

Athletics Progression Ladder



Fundamentals
Games Unit 1 & 2

Ball Skills Unit 1 & 2

Running
Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique..

Running
Apply fluency and coordination when running for speed in relay changeovers.

Running
Develop an understanding of speed and pace in relation to distance.

Running
Develop the sprinting technique and apply it to relay events.

Running
Develop the sprinting action.

Running
Explore rhythm when running over obstacles.

Running
Explore running at different speeds.

Running
Explore running over obstacles.

Running
Explore running and stopping.

Running
Explore running on the balls of their feet.

Running
Hurdle with greater control and coordination.

Running
Effectively apply speeds appropriate for the event.

Running
Develop power and speed in the sprinting technique.

Running
Develop fluency and rhythm when running over obstacles.

Jumping
Develop take off position when jumping for height.

Jumping
Develop power, control and consistency in jumping for distance.

Jumping
Develop technique when jumping for distance.

Jumping
Develop technique in a range of approaches and take off positions.

Jumping
Develop jumping, hopping and skipping actions.

Jumping
Develop balance whilst jumping and landing.

Jumping
Explore jumping and hopping safely.

Year 6

Year 5

Year 4

Year 3

Year 2

Year 1

EYFS

Jumping
Develop power, control and technique in the triple jump.

Jumping
Explore technique and rhythm in the triple jump.

Jumping
Explore fluency and technique in the vertical jump.

Jumping
Develop technique in a range of approaches and take off positions.

Jumping
Develop jumping for height and safety on landing.

Jumping
Explore safely jumping for distance and height.

Jumping
Explore hopping, jumping and leaping for distance.

Throwing
Explore throwing to a target.

Throwing
Develop power, control and technique when throwing discus and javelin.

Throwing
Develop technique and power in javelin and shot put.

Throwing
Explore power and technique when throwing for distance in a pull throw.

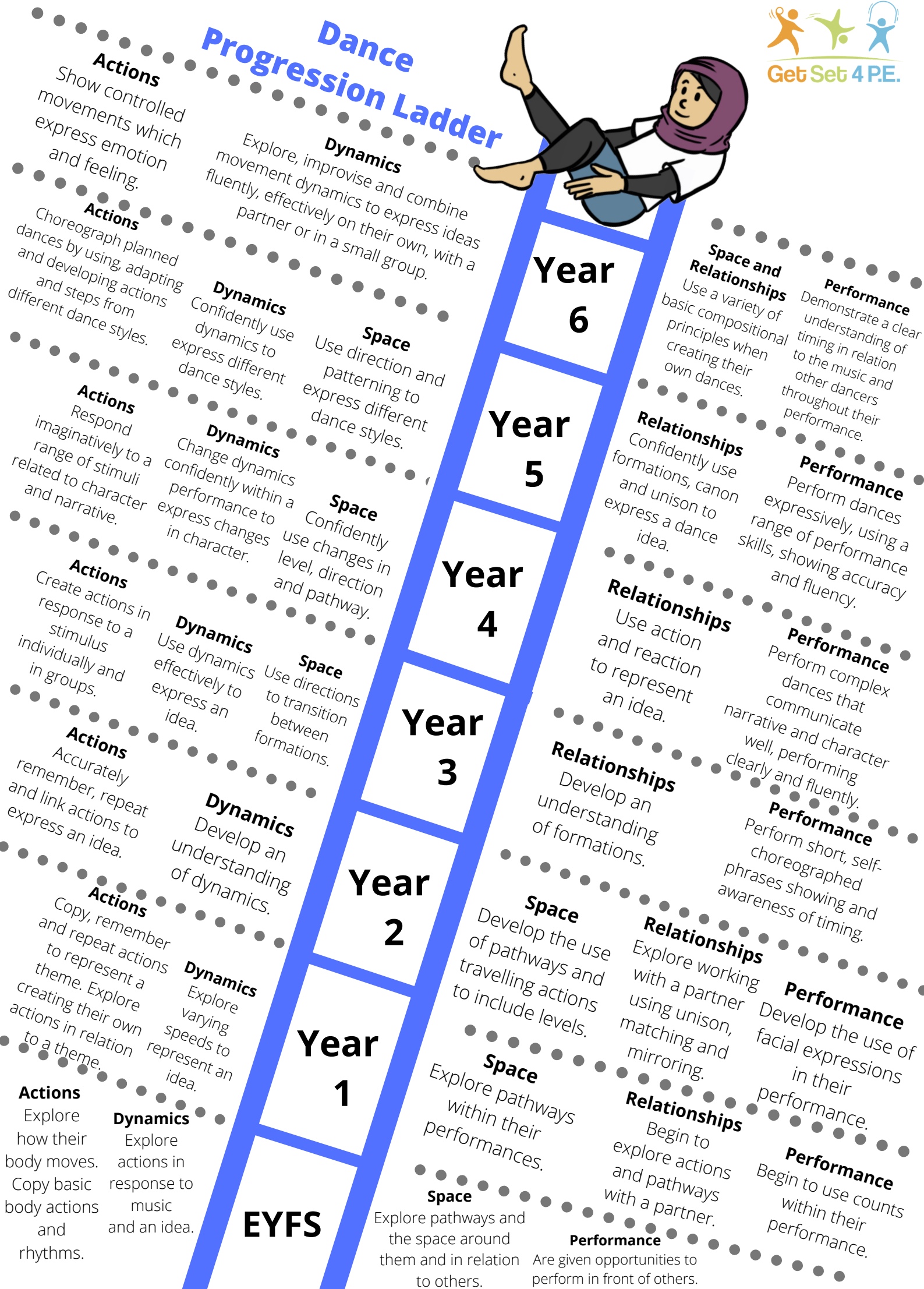
Throwing
Explore the technique for a pull throw.

