

Athletics Progression Ladder



Games Unit 1 & 2
Fundamentals 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.

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.

EYFS

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

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.

Running
Develop fluency and rhythm when running over obstacles.

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.

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, hopping and skipping actions.

Jumping
Develop balance whilst jumping and landing.

Jumping
Explore jumping and hopping safely.

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.

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
Explore the technique for a pull throw.

Throwing
Develop overarm throwing for distance.

Throwing
Explore throwing for distance and accuracy.

Ball Skills Progression Ladder



All Y5 & 6 Games Units

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..

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.

Sending
Demonstrate clear technique when sending a ball under pressure.

Catching
Demonstrate good technique under pressure.

Year 6

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

Dribbling
Dribble with some control 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.

Year 5

Tracking
Consistently track a ball sent directly and indirectly.

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

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

Catching
Catch a range of objects with increasing consistency.

Year 4

Tracking
Track a ball not sent directly.

Dribbling
Dribble a ball with hands and feet with control.

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.

Year 3

Tracking
Consistently track and collect a ball being sent directly.

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

Sending
Roll and throw with some accuracy towards a target.

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

Year 2

Tracking
Track a ball being sent directly.

Dribbling
Begin to dribble with hands and feet.

Sending
Explore sending an object with hands and feet.

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

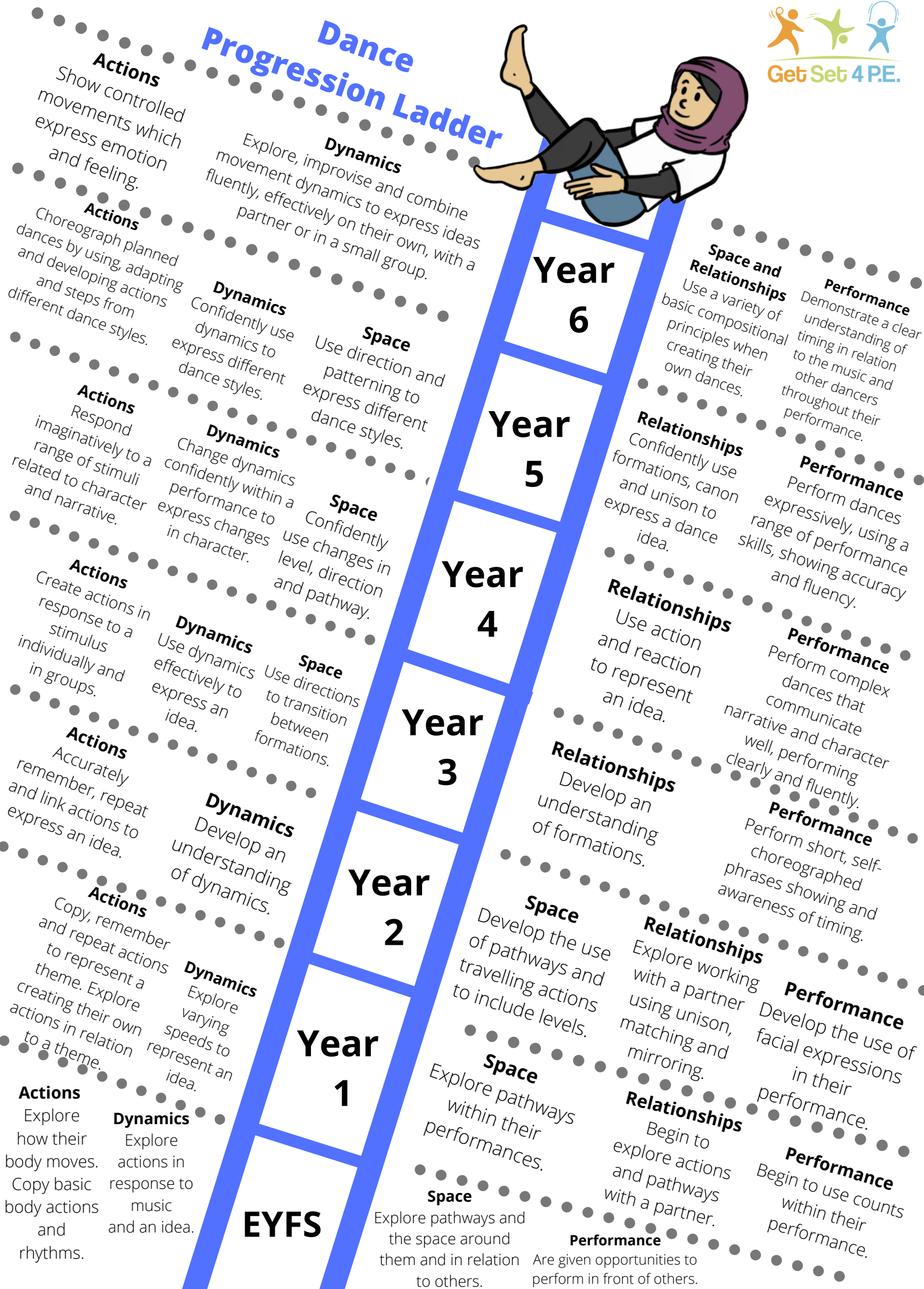
EYFS

Tracking
Explore stopping a ball with hands and feet.

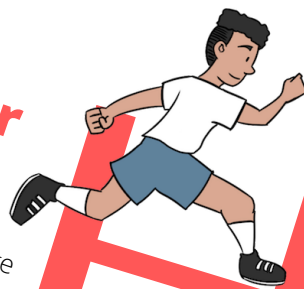
Dribbling
Explore bouncing and catching.



Dance Progression Ladder

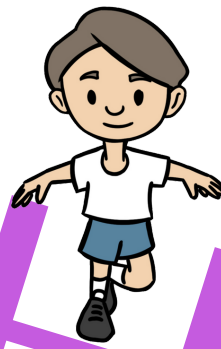


Fitness Progression Ladder



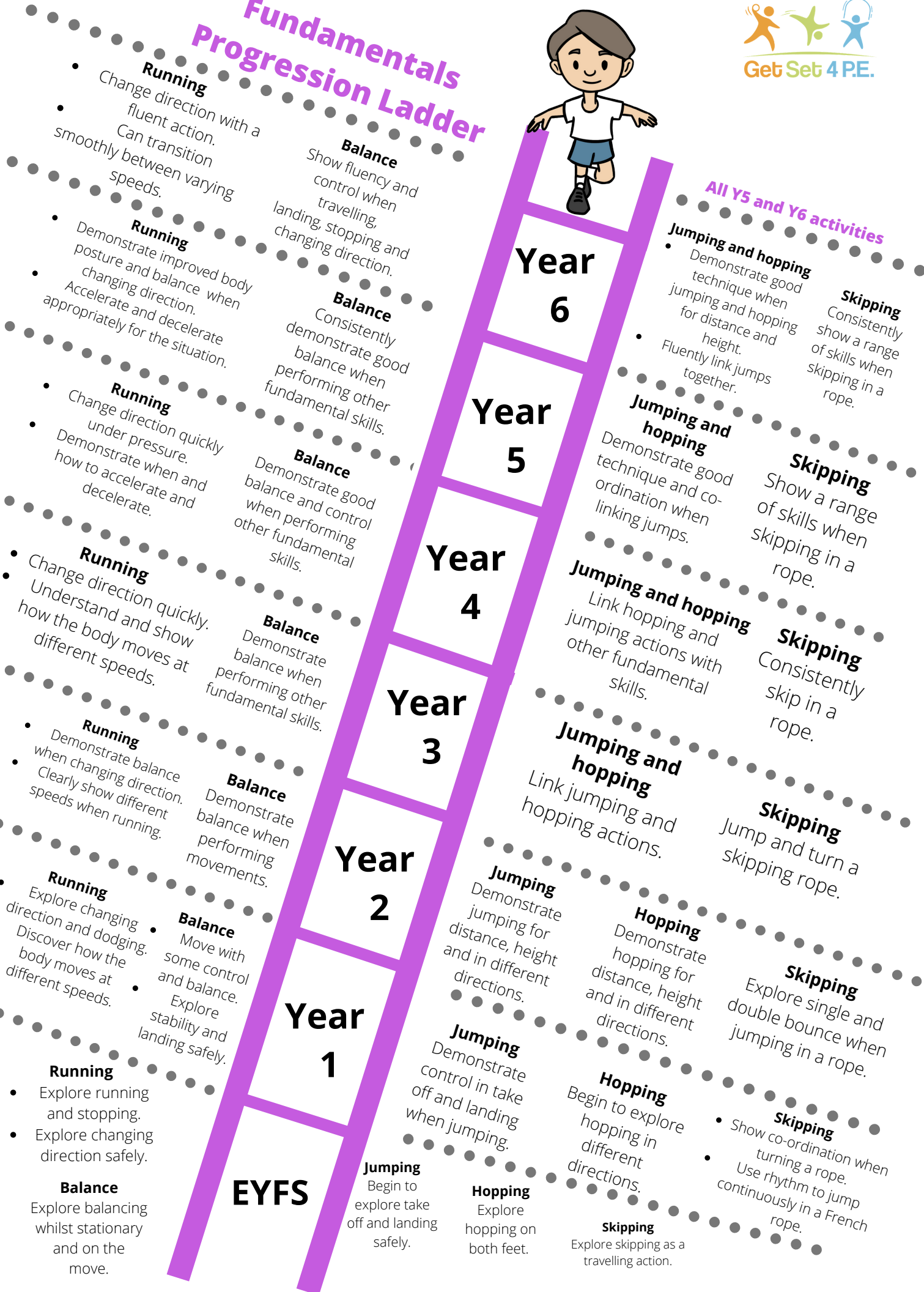
Gymnastics Unit 1 & 2 Fundamentals Unit 1 & 2

