appreciation	Create a class performance.	Create a class performance and observe others work and give feedback using simple dance vocabulary.	Organising sections of dances to create one piece, working in sync with other group members. Assess others' work.	Developing dance when creating one piece, performing in unison and sync with other group members in front of the class.	Learn, rehearse and perform choreographed dance phrases of increasing complexity.	Perform choreographed dance narrative, improving movements, developing timing and spacing.
	Choreography	Select and use a variety of movements to form a short dance phrase. Perform a variety of movements to form a group dance phrase.	Select and explore an air pattern, jump and shape to form a short dance phrase. Work as a group to recall choreography, rehearse and refine ideas.	Work as a group to select learnt positions and movements to create short dance phrases. Use choreographic devices to enhance dance phrases, including choreographing a solo.	Developing synchronisation when working in a group including to different rhythms. Respond to teacher instruction to create a choreographed dance routine.	Create versatile movements within a dance sequence including a range of directions. Choreograph a sequence of movements that use contact between two or more people.	Explore and link a number of movements and patters. *Use choreographed movements and patterns to tell a narrative; adapt movements in a more creative style; utilise a floor plan.

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Aspect		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	Movement	Explore a range of movements.	Perform a variety of movements to form a group dance phrase; exploring turning, rotation, circular shapes/ dynamic through movement.	Select and explore a variety of movements, responding imaginatively to a range of stimuli.	Developing choreographic skill incorporating more free – creative thinking.	Use a range of dance techniques to develop their movements.	*Use choreographed movements and patterns to tell a narrative; adapt movements in a more creative style; utilise a floor plan.
			Explore movements considering size of movements, tempo, dynamics, floor pattern, air pattern, levels and shape.	Perform movement actions individually, with partners, a group and whole class.	Developing good co-ordination within a sequence of movements.	Develop movements to incorporate at least one lift in a sequence of movements.	Use gymnastic equipment to create improvised movement.
				Explore, repeat and link a range of actions with coordination and memorise.	Movements articulate the style of dance well.	Identify floor plans and use within their movements, including starting and finishing area.	Allow different parts of the body to lead and influence the rest of the movement; using a range of levels tempos, and contact work.
				Respond to a beat, using music as a stimulus to influence dance.	Use music to influence movement with increasing skill.		

N.C	<p>KS1: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>KS1: Participate in team games, developing simple tactics for attacking and defending.</p>	
Aspect	Year 1	Year 2
Games	<ul style="list-style-type: none"> • Develop spatial awareness whilst moving in different directions. • Show control and balance in basic movements. • Carry and balance equipment whilst changing speed and direction • Move in different directions whilst handling a ball. • Develop control and accuracy when rolling a ball. • Underarm throw with control and accuracy. • Show control and accuracy when throwing and aiming. • Gain rhythm when throwing and striking a ball. • Strike and kick a moving ball with accuracy and control. • Engage in team games. • Develop spatial awareness whilst moving in different directions. • Show control and balance in basic movements. • Send and receive a bouncing ball whilst positioning body correctly. • Understand the concept of dribbling and the skills required. • Strike and kick a moving ball with accuracy and control. • Demonstrate the dribbling skills required for football. • Demonstrate the passing skills required for football. • Demonstrate the shooting skills required for football. • Familiarise and understand the passing/movements required in rugby. • Develop the skill of tagging an opponent in rugby. • Engage in team games. • Understand what attacking and defending is using simple practices and demonstrate this. 	<ul style="list-style-type: none"> • Maintain balance whilst reacting quickly to commands. • Perform underarm and overarm throwing with control. • Demonstrate a range of striking and gathering skills, including into a small game. • Demonstrate confidence in ball handling skills. • Control a moving ball in a variety of ways. • Show rolling and gathering skills with confidence and precision. • Show progression from rolling into catching and throwing. • Attack & defend in a game, making and denying space. • Throw & catch to pass and receive a ball in a game. • Control a moving ball in a variety of ways. • Perform kicking skills with control and accuracy. • Use space whilst passing and receiving a kicked ball. • Understand the basics of holding a hockey stick and dribbling a ball. • Pass a hockey ball to a partner and group with control. • Demonstrate attacking skills in hockey such as shooting. • Demonstrate bouncing a basketball with control. • Develop bouncing skills into dribbling activities. • Move away from a defender whilst continuing to dribble • Show progression from rolling into catching and throwing. • Develop tactics when shooting at and protecting targets. • Attack & defend in a game, making and denying space. • Throw & catch to pass and receive a ball in a game.