Throwing
Develop overarm throwing for distance.

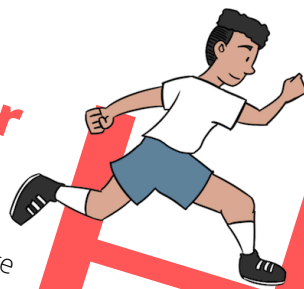
Throwing
Explore throwing for distance and accuracy.



Dance Progression Ladder



Fitness Progression Ladder



Fundamentals Gymnastics Unit 1 & 2 Fundamentals Unit 1 & 2

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

Gymnastics Progression Ladder



Shapes
Combine and perform gymnastic shapes more fluently and effectively.

Shapes
Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions.

Shapes
Develop the range of shapes they use in their sequences.

Shapes
Explore matching and contrasting shapes.

Shapes
Explore using shapes in different gymnastic balances.

Shapes
Explore basic and still shapes straight, tuck, straddle, pike.

Shapes
Show contrast with their bodies including wide/narrow, straight/curved.

Balances
Explore shapes in stillness using different parts of their bodies.

Inverted movements
Develop control in progressions of a cartwheel and a headstand.

Inverted movements
Explore progressions of a cartwheel and a handstand.

Inverted movements
Develop strength in bridge and shoulder stand.

Balances
Explore point and patch balances and transition smoothly into and out of them.

Balances
Remember, repeat and link combinations of gymnastic balances.

Balances
Perform balances making their body tense, stretched and curled.

EYFS

Balances
Explore counter balances and counter tension balances.

Balances
Explore symmetrical and asymmetrical balances.

Balances
Develop control and fluency in individual and partner balances.

Year 3

Year 6

Year 5

Year 4

Rolls
Develop the straight, barrel, forward and straddle roll and perform with increased control.

Rolls
Develop the straight, barrel, and forward roll.

Rolls
Explore barrel, straight and forward roll and put into sequence work.

Rolls
Explore barrel, straight and forward roll progressions.

Rolls
Explore rocking and rolling.

Rolls
Develop fluency and consistency in the straddle, forward and backward roll.