<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 Can adapt running technique to meet the needs of the distance.</p> <p>Speed Identify the best pace for a set distance or time.</p> <p>Speed Demonstrate improved sprinting technique.</p> <p>Speed Explore sprinting technique.</p> <p>Speed Can demonstrate running at different speeds.</p> <p>Speed Explore running at different speeds.</p> <p>Speed Explore moving and stopping with control.</p>	<p>Strength Can complete body weight exercises for increased repetitions, with control and fluency.</p> <p>Strength Demonstrate increased technique in body weight exercises.</p> <p>Strength Identify activities which help to strengthen different muscle groups.</p> <p>Strength Explore building strength in different muscle groups.</p> <p>Strength Demonstrate increased control in body weight exercises.</p> <p>Strength Explore exercises using their own body weight.</p> <p>Strength Explore taking weight on different body parts.</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>Stamina Demonstrate using their breath to maintain their work rate.</p> <p>Stamina Explore using their breath to increase their ability to work for longer periods of time.</p> <p>Stamina Show an ability to work for longer periods of time.</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>
Year 6					
Year 5					
Year 4					
Year 3					
Year 2					
Year 1					
EYFS					



Fundamentals Progression Ladder

All Y5 and Y6 activities



Running

- Explore running and stopping.
- Explore changing direction safely.

Balance

Explore balancing whilst stationary and on the move.

Running

- Explore changing direction and dodging.
- Discover how the body moves at different speeds.

Balance

- Move with some control and balance.
- Explore stability and landing safely.

Running

- Demonstrate balance when changing direction.
- Clearly show different speeds when running.

Balance

Demonstrate balance when performing movements.

Running

- Change direction quickly.
- Understand and show how the body moves at different speeds.

Balance

Demonstrate balance when performing other fundamental skills.

Running

- Change direction quickly under pressure.
- Demonstrate when and how to accelerate and decelerate.

Balance

Demonstrate good balance and control when performing other fundamental skills.

Running

- Demonstrate improved body posture and balance when changing direction.
- Accelerate and decelerate appropriately for the situation.

Balance

Consistently demonstrate good balance when performing other fundamental skills.

Running

- Change direction with a fluent action.
- Can transition smoothly between varying speeds.

Balance

Show fluency and control when travelling, landing, stopping and changing direction.

Jumping

Begin to explore take off and landing safely.

Hopping

Explore hopping on both feet.

Jumping

Demonstrate control in take off and landing when jumping.

Jumping

Demonstrate jumping for distance, height and in different directions.

Hopping

Begin to explore hopping in different directions.

