



Ball Skills Progression Ladder



Sending
Show good technique when sending a ball with increasing control, accuracy and consistency under pressure.

Catching
Demonstrate increasing consistency of catching under pressure in a variety of game situations.

Sending
Demonstrate clear technique when sending a ball under pressure.

Catching
Demonstrate good technique under pressure.

Sending
Accurately use a range of techniques to send a ball to a target.

Catching
Catch different sized objects with increasing consistency with one and two hands.

Sending
Send a ball with accuracy and increasing consistency to a target.

Catching
Catch a range of objects with increasing consistency.

Sending
Roll, throw and kick a ball to hit a target.

Catching
Develop catching a range of objects with two hands.
Catch with and without a bounce.

Sending
Roll and throw with some accuracy towards a target.

Catching
Begin to catch with two hands.
Catch after a bounce.

Sending
Explore sending an object with hands and feet.

Catching
Explore catching using a variety of larger balls and beanbags.

EYFS

Tracking
Explore stopping a ball with hands and feet.

Dribbling
Explore bouncing and catching.

Year 6

Tracking
Demonstrate a wider range of techniques when tracking a ball under pressure.

Dribbling
Demonstrate a range of dribbling techniques with increasing control under pressure.

Year 5

Tracking
Demonstrate a range of techniques when tracking and collecting a ball.

Dribbling
Dribble with some control under pressure.

Year 4

Tracking
Consistently track a ball sent directly and indirectly.

Dribbling
Dribble a ball with increasing control and co-ordination.

Year 3

Tracking
Track a ball not sent directly.

Dribbling
Dribble a ball with hands and feet with control.

Year 2

Tracking
Consistently track and collect a ball being sent directly.

Dribbling
Dribble a ball with hands and feet with some control.

Year 1

Tracking
Track a ball being sent directly.

Dribbling
Begin to dribble with hands and feet.



Dance Progression Ladder



Year	Actions	Dynamics	Space	Relationships	Performance
EYFS	Explore how their body moves. Copy basic body actions and rhythms.	Explore actions in response to music and an idea.	Explore pathways within their performances.	Begin to explore actions and pathways with a partner.	Begin to use counts within their performance.
Year 1	Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme.	Explore varying speeds to represent an idea.	Explore pathways and the space around them and in relation to others.	Develop an understanding of formations.	Perform short, self-choreographed phrases showing and awareness of timing.
Year 2	Accurately remember, repeat and link actions to express an idea.	Develop an understanding of dynamics.	Use directions to transition between formations.	Use action and reaction to represent an idea.	Perform complex dances that communicate narrative and character well, performing clearly and fluently.
Year 3	Create actions in response to a stimulus individually and in groups.	Use dynamics effectively to express an idea.	Use directions to transition between formations.	Use action and reaction to represent an idea.	Perform complex dances that communicate narrative and character well, performing clearly and fluently.
Year 4	Respond imaginatively to a range of stimuli related to character and narrative.	Change dynamics confidently within a performance to express changes in character.	Confidently use changes in level, direction and pathway.	Use action and reaction to represent an idea.	Perform complex dances that communicate narrative and character well, performing clearly and fluently.
Year 5	Respond imaginatively to a range of stimuli related to character and narrative.	Change dynamics confidently within a performance to express changes in character.	Confidently use changes in level, direction and pathway.	Use action and reaction to represent an idea.	Perform complex dances that communicate narrative and character well, performing clearly and fluently.
Year 6	Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.	Confidently use dynamics to express different dance styles.	Use direction and patterning to express different dance styles.	Confidently use formations, canon and unison to express a dance idea.	Perform dances expressively, using a range of performance skills, showing accuracy and fluency.
	Show controlled movements which express emotion and feeling.	Explore, improvise and combine movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group.	Use direction and patterning to express different dance styles.	Use a variety of basic compositional principles when creating their own dances.	Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.