Rolls
Develop control and fluency in the straight, barrel, forward, straddle and backward roll.

Rolls
Develop the straight, barrel, forward and straddle roll and perform with increased control.

Rolls
Develop the straight, barrel, and forward roll.

Rolls
Explore barrel, straight and forward roll and put into sequence work.

Rolls
Explore barrel, straight and forward roll progressions.

Rolls
Explore rocking and rolling.

Jumps
Combine and perform a range of gymnastic jumps more fluently and effectively.

Jumps
Select a range of jumps to include in sequence work.

Jumps
Develop control in performing and landing rotation jumps.

Jumps
Develop stepping into shape jumps with control.

Jumps
Explore shape jumps and take off combinations.

Jumps
Explore shape jumps including jumping off low apparatus.

Jumps
Explore jumping safely.



Invasion Games Progression Ladder

Fundamentals Ball Skills

Ball Skills Unit 1 & 2

<p>Sending & receiving Develop making quick decisions about when, how and who to pass to.</p>	<p>Dribbling Dribble consistently using a range of techniques with increasing control under pressure.</p>	<p>Attacking Explore creating attacking tactics with others in response to the game.</p>	<p>Defending Explore creating and applying defending tactics with others in response to the game.</p>	<p>Space Move to the correct space when transitioning from attack to defence.</p>
<p>Sending & receiving Develop control when S&R under pressure.</p>	<p>Dribbling Select and apply a variety of dribbling techniques to game situations.</p>	<p>Attacking Explore creating tactics with others and applying them to game situations.</p>	<p>Defending Develop tracking and marking with a variety of techniques and increased success.</p>	<p>Space Move to create space for themselves and others in their team.</p>
<p>Sending & receiving Develop passing to a teammate using a variety of techniques appropriate to the game.</p>	<p>Dribbling Develop control whilst dribbling under pressure.</p>	<p>Attacking Develop decision making around when to pass and when to shoot.</p>	<p>Defending Develop defending one on one and know when to win the ball.</p>	<p>Space Move into space to help their team keep possession and score goals.</p>
<p>Sending & receiving Explore S&R abiding by the rules of the game.</p>	<p>Dribbling Explore dribbling the ball abiding by the rules of the game under some pressure.</p>	<p>Attacking Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p>	<p>Defending Track opponents to limit their scoring opportunities.</p>	<p>Space Develop moving with a ball towards goal with some control.</p>
<p>Sending & receiving Developing S&R with increased control.</p>	<p>Dribbling Explore dribbling with hands and feet with increasing control on the move.</p>	<p>Attacking Developing moving into space away from defenders.</p>	<p>Defending Explore staying close to other players to try and stop them getting the ball.</p>	<p>Space Explore moving with a ball towards goal.</p>
<p>Sending & receiving Explore S&R with hands and feet to a partner.</p>	<p>Dribbling Explore dribbling with hands and feet.</p>	<p>Attacking Explore changing direction to move away from a partner.</p>	<p>Defending Explore tracking and move to stay with a partner.</p>	<p>Space Recognise good space when playing games.</p>
<p>Sending & receiving Explore S&R with hands and feet using a variety of equipment.</p>	<p>Dribbling Explore dropping and catching with two hands and moving a ball with their feet.</p>	<p>Attacking & defending Explore changing direction and tagging games.</p>	<p>Space Recognise their own space.</p>	

EYFS

Year 6

Year 5

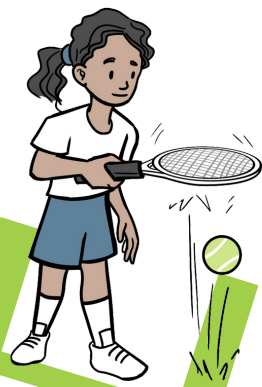
Year 4

Year 3

Year 2

Year 1

Net and Wall Games Progression Ladder



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

Shots
 Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.

Shots
 Develop the range of shots used in the games they play.