Hopping

Demonstrate hopping for distance, height and in different directions.

Jumping and hopping

Link jumping and hopping actions.

Jumping and hopping

Link hopping and jumping actions with other fundamental skills.

Jumping and hopping

Demonstrate good technique and co-ordination when linking jumps.

Jumping and hopping

- Demonstrate good technique when jumping and hopping for distance and height.
- Fluently link jumps together.

Skipping

Explore single and double bounce when jumping in a rope.

Skipping

Jump and turn a skipping rope.

Skipping

Consistently skip in a rope.

Skipping

Show a range of skills when skipping in a rope.

Skipping

Consistently show a range of skills when skipping in a rope.

Skipping

Explore skipping as a travelling action.

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.

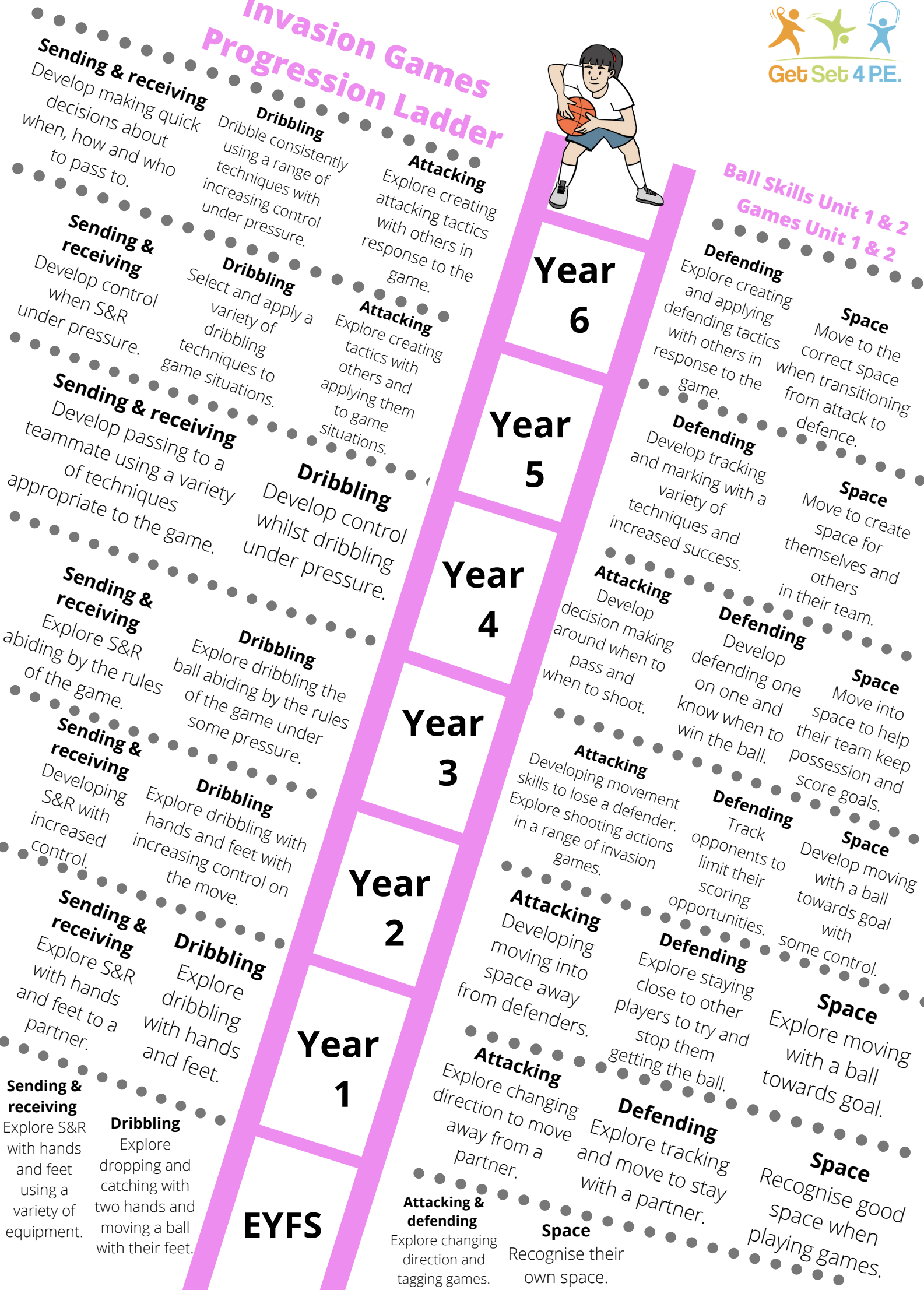
Jumps
Explore shape jumps including jumping off low apparatus.