Fitness Progression Ladder



Year	Agility	Balance	Coordination	Speed	Strength	Stamina
Year 6	Change direction with a fluent action and can transition smoothly between varying speeds.	Show fluency and control when travelling, landing, stopping and changing direction.	Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.	Can adapt running technique to meet the needs of the distance.	Can complete body weight exercises for increased repetitions, with control and fluency.	Use their breath to increase their ability to move for sustained periods of time.
Year 5	Demonstrate improved body posture and speed when changing direction.	Change their body position to maintain a controlled centre of gravity.	Demonstrate increased speed when coordinating their bodies.	Identify the best pace for a set distance or time.	Demonstrate increased technique in body weight exercises.	Use their breath to increase their ability to move for sustained periods of time.
Year 4	Show balance when changing direction at speed.	Show control whilst completing activities which challenge balance.	Explore increased speed when coordinating their bodies.	Demonstrate improved sprinting technique.	Identify activities which help to strengthen different muscle groups.	Demonstrate using their breath to maintain their work rate.
Year 3	Show balance when changing direction.	Explore more complex activities which challenge balance.	Can coordinate their bodies with increased consistency in a variety of activities.	Explore sprinting technique.	Explore building strength in different muscle groups.	Explore using their breath to increase their ability to work for longer periods of time.
Year 2	Demonstrate improved technique when changing direction on the move.	Demonstrate increased balance whilst travelling along and over equipment.	Perform actions with increased control when coordinating their body with and without equipment.	Explore sprinting technique.	Explore strength in different muscle groups.	Explore using their breath to increase their ability to work for longer periods of time.
Year 1	Change direction whilst running, with some success.	Explore balancing in more challenging activities with some success.	Explore coordination through the use of equipment.	Can demonstrate running at different speeds.	Demonstrate increased control in body weight exercises.	Show an ability to work for longer periods of time.
Year 1	Explore changing direction safely.	Explore balancing whilst stationary and on the move.		Explore running at different speeds.	Explore exercises using their own body weight.	Explore moving for longer periods of time and identify how it makes them feel.
EYFS	Explore moving different body parts together.	Explore balancing whilst stationary and on the move.		Explore moving and stopping with control.	Explore taking weight on different body parts.	Explore moving for longer periods of time.

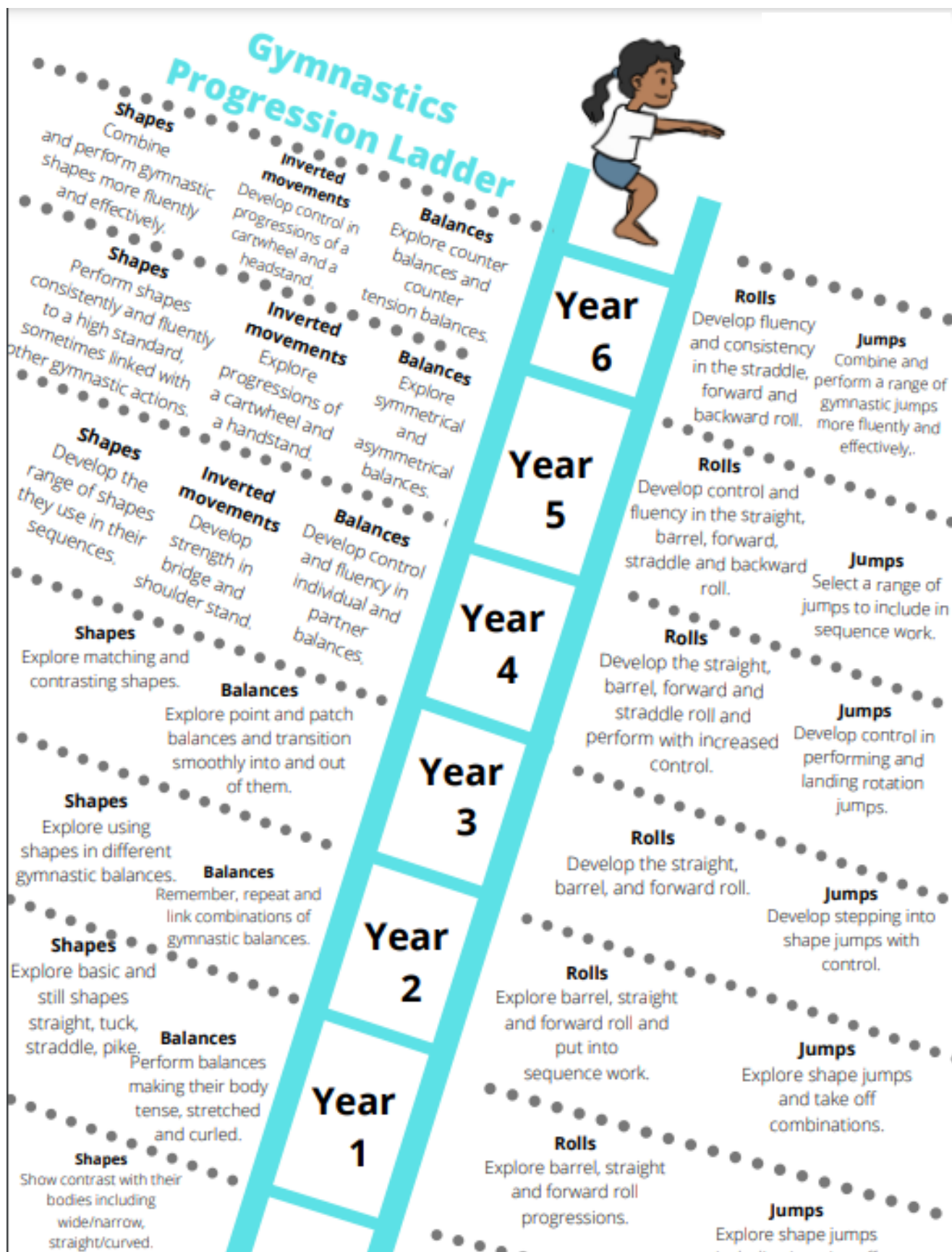
Gymnastics Unit 1 & 2 Fundamentals Unit 1 & 2