Shots
 Demonstrate increased technique when using shots both cooperatively and competitively.

Shots
 Explore returning a ball using focus shots such as the forehand and backhand.

Hitting
 Develop hitting a dropped ball over a net.

Hitting
 Explore hitting a dropped ball with a racket.

Hitting and Rallying
 Explore hitting a ball with their hands.

Serving
 Serve accurately and consistently. Beginning to apply tactics to their serve.

Serving
 Develop their range of serving techniques appropriate to the game they are playing.

Serving
 Develop technique in serving underarm with increased consistency.

Serving
 Explore serving from an underarm serve.

Feeding
 Accurately underarm throw over a net to a partner.

Feeding
 Throw a ball over a net to land into the court area.

Feeding and Rallying
 Explore sending a ball to a partner.

Year 6

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 5

Rallying
 Use a variety of shots to keep a continuous rally.

Footwork
 Demonstrate effective footwork patterns to move around the court.

Year 4

Rallying
 Develop rallying using both forehand and backhand with increased technique.

Footwork
 Begin to use appropriate footwork patterns to move around the court.

Year 3

Rallying
 Explore rallying with a forehand.

Footwork
 Consistently use and return to the ready position in between shots.

Year 2

Rallying
 Explore underarm rallying with a partner catching after one bounce.

Footwork
 Consistently use the ready position to move towards a ball.

Year 1

Rallying
 Explore underarm rallying with a partner.

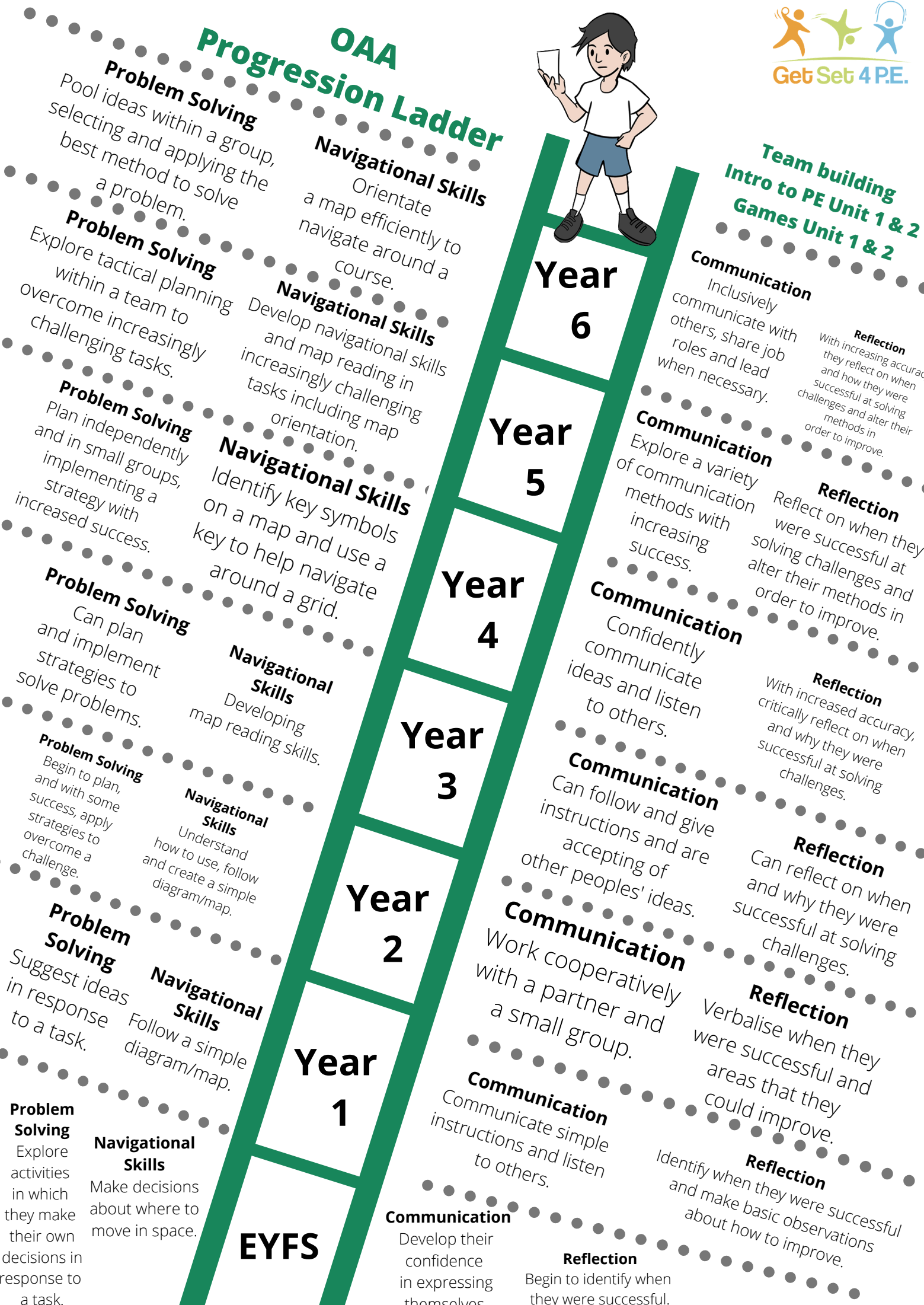
Footwork
 Use the ready position to move towards a ball.