NC	KS2: Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending KS2: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.				
Aspect	Year 3	Year 4	Year 5	Year 6	
Games	Cricket <ul style="list-style-type: none">• Bat correctly.• Catch correctly.• Accurately bowl under and overarm using appropriate technique.• Use different batting shots.• Field using appropriate techniques.		Cricket <ul style="list-style-type: none">• Developed over and underarm bowling applied to game.• Improving accuracy of batting.• Developing deep field catching – catching ball at varying heights.• Developing the lofted drive.		
	Football <ul style="list-style-type: none">• Control the ball, dribble and turn.• Pass the ball accurately and control the ball when receiving a pass including whilst on the move.• Shoot and play the position of a goalkeeper.• Apply learnt skills in a game.		Football <ul style="list-style-type: none">• Control the ball, keeping it close.• Developing passing skills including developed use of inside of the foot.• Able to perform block tackle and mark effectively.• Turn and shoot at speed and with accuracy.• Application of skills within game.		
	Hockey <ul style="list-style-type: none">• Hold the stick and dribble under pressure.• Pass and receive the ball with improving accuracy.• Tackle correctly.• Shoot with accuracy.• Play hockey in a game situation.		Hockey <ul style="list-style-type: none">• Use correct technique dribbling.• Pass & receive – using space; appropriate skills to keep possession.• Shoot with power and developed accuracy.• Tackle and mark.		
	Netball <ul style="list-style-type: none">• Pass and catch a netball including via bounce and overhead.• Demonstrate correct footwork.• Effectively dodge and mark.• Shoot a netball.• Demonstrate some understanding of rules.		Netball <ul style="list-style-type: none">• Pass, Pivot pass, shoot & throw with accuracy, including chest, bounce and overhead.• Use tactics for game dominance, building on dodge and marking.• Develop footwork.• Play to rules.		

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Aspect	Year 3	Year 4	Year 5	Year 6
Games	Tag Rugby <ul style="list-style-type: none"> Evade and tag opponents while keeping control of the rugby ball. Pass the ball accurately and receive the ball safely including whilst on the move and in a game situation Apply learnt skills in a game of rugby. 		Tag Rugby <ul style="list-style-type: none"> Evade and tag opponents running at speed, changing direction and developing control. Pass & receive at speed in game situation. Refine attacking and defending skills. Develop team tactics. 	



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Aspect	Year 3	Year 4	Year 5	Year 6
Games		<p>Rounders</p> <ul style="list-style-type: none"> • Throw at others and a target under pressure. • Catch consistently under pressure. • Strike a stationary ball demonstrating correct grip. • Develop fielding techniques. 		<p>Rounders</p> <ul style="list-style-type: none"> • Throw and catch a ball at varying heights consistently. • Strike a bowled ball consistently into different spaces. • Stop a moving ball consistently. Use the long barrier technique. • Apply apt strategies when fielding. • Compete in a full rounders game with understanding of rules.
		<p>Tennis</p> <ul style="list-style-type: none"> • Demonstrate the ready position and react to ball direction, including correct position to attempt shot. • Play a simple forehand and backhand shot. • Simulate the throw of a serve. • Move and catch the ball correctly applied to the layout of a court. • Throw the ball with accuracy when on a court. 		<p>Tennis</p> <ul style="list-style-type: none"> • Show developing control of the ball. Play forehand and backhand shot with increased confidence and accuracy. • Serve accurately underarm and overarm. Return serves. • Take correct positions on a court. • Play strategically aiming for points.
		<p>Handball</p> <ul style="list-style-type: none"> • Throw and catch using different techniques. • Pass and shoot the ball accurately and within a competitive situation. • Dribble with ball and make a pass. • Move using space appropriately. 		<p>Handball</p> <ul style="list-style-type: none"> • Developing dribbling and shooting withing game situations. • Accurately pass a ball. • and intercept a pass. • Defend in game situations. • Demonstrate goalkeeper skills. • Apply skills to a full game situation.
		<p>Basketball</p> <ul style="list-style-type: none"> • Dribble under pressure. • Pass & catch a basketball using chest bounce, developing to doing so whilst on move. • Pivot to take, receive and make pass. 		<p>Basketball</p> <ul style="list-style-type: none"> • Shoot with the correct technique at end of a dribble. • Defend using defensive stance & mark. • Develop accuracy of pivot to take receive and make pass. • Apply skills to full size game.