Jumps
Explore jumping safely.



Invasion Games Progression Ladder

Ball Skills Unit 1 & 2 Games Unit 1 & 2



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

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

Attacking
Explore creating attacking tactics with others in response to the game.

Defending
Explore creating and applying defending tactics with others in response to the game.

Space
Move to the correct space when transitioning from attack to defence.

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

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

Attacking
Explore creating tactics with others and applying them to game situations.

Defending
Develop tracking and marking with a variety of techniques and increased success.

Space
Move to create space for themselves and others in their team.

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

Dribbling
Develop control whilst dribbling under pressure.

Year 4

Year 5

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

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

Year 3

Attacking
Develop decision making around when to pass and when to shoot.

Defending
Develop defending one on one and know when to win the ball.

Space
Move into space to help their team keep possession and score goals.

Sending & receiving
Developing S&R with increased control.

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

Year 2

Attacking
Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.

Defending
Track opponents to limit their scoring opportunities.

Space
Develop moving with a ball towards goal with some control.

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

Dribbling
Explore dribbling with hands and feet.

Year 1

Attacking
Developing moving into space away from defenders.

Defending
Explore staying close to other players to try and stop them getting the ball.

Space
Explore moving with a ball towards goal.

Sending & receiving
Explore S&R with hands and feet using a variety of equipment.

Dribbling
Explore dropping and catching with two hands and moving a ball with their feet.

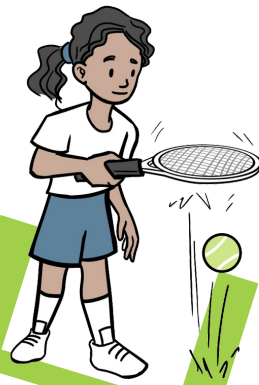
EYFS

Attacking & defending
Explore changing direction and tagging games.

Space
Recognise their own space.

Space
Recognise good space when playing games.

Net and Wall Games Progression Ladder



Ball Skills Unit 1 & 2 Games 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.

EYFS

Year 6

Year 5

Year 4

Year 3

Year 2

Year 1

Rallying

Successfully apply a variety of shots to keep a continuous rally.

Rallying

Use a variety of shots to keep a continuous rally.

Rallying

Develop rallying using both forehand and backhand with increased technique.

Rallying

Explore rallying with a forehand.

Rallying

Explore underarm rallying with a partner catching after one bounce.

Rallying

Explore underarm rallying with a partner.

Footwork

Explore changing direction, running and stopping.

Footwork

Demonstrate a variety of footwork patterns relevant to the game they are playing e.g. a split step and a chasse.

Footwork

Demonstrate effective footwork patterns to move around the court.