Fundamentals Progression Ladder



Year	Running	Balance	Jumping and hopping	Skipping
Year 6	<ul style="list-style-type: none">Change direction with a fluent action.Can transition smoothly between varying speeds.	<ul style="list-style-type: none">Show fluency and control when travelling, landing, stopping and changing direction.	<ul style="list-style-type: none">Demonstrate good technique when jumping and hopping for distance and height.Fluently link jumps together.	<ul style="list-style-type: none">Consistently show a range of skills when skipping in a rope.
Year 5	<ul style="list-style-type: none">Demonstrate improved body posture and balance when changing direction.Accelerate and decelerate appropriately for the situation.	<ul style="list-style-type: none">Consistently demonstrate good balance when performing other fundamental skills.	<ul style="list-style-type: none">Demonstrate good technique and co-ordination when linking jumps.	<ul style="list-style-type: none">Show a range of skills when skipping in a rope.
Year 4	<ul style="list-style-type: none">Change direction quickly under pressure.Demonstrate when and how to accelerate and decelerate.	<ul style="list-style-type: none">Demonstrate good balance and control when performing other fundamental skills.	<ul style="list-style-type: none">Link hopping and jumping actions with other fundamental skills.	<ul style="list-style-type: none">Consistently skip in a rope.
Year 3	<ul style="list-style-type: none">Change direction quickly.Understand and show how the body moves at different speeds.	<ul style="list-style-type: none">Demonstrate balance when performing other fundamental skills.	<ul style="list-style-type: none">Link jumping and hopping actions.	<ul style="list-style-type: none">Consistently skip in a rope.
Year 2	<ul style="list-style-type: none">Demonstrate balance when changing direction.Clearly show different speeds when running.	<ul style="list-style-type: none">Demonstrate balance when performing movements.	<ul style="list-style-type: none">Link jumping and hopping actions.	<ul style="list-style-type: none">Jump and turn a skipping rope.
Year 1	<ul style="list-style-type: none">Explore changing direction and dodging.Discover how the body moves at different speeds.	<ul style="list-style-type: none">Move with some control and balance.Explore stability and landing safely.	<ul style="list-style-type: none">Demonstrate jumping for distance, height and in different directions.	<ul style="list-style-type: none">Explore single and double bounce when jumping in a rope.
EYFS	<ul style="list-style-type: none">Explore running and stopping.Explore changing direction safely.	<ul style="list-style-type: none">Explore balancing whilst stationary.	<ul style="list-style-type: none">Begin to explore hopping in different directions.	<ul style="list-style-type: none">Begin to explore skipping.Show co-ordination when turning a rope.Use rhythm to jump continuously in a French rope.





