

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.

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

Throwing
Develop power, control and technique when throwing discus and shot put.

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.

Jumping
Explore technique and rhythm in the triple jump.

Throwing
Develop technique and power in javelin and shot put.

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.

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

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

Year 3

Jumping
Develop technique when jumping for distance in a range of approaches and take off positions.

Throwing
Explore the technique for a pull throw.

Running
Develop the sprinting action.

Jumping
Develop jumping, hopping and skipping actions.

Jumping
Explore safely jumping for distance and height.

Throwing
Develop overarm throwing for distance.

Running
Explore running at different speeds.

Jumping
Develop balance whilst jumping and landing.

Jumping
Explore hopping, jumping and leaping for distance.

Throwing
Explore throwing for distance and accuracy.

Running
Explore running and stopping.
Explore running on the balls of their feet.

EYFS

Jumping
Explore jumping and hopping safely.

Throwing
Explore throwing to a target.

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.

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.

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.

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.

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.

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.

Year 6

Year 5

Year 4

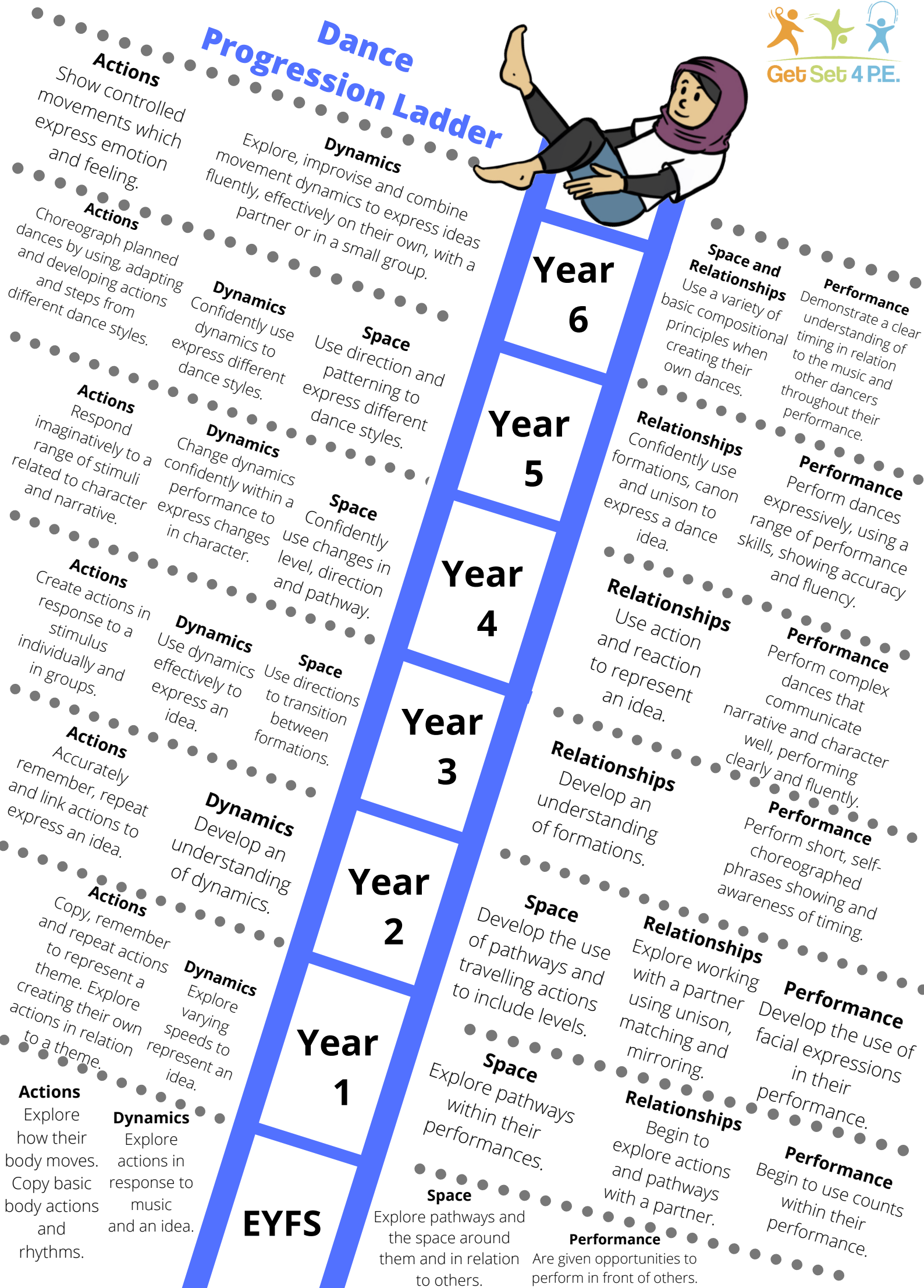
Year 3

Year 2

Year 1



Dance Progression Ladder



Actions
Show controlled movements which express emotion and feeling.

Actions
Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.

Actions
Respond imaginatively to a range of stimuli related to character and narrative.

Actions
Create actions in response to a stimulus individually and in groups.

Actions
Accurately remember, repeat and link actions to express an idea.

Actions
Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme.

Actions
Explore how their body moves. Copy basic body actions and rhythms.

Dynamics
Explore, improvise and combine movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group.

Dynamics
Confidently use dynamics to express different dance styles.

Dynamics
Change dynamics confidently within a performance to express changes in character.

Dynamics
Use dynamics effectively to express an idea.

Dynamics
Develop an understanding of dynamics.

Dynamics
Explore varying speeds to represent an idea.

Dynamics
Explore actions in response to music and an idea.

Space
Use direction and patterning to express different dance styles.

Space
Confidently use changes in level, direction and pathway.

Space
Use directions to transition between formations.

Space
Develop the use of pathways and travelling actions to include levels.

Space
Explore pathways within their performances.

Space
Explore pathways and the space around them and in relation to others.

Year 6

Year 5

Year 4

Year 3

Year 2

Year 1

EYFS

Space and Relationships
Use a variety of basic compositional principles when creating their own dances.

Relationships
Confidently use formations, canon and unison to express a dance idea.

Relationships
Use action and reaction to represent an idea.

Relationships
Develop an understanding of formations.

Relationships
Explore working with a partner using unison, matching and mirroring.

Relationships
Begin to explore actions and pathways with a partner.

Performance
Are given opportunities to perform in front of others.

Performance
Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.

Performance
Perform dances expressively, using a range of performance skills, showing accuracy and fluency.

Performance
Perform complex dances that communicate narrative and character well, performing clearly and fluently.

Performance
Perform short, self-choreographed phrases showing and awareness of timing.

Performance
Develop the use of facial expressions in their performance.

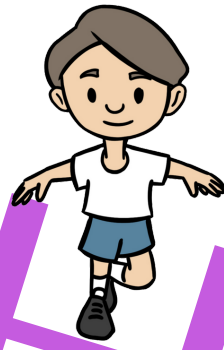
Performance
Begin to use counts within their performance.

