















Progression of skills overview: Foundation and KS1

	Locomotion 	Locomotion 	Ball Skills 	Ball Skills 	Ball Skills 	Golden Threads
FS	<u>Locomotion: Walking</u> <ul style="list-style-type: none"> Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game 	<u>Locomotion: Jumping</u> <ul style="list-style-type: none"> Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping 	<u>Ball skills hands 1</u> <ul style="list-style-type: none"> Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing 	<u>Ball Skills Feet</u> <ul style="list-style-type: none"> Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling <ul style="list-style-type: none"> Develop dribbling against an opponent 	<u>Ball Skills Hands 2</u> <ul style="list-style-type: none"> Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching 	PE includes and promotes the development of the physical, cognitive, social and emotional elements of learning while meeting the aims of the national curriculum.
Year 1	<u>Locomotion: Running</u> <ul style="list-style-type: none"> Explore running Apply running into a game Explore running at different speeds <ul style="list-style-type: none"> Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a game 	<u>Locomotion: Jumping</u> <ul style="list-style-type: none"> Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game 	<u>Ball skills hands 1</u> <ul style="list-style-type: none"> 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 	<u>Ball Skills Feet</u> <ul style="list-style-type: none"> Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point 	<u>Ball Skills Hands 2</u> <ul style="list-style-type: none"> 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 2	<u>Locomotion: Dodging</u> <ul style="list-style-type: none"> Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams 	<u>Locomotion: Jumping</u> <ul style="list-style-type: none"> Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations <ul style="list-style-type: none"> Develop jumping combinations 	<u>Ball skills hands 1</u> <ul style="list-style-type: none"> 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 	<u>Ball Skills Feet</u> <ul style="list-style-type: none"> 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 	<u>Ball Skills Hands 2</u> <ul style="list-style-type: none"> 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 	

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	Gymnastics 	Gymnastics 	Dance 	Dance 	Dance 	Golden Threads
FS	<u>High, Over, Under, Over</u> <ul style="list-style-type: none"> Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus 	<u>Moving</u> <ul style="list-style-type: none"> 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 	<u>Nursery Rhymes</u> <ul style="list-style-type: none"> Moving in sequence Creating our own movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements 	<u>Ourselves</u> <ul style="list-style-type: none"> Moving in sequence Responding in movement to words and music Moving with props and contrasting tempos Creating their own movements Exploring opposites 	<u>Dinosaurs</u> <ul style="list-style-type: none"> Moving with control Adding movements together Responding to rhythm in character Adding expression to our characters' (dinosaur) movements Performing with a partner Exploring relationships 	PE includes and promotes the development of the physical, cognitive, social and emotional elements of learning while meeting the aims of the national curriculum
Year 1	<u>Wide, Narrow, Curled</u> <ul style="list-style-type: none"> 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 	<u>Body Parts</u> <ul style="list-style-type: none"> 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 	<u>The Zoo</u> <ul style="list-style-type: none"> 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 	<u>Growing</u> <ul style="list-style-type: none"> Responding to rhythm Developing the growing plant 'dance' Introduction to motifs Creating motifs Creating movement sequences Relationships and performance 	<u>Heroes</u> <ul style="list-style-type: none"> Performing movements in sequence Creating movements that represent superpowers Creating movements that represent a superhero rescuing/saving, someone/something Exploring character movements 	
Year 2	<u>Linking</u> <ul style="list-style-type: none"> Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and performance 	<u>Pathways</u> <ul style="list-style-type: none"> Explore/develop zigzag pathways/on apparatus Explore/develop curved pathways/on apparatus Creation of pathway sequences Completion of pathways sequences and performance 	<u>Exploring</u> <ul style="list-style-type: none"> Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequences, relationships and performance 	<u>Water</u> <ul style="list-style-type: none"> Responding to stimuli Developing whole group movement Improvisation and physical descriptions Creating contrasting movement sequences Sequences, relationships and performance 	<u>Mr Candy's Sweet Factory</u> <ul style="list-style-type: none"> Exploring expression Linking movements together Creating a motif with characterisation, expression and emotion Extending our motifs with different dynamics (fast and slow) 	

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	Games for Understanding 	Rackets' Bats, Balls and Balloons 	Health and Wellbeing 	Team Building 	Golden Threads
FS	<u>Games For Understanding</u> <ul style="list-style-type: none"> • Taking turns/keeping the score • Understanding and playing by the rules • Avoiding a defender • Preventing an attacker from scoring 	<u>Rackets' Bats, Balls and Balloons</u> <ul style="list-style-type: none"> • 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 	N/A	N/A	PE includes and promotes the development of the physical, cognitive, social and emotional elements of learning while meeting the aims of the national curriculum
Year 1	<u>Games For Understanding</u> <ul style="list-style-type: none"> • Understanding the principles of attack/defence • Applying attacking/ defending principles into a game • Consolidate attacking/defending 	<u>Rackets, Bats and Balls</u> <ul style="list-style-type: none"> • 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 	<u>Health and Wellbeing</u> <ul style="list-style-type: none"> • Introduce and explore agility • Introduce and explore balance • Introduce and explore coordination: Bouncing, rolling and throwing 	<u>Team Building</u> <ul style="list-style-type: none"> • Introducing teamwork • Develop teamwork • Building trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: Consolidate teamwork 	
Year 2	<u>Games For Understanding</u> <ul style="list-style-type: none"> • Attacking/defending as a team • Understanding the transition between defence and attack • Create and apply attacking/defensive tactics 	<u>Rackets, Bats and Balls</u> <ul style="list-style-type: none"> • 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 	<u>Health and Wellbeing</u> <ul style="list-style-type: none"> • Consolidate agility • Consolidate balancing: Explore balancing on apparatus • Introduce and explore coordination: Dribbling and kicking 	<u>Team Building</u> <ul style="list-style-type: none"> • Introducing teamwork • Develop teamwork • Building trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: Consolidate teamwork 	