

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 Hurdle with greater control and coordination.	Jumping Develop take off position when jumping for height.
Running Apply fluency and coordination when running for speed in relay changeovers.	Running Effectively apply speeds appropriate for the event.	Jumping Develop power, control and consistency in jumping for distance.
Running Develop an understanding of speed and pace in relation to distance.	Running Develop power and speed in the sprinting technique.	Jumping Develop technique when jumping for distance.
Running Develop the sprinting technique and apply it to relay events.	Running Develop fluency and rhythm when running over obstacles.	Jumping Explore fluency and technique in the vertical jump.
Running Develop the sprinting action.	Running Explore rhythm when running over obstacles.	Jumping Develop technique in a range of approaches and take off positions.
Running Explore running at different speeds.	Running Explore running over obstacles.	Jumping Develop jumping, hopping and skipping actions.
Running Explore running and stopping.	Running Explore running on the balls of their feet.	Jumping Develop balance whilst jumping and landing.
		Jumping Explore jumping and hopping safely.

Year 6

Year 5

Year 4

Year 3

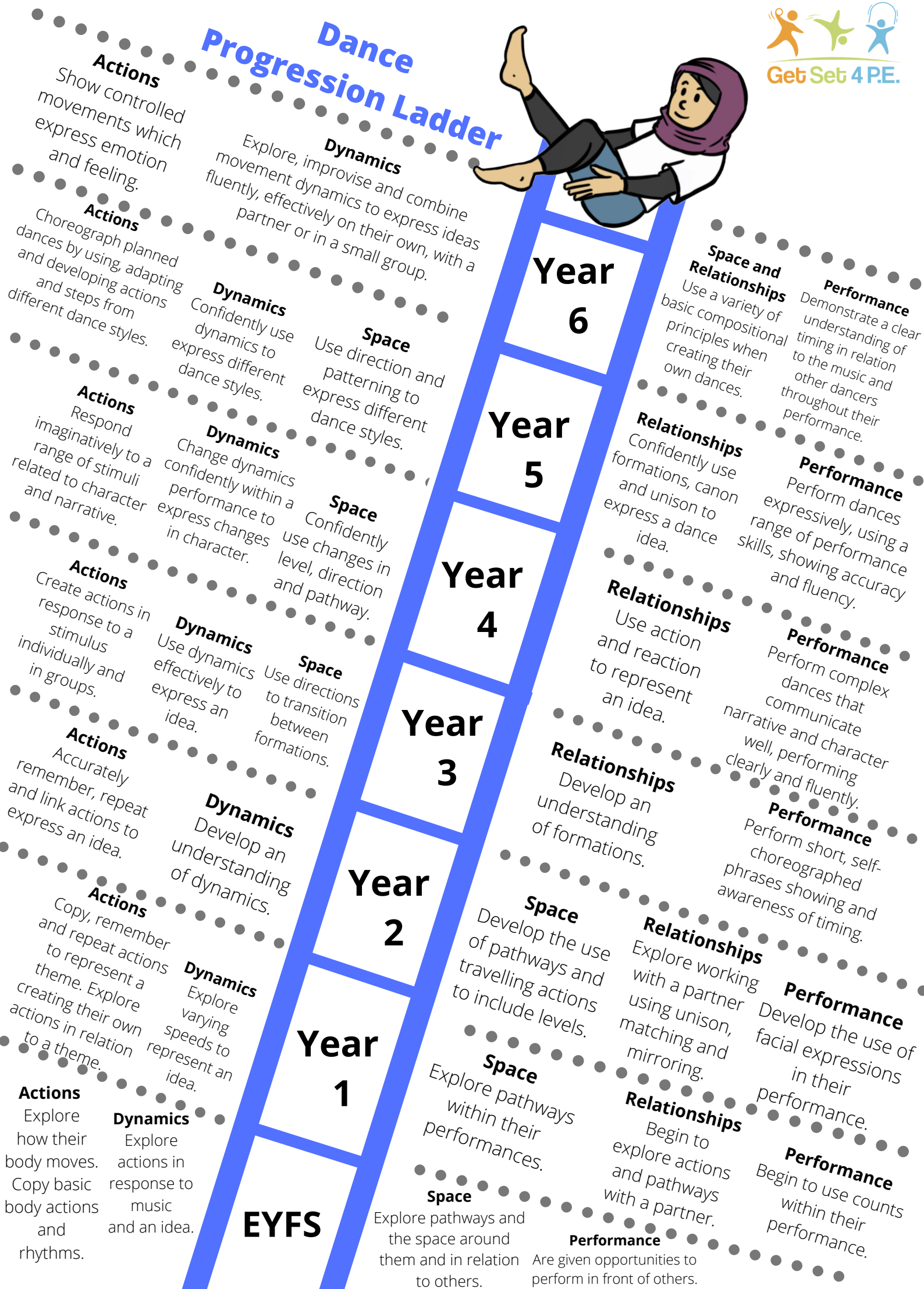
Year 2

Year 1

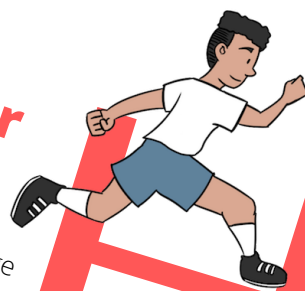
EYFS

Jumping Develop power, control and technique in the triple jump.	Throwing Develop power, control and technique when throwing discus and javelin.
Jumping Explore technique and rhythm in the triple jump.	Throwing Develop technique and power in javelin and shot put.
Jumping Explore fluency and technique in the vertical jump.	Throwing Explore power and technique when throwing for distance in a pull throw.
Jumping Develop jumping for height and safety on landing.	Throwing Explore the technique for a pull throw.
Jumping Explore safely jumping for distance and height.	Throwing Develop overarm throwing for distance.
Jumping Explore hopping, jumping and leaping for distance.	Throwing Explore throwing for distance and accuracy.
Throwing Explore throwing to a target.	