Fitness Progression Ladder



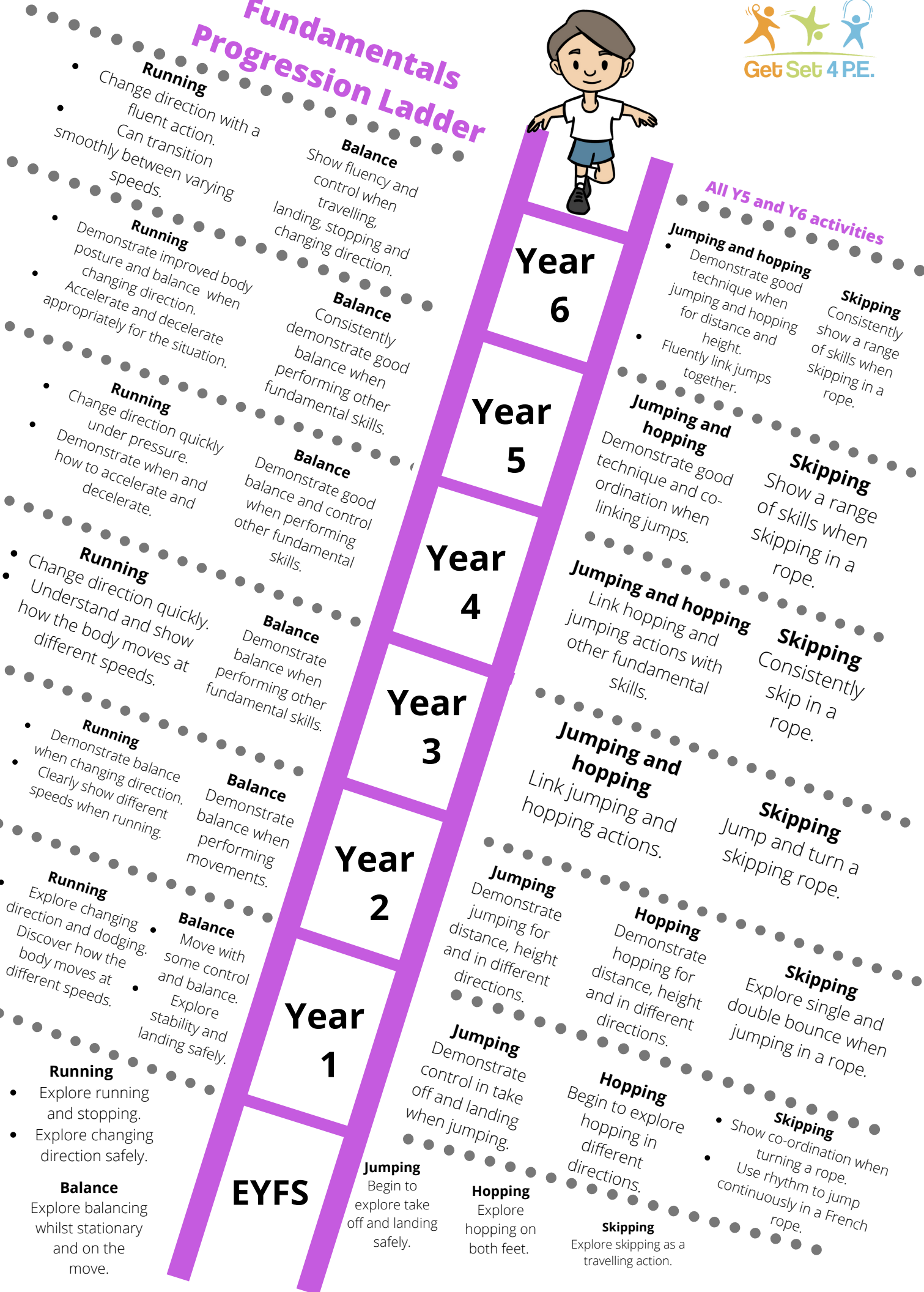
Gymnastics Unit 1 & 2 Fundamentals Unit 1 & 2

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



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.

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 rocking and rolling.

Balances
Explore counter balances and counter tension balances.

Balances
Explore symmetrical and asymmetrical balances.

Balances
Develop control and fluency in individual and partner balances.

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

Balances
Develop the straight, barrel, and forward roll.

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

Balances
Explore barrel, straight and forward roll progressions.

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.