Invasion Games Progression Ladder



Ball Skills Unit 1 & 2 Games Unit 1 & 2

Year	Attacking	Defending	Space
Year 6	Explore creating attacking tactics with others in response to the game.	Explore creating and applying defending tactics with others in response to the game.	Move to the correct space when transitioning from attack to defence.
Year 5	Explore creating tactics with others and applying them to game situations.	Develop tracking and marking with a variety of techniques and increased success.	Move to create space for themselves and others in their team.
Year 4	Develop decision making around when to pass and when to shoot.	Develop defending one on one and know when to win the ball.	Move into space to help their team keep possession and score goals.
Year 3	Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.	Track opponents to limit their scoring opportunities.	Develop moving with a ball towards goal with some control.
Year 2	Developing moving into space away from defenders.	Explore staying close to other players to try and stop them getting the ball.	Explore moving with a ball towards goal.
Year 1	Explore changing direction to...	Explore staying close to other players to try and stop them getting the ball.	Explore moving with a ball towards goal.

Sending & receiving
Develop making quick decisions about when, how and who to pass to.

Sending & receiving
Develop control when S&R under pressure.

Sending & receiving
Develop passing to a teammate using a variety of techniques appropriate to the game.

Sending & receiving
Explore S&R abiding by the rules of the game.

Sending & receiving
Developing S&R with increased control.

Sending & receiving
Explore S&R with hands and feet to a partner.

Sending & receiving

Dribbling
Dribble consistently using a range of techniques with increasing control under pressure.

Dribbling
Select and apply a variety of dribbling techniques to game situations.

Dribbling
Develop control whilst dribbling under pressure.

Dribbling
Explore dribbling the ball abiding by the rules of the game under some pressure.

Dribbling
Explore dribbling with hands and feet with increasing control on the move.

Dribbling
Explore dribbling with hands and feet.