EYFS

Footwork
 Explore changing direction, running and stopping.



OAA Progression Ladder



Problem Solving
Explore activities in which they make their own decisions in response to a task.

Navigational Skills
Make decisions about where to move in space.

Problem Solving
Suggest ideas in response to a task.

Navigational Skills
Follow a simple diagram/map.

Problem Solving
Begin to plan, and with some success, apply strategies to overcome a challenge.

Navigational Skills
Understand how to use, follow and create a simple diagram/map.

Problem Solving
Can plan and implement strategies to solve problems.

Navigational Skills
Developing map reading skills.

Problem Solving
Plan independently and in small groups, implementing a strategy with increased success.

Navigational Skills
Identify key symbols on a map and use a key to help navigate around a grid.

Problem Solving
Explore tactical planning within a team to overcome increasingly challenging tasks.

Navigational Skills
Develop navigational skills and map reading in increasingly challenging tasks including map orientation.

Problem Solving
Pool ideas within a group, selecting and applying the best method to solve a problem.

Navigational Skills
Orientate a map efficiently to navigate around a course.

EYFS

Communication
Develop their confidence in expressing themselves.

Reflection
Begin to identify when they were successful.

Communication
Communicate simple instructions and listen to others.

Reflection
Identify when they were successful and make basic observations about how to improve.

Communication
Work cooperatively with a partner and a small group.

Reflection
Verbalise when they were successful and areas that they could improve.

Communication
Can follow and give instructions and are accepting of other peoples' ideas.

Reflection
Can reflect on when and why they were successful at solving challenges.

Communication
Confidently communicate ideas and listen to others.

Reflection
With increased accuracy, critically reflect on when and why they were successful at solving challenges.

Communication
Explore a variety of communication methods with increasing success.

Reflection
Reflect on when they were successful at solving challenges and alter their methods in order to improve.

Communication
Inclusively communicate with others, share job roles and lead when necessary.

Reflection
With increasing accuracy they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.

Communication
Inclusively communicate with others, share job roles and lead when necessary.