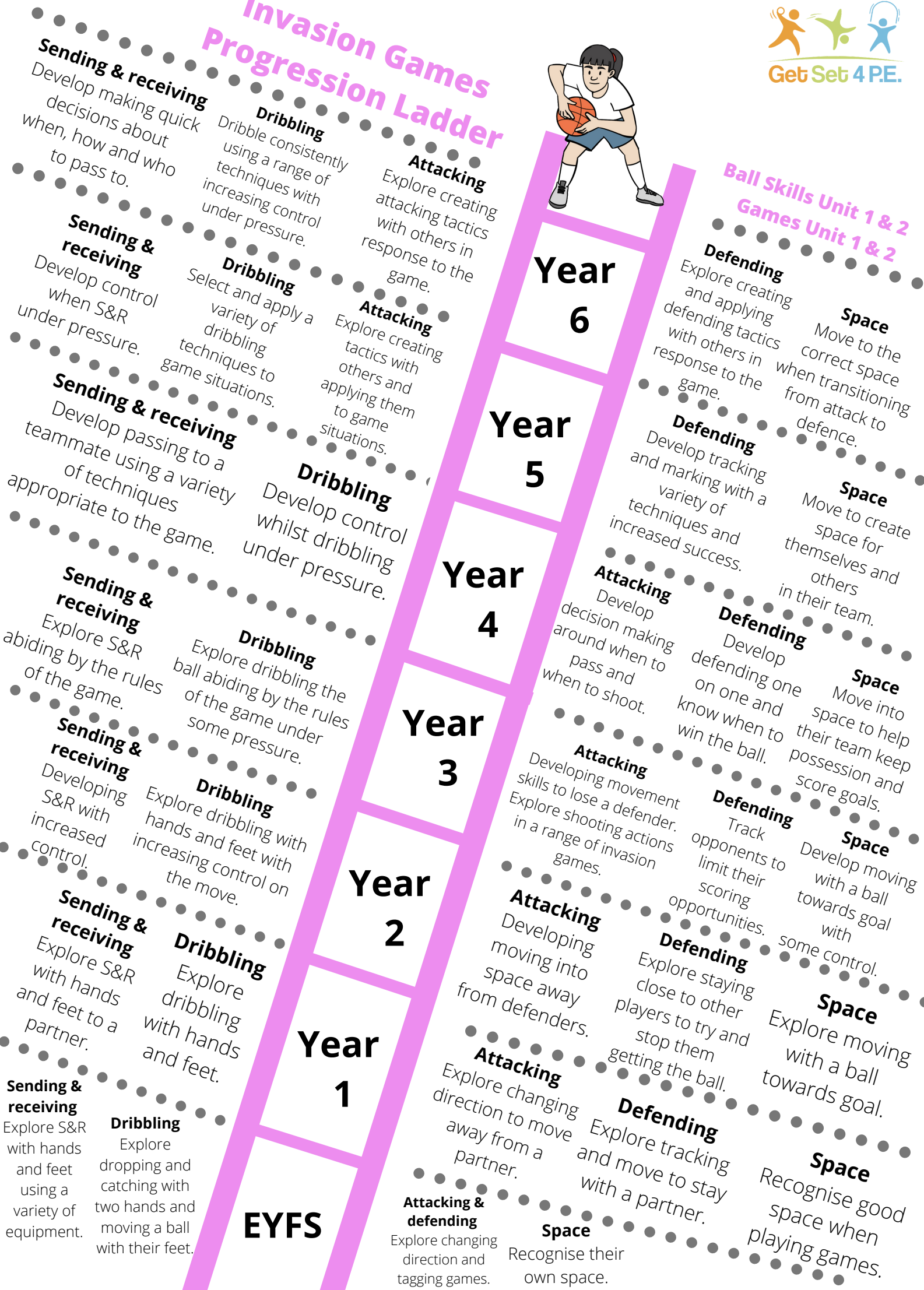
Jumps
Explore shape jumps including jumping off low apparatus.

Jumps
Explore jumping safely.

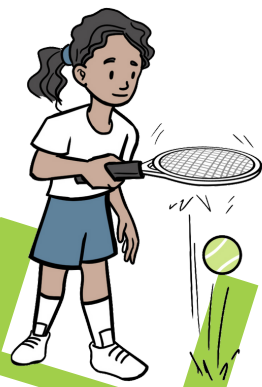


Invasion Games Progression Ladder

Ball Skills Unit 1 & 2 Games Unit 1 & 2



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 1

Rallying
Explore underarm rallying with a partner.

Footwork
Explore changing direction, running and stopping.

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 3

Rallying
Explore rallying with a forehand.

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

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 5

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

Footwork
Demonstrate effective footwork patterns to move around the court.