Dribbling

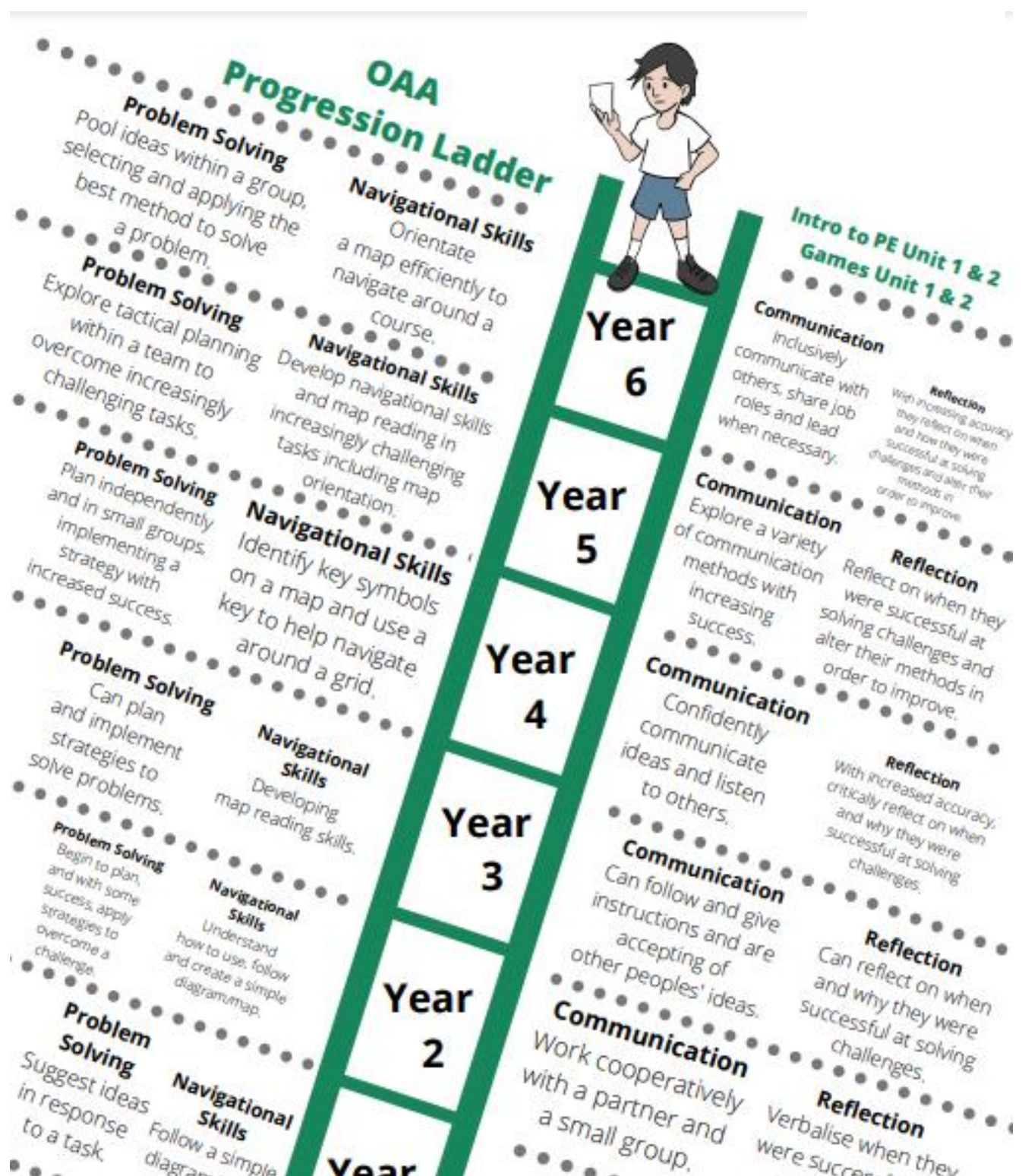


Net and Wall Games Progression Ladder



Year	Shots	Serving	Rallying	Footwork
Year 1	Hitting Develop hitting a dropped ball over a net. Hitting Explore hitting a dropped ball with a racket, court area.	Feeding Accurately underarm throw over a net to a partner. Feeding Throw a ball over a net to land into the court area.	Rallying Explore underarm rallying with a partner catching after one bounce.	Footwork Consistently use the ready position to move towards a ball.
Year 2	Shots Explore returning a ball using focus shots such as the forehand and backhand.	Serving Explore serving from an underarm serve.	Rallying Explore rallying with a forehand.	Footwork Consistently use and return to the ready position in between shots.
Year 3	Shots Demonstrate increased technique when using shots both cooperatively and competitively.	Serving Develop technique in serving underarm with increased consistency.	Rallying Develop rallying using both forehand and backhand with increased technique.	Footwork Begin to use appropriate footwork patterns to move around the court.
Year 4	Shots Develop the range of shots used in the games they play.	Serving Develop their range of serving techniques appropriate to the game they are playing.	Rallying Use a variety of shots to keep a continuous rally.	Footwork Demonstrate effective footwork patterns to move around the court.
Year 5	Shots Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.	Serving Serve accurately and consistently. Beginning to apply tactics to their serve.	Rallying Successfully apply a variety of shots to keep a continuous rally.	Footwork Demonstrate a variety of footwork patterns relevant to the game they are playing e.g. a split step and a chasse.
Year 6	Shots Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.	Serving Serve accurately and consistently. Beginning to apply tactics to their serve.	Rallying Successfully apply a variety of shots to keep a continuous rally.	Footwork Demonstrate a variety of footwork patterns relevant to the game they are playing e.g. a split step and a chasse.

Ball Skills Unit 1 & 2 Games Unit 1 & 2





Striking and Fielding Progression Ladder



Year	Striking	Fielding	Throwing	Catching
Year 6	Strike a bowled ball with increasing accuracy and consistency.	Consistently select and apply the appropriate fielding action for the situation.	Consistently make good decisions on who and when to pass to in order to get batters out.	Consistently demonstrate good technique in catching skills under pressure.
Year 5	Explore defensive and driving hitting techniques and directional batting.	Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation.	Demonstrate clear technique when using a variety of throws under pressure.	Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.
Year 4	Develop batting technique consistent with the rules of the game.	Develop bowling with some consistency, abiding by the rules of the game.	Use overarm and underarm throwing with increased consistency in game situations.	Beginning to catch with one and two hands with some consistency in game situations.
Year 3	Begin to strike a bowled ball using different equipment.	Explore bowling and fielding skills to include a two-handed pick up and long and short barriers.	Use overarm and underarm throwing in game situations.	Catch with some consistency in game situations.
Year 2	Develop striking a ball with their hand and equipment with some consistency.	Understand that there are different roles within a fielding team.	Develop coordination and technique when throwing over and underarm.	Catch with two hands.