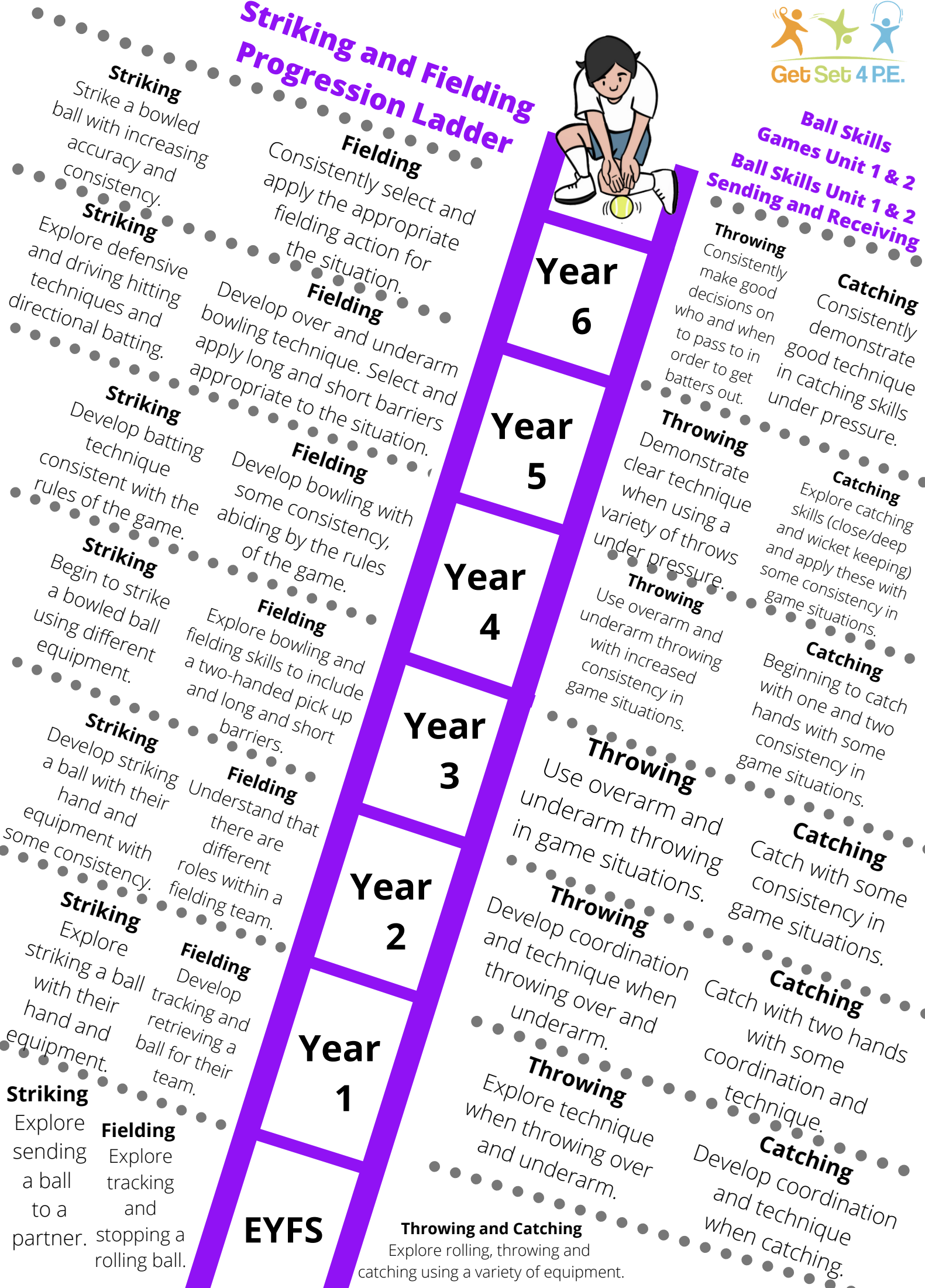
Reflection
With increasing accuracy they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.

Team building
Intro to PE Unit 1 & 2
Games Unit 1 & 2



Striking and Fielding Progression Ladder

Ball Skills Games Unit 1 & 2 Ball Skills Unit 1 & 2 Sending and Receiving



Striking
Strike a bowled ball with increasing accuracy and consistency.

Striking
Explore defensive and driving hitting techniques and directional batting.

Striking
Develop batting technique consistent with the rules of the game.