Footwork

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

Footwork

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

Footwork

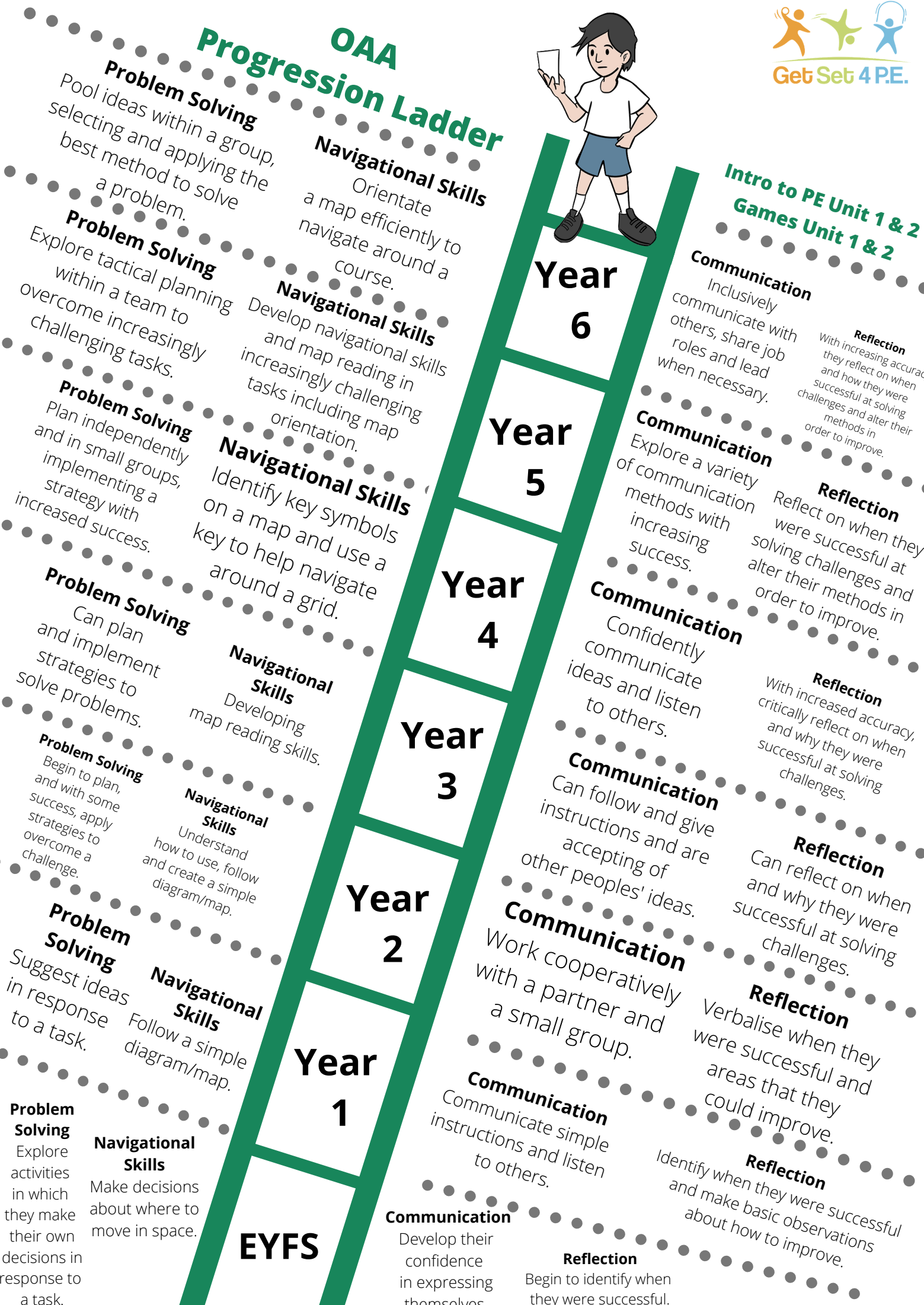
Consistently use the ready position to move towards a ball.

Footwork

Use the ready position to move towards a ball.



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.