Games Unit 1 & 2 Ball Skills Unit 1 & 2



Swimming Progression Ladder



Strokes

Identify their personal best in a range of strokes. Successfully select and apply their fastest stroke over a distance of 25m.

Breathing

Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m.

Strokes

Demonstrate increased technique in a range of strokes, swimming over a distance of 25m.

Breathing

Explore underwater breaststroke breathing technique over a distance of 25m.

Strokes

Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.

Strokes

Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.

Strokes

Begin to use arms and legs together, more effectively across the water.

Year 6

Water Safety
Can select and apply the appropriate survival technique for the situation.

Year 5

Water Safety
Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.L.P and huddle positions.

Year 4

Breathing
Demonstrate improved breathing technique in front crawl.

Water Safety
Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.

Year 3

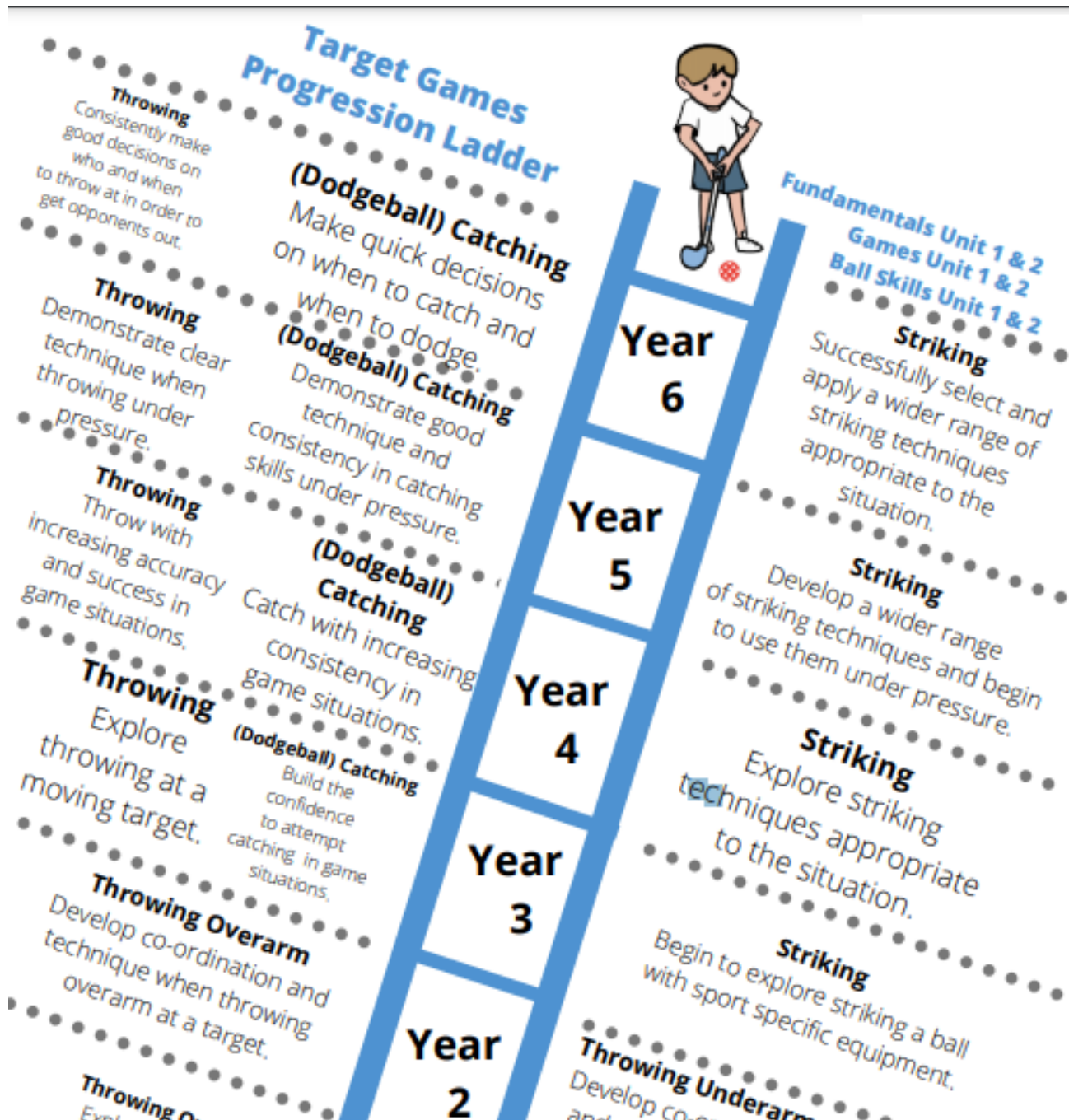
Breathing

Begin to explore front crawl breathing technique.

Water Safety
Explore techniques for personal survival to include survival strokes such as sculling.

Year 2

Strokes





Yoga Progression Ladder



Fundamentals Unit 1 & 2 Gymnastics Unit 1 & 2

Year	Balance	Flexibility	Strength	Mindfulness
Year 6	Link combinations of poses for balance with increased control in transition.	Confidently transition from one pose to another showing extension connected to their breath.	Explore poses that challenge their strength and work to maintain increased control and strength when in and transitioning between poses.	Explore methods they can use to control how they feel with some success.
Year 5	Use their breath to maintain balance within a pose.	Develop flexibility by connecting their movement with their breath.	Demonstrate increased control and strength when in and transitioning between poses.	Understand that there are methods they can use to control how they feel.
Year 4	Explore using their breath to maintain balance within a pose.	Demonstrate increased extension in their poses.	Demonstrate increased control and strength when in a pose.	Can engage with mindfulness activities with increased focus.