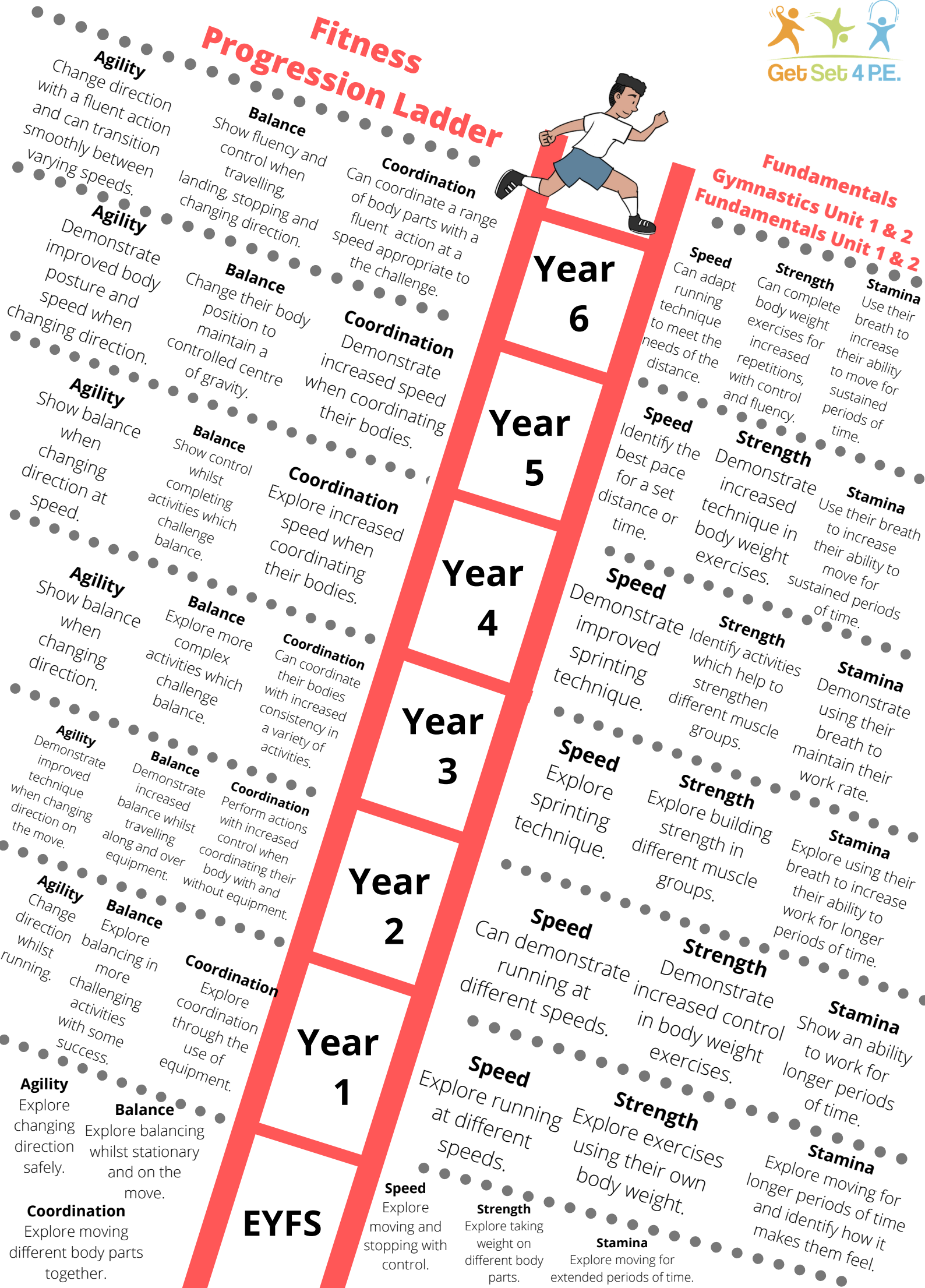
Dance Progression Ladder



Fitness Progression Ladder



Fundamentals Gymnastics Unit 1 & 2 Fundamentals Unit 1 & 2



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.

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 6

Year 5

Year 4

Year 3

Year 2

Year 1

EYFS

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

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 6

Year 5

Year 4

Year 3

Year 2

Year 1

EYFS

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.

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.

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.

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.

Attacking
Explore changing direction to move away from a partner.

Defending
Explore tracking and move to stay with a partner.

Space
Recognise good space when playing games.

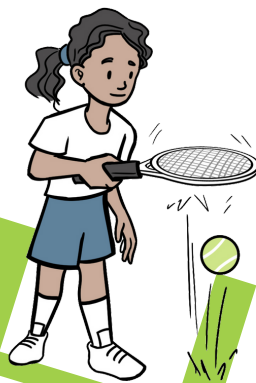
Attacking & defending
Explore changing direction and tagging games.

Space
Recognise their own space.



Get Set 4 P.E.

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.

Serving

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

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.

Shots

Demonstrate increased technique when using shots both cooperatively and competitively.

Serving

Develop technique in serving underarm with increased consistency.

Shots

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

Serving

Explore serving from an underarm serve.

Hitting

Develop hitting a dropped ball over a net.

Feeding

Accurately underarm throw over a net to a partner.

Hitting

Explore hitting a dropped ball with a racket.
Throw a ball over a net to land into the court area.

Feeding

Year 1

Feeding and Rallying

Explore sending a ball to a partner.

EYFS

Hitting
Explore hitting a ball with their hands.

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.

Rallying

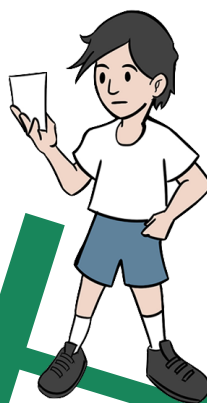
Explore underarm rallying with a partner.

Footwork

Use the ready position to move towards a ball.

Footwork

Explore changing direction, running and stopping.



OAA Progression Ladder

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

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
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
Confidently communicate ideas and listen to others.