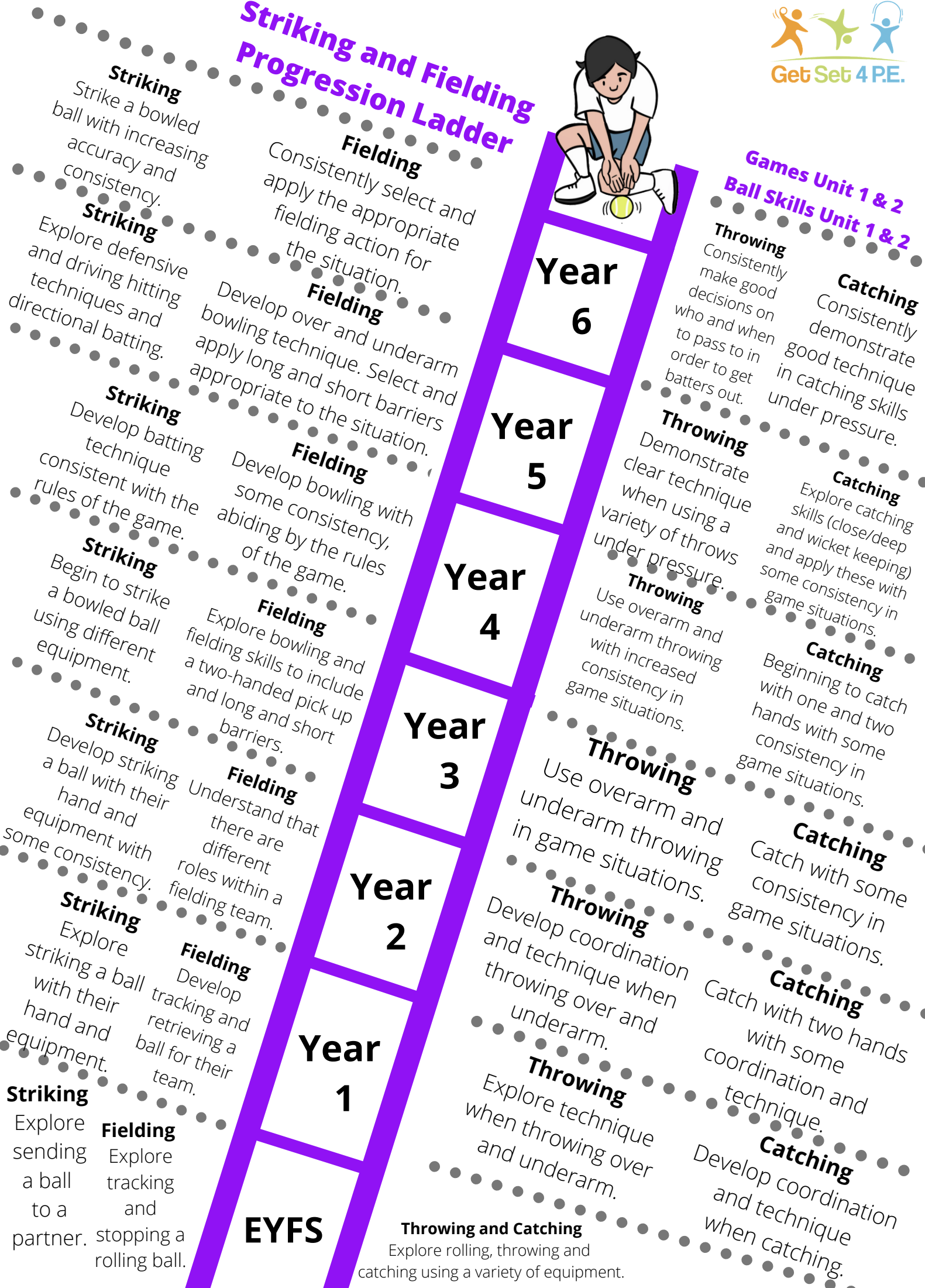
Reflection
With increasing accuracy they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.

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



Striking and Fielding Progression Ladder

Games Unit 1 & 2 Ball Skills Unit 1 & 2



Striking
Strike a bowled ball with increasing accuracy and consistency.

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

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

Catching
Consistently demonstrate good technique in catching skills under pressure.

Striking
Explore defensive and driving hitting techniques and directional batting.

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

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

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

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

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

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

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

Striking
Begin to strike a bowled ball using different equipment.

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

Throwing
Use overarm and underarm throwing in game situations.

Catching
Catch with some consistency in game situations.

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

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

Throwing
Develop coordination and technique when throwing over and underarm.

Catching
Catch with two hands with some coordination and technique.

Striking
Explore striking a ball with their hand and equipment.

Fielding
Develop tracking and retrieving a ball for their team.

Throwing
Explore technique when throwing over and underarm.

Catching
Develop coordination and technique when catching.

Striking
Explore sending a ball to a partner.

Fielding
Explore tracking and stopping a rolling ball.

EYFS

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



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.



Target Games Progression Ladder

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

Throwing
 Consistently make good decisions on who and when to throw at in order to get opponents out.

Throwing
 Demonstrate clear technique when throwing under pressure.

Throwing
 Throw with increasing accuracy and success in game situations.