Year 3	Demonstrate increased control when in poses and explore control in paired poses.	Explore poses and movement in relation to their breath.	Explore arm balances with some control.	Develop their ability to stay still and focused.
Year 2	Remember, copy, and repeat sequences of linked poses.	Show increased awareness of extension in poses.		



Athletics Progression Ladder



Games Unit 1 & 2 Fundamentals Unit 1 & 2 Ball Skills Unit 1 & 2

Year	Running	Jumping	Throwing
Year 6	Running Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.	Jumping Develop take off position when jumping for height.	Throwing Develop power, control and technique when throwing discus and javelin.
Year 5	Running Apply fluency and coordination when running for speed in relay changeovers.	Jumping Develop power, control and consistency in jumping for distance.	Throwing Develop technique and power in javelin and shot put.
Year 4	Running Develop an understanding of speed and pace in relation to distance.	Jumping Develop technique when jumping for distance.	Throwing Explore power and technique when throwing for distance in a pull throw.
Year 3	Running Develop fluency and rhythm when running over obstacles.	Jumping Develop power, control and consistency in jumping for distance.	Throwing Develop power, control and technique in the triple jump.
Year 2	Running Hurdle with greater control and coordination.	Jumping Develop power, control and consistency in jumping for distance.	Throwing Develop power, control and technique when throwing discus and javelin.
Year 1	Running Effectively apply speeds appropriate for the event.	Jumping Develop power, control and consistency in jumping for distance.	Throwing Develop power, control and technique when throwing discus and javelin.
Year 0	Running Apply fluency and coordination when running for speed in relay changeovers.	Jumping Develop power, control and consistency in jumping for distance.	Throwing Develop power, control and technique when throwing discus and javelin.
Year -1	Running Develop an understanding of speed and pace in relation to distance.	Jumping Develop power, control and consistency in jumping for distance.	Throwing Develop power, control and technique when throwing discus and javelin.
Year -2	Running Develop the sprinting technique and apply it to relay events.	Jumping Develop power, control and consistency in jumping for distance.	Throwing Develop power, control and technique when throwing discus and javelin.