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

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
Work cooperatively with a partner and a small group.

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

Communication
Communicate simple instructions and listen to others.

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

Communication
Develop their confidence in expressing themselves.

Reflection
Begin to identify when they were successful.

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

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

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

Navigational Skills
Developing map reading skills.

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

Navigational Skills
Follow a simple diagram/map.

Navigational Skills
Make decisions about where to move in space.

EYFS

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

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

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

Problem Solving
Can plan and implement strategies to solve problems.

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

Problem Solving
Suggest ideas in response to a task.

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

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

EYFS



Swimming Progression Ladder

<p>Strokes</p> <p>Identify their personal best in a range of strokes. Successfully select and apply their fastest stroke over a distance of 25m.</p>	<p>Breathing</p> <p>Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m.</p>	<p>Water Safety</p> <p>Can select and apply the appropriate survival technique for the situation.</p>
<p>Strokes</p> <p>Demonstrate increased technique in a range of strokes, swimming over a distance of 25m.</p>	<p>Breathing</p> <p>Explore underwater breaststroke breathing technique over a distance of 25m.</p>	<p>Water Safety</p> <p>Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.L.P and huddle positions.</p>
<p>Strokes</p> <p>Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p>	<p>Breathing</p> <p>Demonstrate improved breathing technique in front crawl.</p>	<p>Water Safety</p> <p>Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.</p>
<p>Strokes</p> <p>Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p>	<p>Breathing</p> <p>Begin to explore front crawl breathing technique.</p>	<p>Water Safety</p> <p>Explore techniques for personal survival to include survival strokes such as sculling and treading water.</p>
<p>Strokes</p> <p>Begin to use arms and legs together, more effectively across the water unaided.</p>	<p>Breathing</p> <p>Begin to explore breathing in sync with their kicking action.</p>	<p>Water Safety</p> <p>Demonstrate an awareness of water safety and float on their front and on their back.</p>
<p>Strokes</p> <p>Can swim over a 10m distance with a buoyancy aid.</p>	<p>Breathing</p> <p>Can submerge confidently in the water.</p>	<p>Water Safety</p> <p>Become aware of water safety and explore floating on their front and back.</p>



Target Games Progression Ladder

Dodgeball Fundamentals Sending & Receiving 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
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
Make quick decisions on when to catch and when to dodge.

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

Catching
Catch with increasing consistency in game situations.

Catching
Build the confidence to attempt catching in game situations.

Catching
Demonstrate some coordination and technique when catching.

Catching
Develop coordination and technique when catching.

Year 1

EYFS

Year 3

Year 4

Year 5

Year 6

Dodging
Make quick decisions on when to dodge, when to catch and the type of dodge to use.

Dodging
Demonstrate improved body posture and speed when dodging in game situations.

Dodging
Explore a variety of dodging techniques.

Dodging
Show balance when changing direction.

Dodging
Demonstrate improved technique when changing direction on the move.

Dodging
Change direction whilst running.

Dodging
Explore changing direction safely.

Blocking
Explore receiving a ball.

Blocking
Consistently attempt to block with increasing control in the appropriate game situation.

Blocking
Use blocking skills abiding by the rules of the game.

Blocking
Demonstrate blocking skills in game situations.

Blocking
Explore blocking skills under little or no pressure.

Blocking
Demonstrate moving to track a ball with increasing success.

Blocking
Explore moving to track a ball.

Yoga Progression Ladder



Fundamentals Unit 1 & 2 Gymnastics Unit 1 & 2

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.

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.

Strength

Demonstrate increased control and strength when in a pose.

Mindfulness

Can engage with mindfulness activities with increased focus.

Strength

Explore arm balances with some control.

Mindfulness

Develop their ability to stay still and keep their focus.

Strength

Demonstrate increased control in performing poses.

Mindfulness

Explore controlling their focus and sense of calm.

Strength

Explore strength whilst transitioning from one pose to another.

Mindfulness

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

Strength

Explore taking weight on different body parts.

Mindfulness

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

Yoga

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.

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.

EYFS