Throwing
 Explore throwing at a moving target.

Throwing Overarm
 Develop co-ordination and technique when throwing overarm at a target.

Throwing Overarm
 Explore technique when throwing overarm towards a target.

Catching
 Explore catching using a variety of equipment.

Throwing
 Explore throwing using a variety of equipment.

(Dodgeball) Catching
 Make quick decisions on when to catch and when to dodge.

(Dodgeball) Catching
 Demonstrate good technique and consistency in catching skills under pressure.

(Dodgeball) Catching
 Catch with increasing consistency in game situations.

(Dodgeball) Catching
 Build the confidence to attempt catching in game situations.

Year 2

Year 1

EYFS

Year 6

Year 5

Year 4

Year 3

Throwing Underarm
 Develop co-ordination and technique when throwing underarm at a target.

Throwing Underarm
 Explore technique when throwing underarm towards a target.

striking
 Explore sending a ball to a partner.

Striking
 Successfully select and apply a wider range of striking techniques appropriate to the situation.

Striking
 Develop a wider range of striking techniques and begin to use them under pressure.

Striking
 Explore striking techniques appropriate to the situation.

Striking
 Begin to explore striking a ball with sport specific equipment.

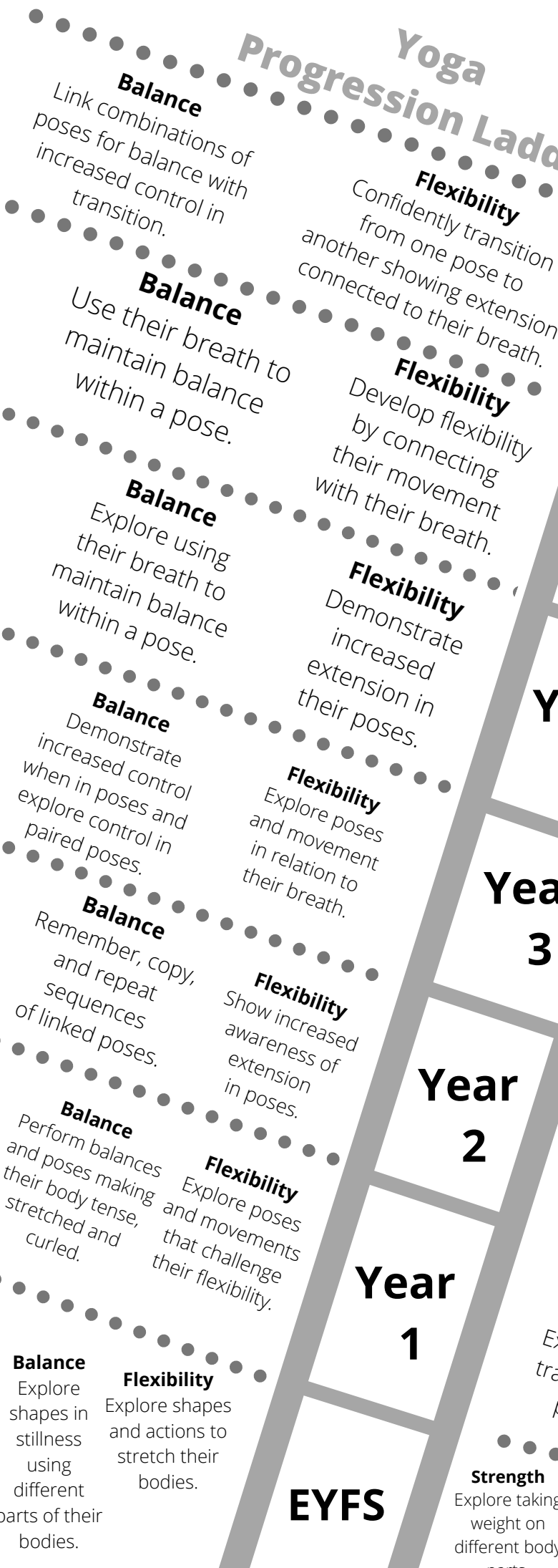
Striking
 Develop striking a ball with equipment with some consistency.

Striking
 Explore striking a ball with their hand and equipment.



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.