Striking
Begin to strike a bowled ball using different equipment.

Striking
Develop striking a ball with their hand and equipment with some consistency.

Striking
Explore striking a ball with their hand and equipment.

Striking
Explore sending a ball to a partner.

Fielding
Explore tracking and stopping a rolling ball.

Fielding
Consistently select and apply the appropriate fielding action for the situation.

Fielding
Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation.

Fielding
Develop bowling with some consistency, abiding by the rules of the game.

Fielding
Explore bowling and fielding skills to include a two-handed pick up and long and short barriers.

Fielding
Understand that there are different roles within a fielding team.

Fielding
Develop tracking and retrieving a ball for their team.

Fielding
Explore tracking and stopping a rolling ball.

Fielding
Explore tracking and stopping a rolling ball.

Year 6

Year 5

Year 4

Year 3

Year 2

Year 1

EYFS

Throwing
Consistently make good decisions on who and when to pass to in order to get batters out.

Throwing
Demonstrate clear technique when using a variety of throws under pressure.

Throwing
Use overarm and underarm throwing with increased consistency in game situations.

Throwing
Use overarm and underarm throwing in game situations.

Throwing
Develop coordination and technique when throwing over and underarm.

Throwing
Explore technique when throwing over and underarm.

Throwing and Catching
Explore rolling, throwing and catching using a variety of equipment.

Catching
Consistently demonstrate good technique in catching skills under pressure.

Catching
Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.

Catching
Beginning to catch with one and two hands with some consistency in game situations.

Catching
Catch with some consistency in game situations.

Catching
Catch with two hands with some coordination and technique.

Catching
Develop coordination and technique when catching.



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 unaided.

Strokes

Can swim over a 10m distance with a buoyancy aid.

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 and treading water.

Year 2

Breathing

Begin to explore breathing in sync with their kicking action.

Water Safety

Demonstrate an awareness of water safety and float on their front and on their back.

Year 1

Breathing

Can submerge confidently in the water.

Water Safety

Become aware of water safety and explore floating on their front and back.



Yoga Progression Ladder

Fundamentals Unit 1 & 2
Gymnastics Unit 1 & 2

Balance
Link combinations of poses for balance with increased control in transition.

Balance
Use their breath to maintain balance within a pose.

Balance
Explore using their breath to maintain balance within a pose.

Balance
Demonstrate increased control when in poses and explore control in paired poses.

Balance
Remember, copy, and repeat sequences of linked poses.

Balance
Perform balances and poses making their body tense, stretched and curled.

Balance
Explore shapes in stillness using different parts of their bodies.

Flexibility
Confidently transition from one pose to another showing extension connected to their breath.

Flexibility
Develop flexibility by connecting their movement with their breath.

Flexibility
Demonstrate increased extension in their poses.

Flexibility
Explore poses and movement in relation to their breath.

Flexibility
Show increased awareness of extension in poses.

Flexibility
Explore poses and movements that challenge their flexibility.

Flexibility
Explore shapes and actions to stretch their bodies.

Year 6

Strength
Explore poses that challenge their strength and work to maintain increased control and strength when in and transitioning between poses.

Mindfulness
Explore methods they can use to control how they feel with some success.

Year 5

Strength
Demonstrate increased control and strength when in and transitioning between poses.

Mindfulness
Understand that there are methods they can use to control how they feel.

Year 4

Strength
Demonstrate increased control and strength when in a pose.

Mindfulness
Can engage with mindfulness activities with increased focus.

Year 3

Strength
Explore arm balances with some control.

Mindfulness
Develop their ability to stay still and keep their focus.

Year 2

Strength
Demonstrate increased control in performing poses.

Mindfulness
Explore controlling their focus and sense of calm.

Year 1

Strength
Explore strength whilst transitioning from one pose to another.

Mindfulness
Recognise their own feelings in response to a task or activity.

EYFS

Strength
Explore taking weight on different body parts.

Mindfulness
Explore their own feelings in response to an activity or task.