



### Locomotion: Walking

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

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### 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: Running

- 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 game

Year 1

### 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

### Locomotion: Dodging

- Explore dodging
- Develop dodging
- Apply dodging: Explore attacking to beat an opponent
- Apply dodging in teams

Year 2

### 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 and KS1 Progression of Skills Overview



### Games For Understanding

- Taking turns/keeping the score
- Understanding and playing by the rules
- Avoiding a defender
- Preventing an attacker from scoring

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### Rackets' Bats, Balls and Balloons

- Explore pushing/hitting a balloon with control
- Explore hitting a balloon with power into space
- Explore hitting/pushing (sending) a balloon with accuracy
- Explore balancing an object on a racket/bat



### Health and Wellbeing

- Understanding what we mean by movement and exercise
- Exploring our heartbeat/ breathing when we exercise
- Understanding how exercise makes us feel
- Making exercise fun!



### Team Building

- We have not created a Team Building unit for Foundation.



### Play

- Explore playing with equipment safely
- Playing with equipment safely: Taking Turns
- Learning to play with a partner
- Using equipment and other objects to travel

### Games For Understanding

- Understanding the principles of attack/defence
- Applying attacking/defending principles into a game
- Consolidate attacking/defending

Year 1

### Rackets, Bats and Balls

- Develop pushing (dribbling) a ball with a racket: Introducing control
- Explore hitting and develop pushing a ball (with a racket) towards a target
- Explore hitting a ball (with a racket) with accuracy and power

### Health and Wellbeing

- Introduce and explore agility
- Introduce and explore balance
- Introduce and explore coordination: Bouncing, rolling and throwing

### Team Building

- Introducing teamwork
- Develop teamwork
- Building trust and developing communication
- Cooperation and communication
- Explore simple strategies
- Problem solving: Consolidate teamwork

### Play

- Following instructions when playing games
- Keeping count (the score) when playing games
- Competing against myself
- Competing against others
- Playing competitive games

### Games For Understanding

- Attacking/defending as a team
- Understanding the transition between defence and attack
- Create and apply attacking/defensive tactics

Year 2

### Rackets, Bats and Balls

- Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent
- Introduce hitting (sending/striking) a ball into a space: Where and why?
- Striking the ball (with a bat) into space with intent

### Health and Wellbeing

- Consolidate agility
- Consolidate balancing: Explore balancing on apparatus
- Introduce and explore coordination: Dribbling and kicking

### Team Building

- Introducing teamwork
- Develop teamwork
- Building trust and developing communication
- Cooperation and communication
- Explore simple strategies
- Problem solving: Consolidate teamwork

### Play

- Creating games on our own and with a partner and in teams
- Exploring the role of the referee
- Playing and creating competitive games with a referee
- Playing competitive games against other teams

## Foundation and KS1 Progression of Skills Overview



### High, Over, Under, Over

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

EFYS



### Moving

- 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



### 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

### 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

Year 1

### 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

### Heroes

- Performing movements in sequence
- Creating movements that represent superpowers
- Creating movements that represent a superhero rescuing/saving, someone/something
- Exploring character movements

### Linking

- Developing linking
- Linking on apparatus
- Jump, roll, balance sequences/on apparatus
- Creation of sequences
- Completion of sequences and performance

Year 2

### 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 Overview