Year 6

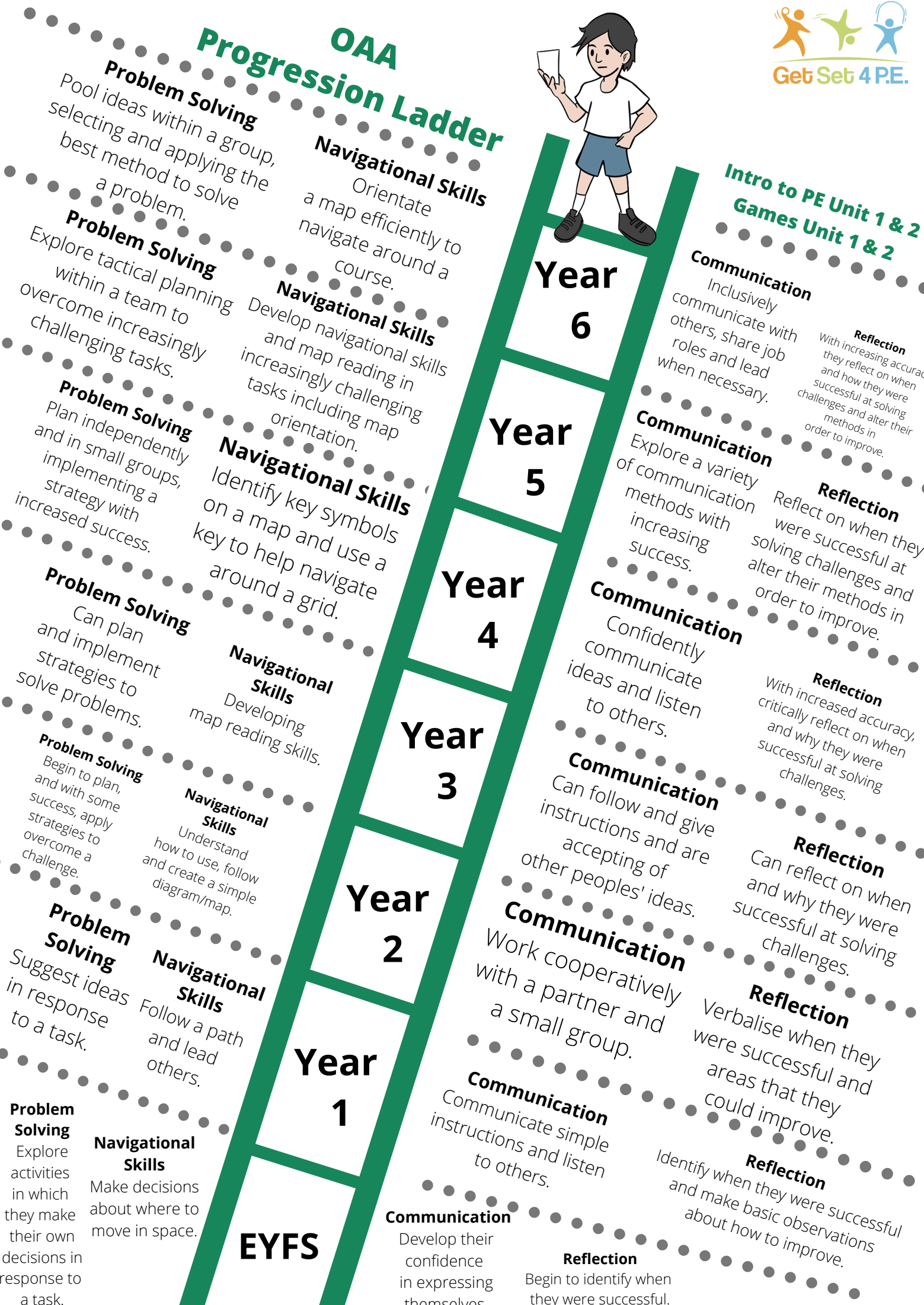
Rallying
Successfully apply a variety of shots to keep a continuous rally.

Footwork
Demonstrate a variety of footwork patterns relevant to the game they are playing.

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 path and lead others.

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.

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.

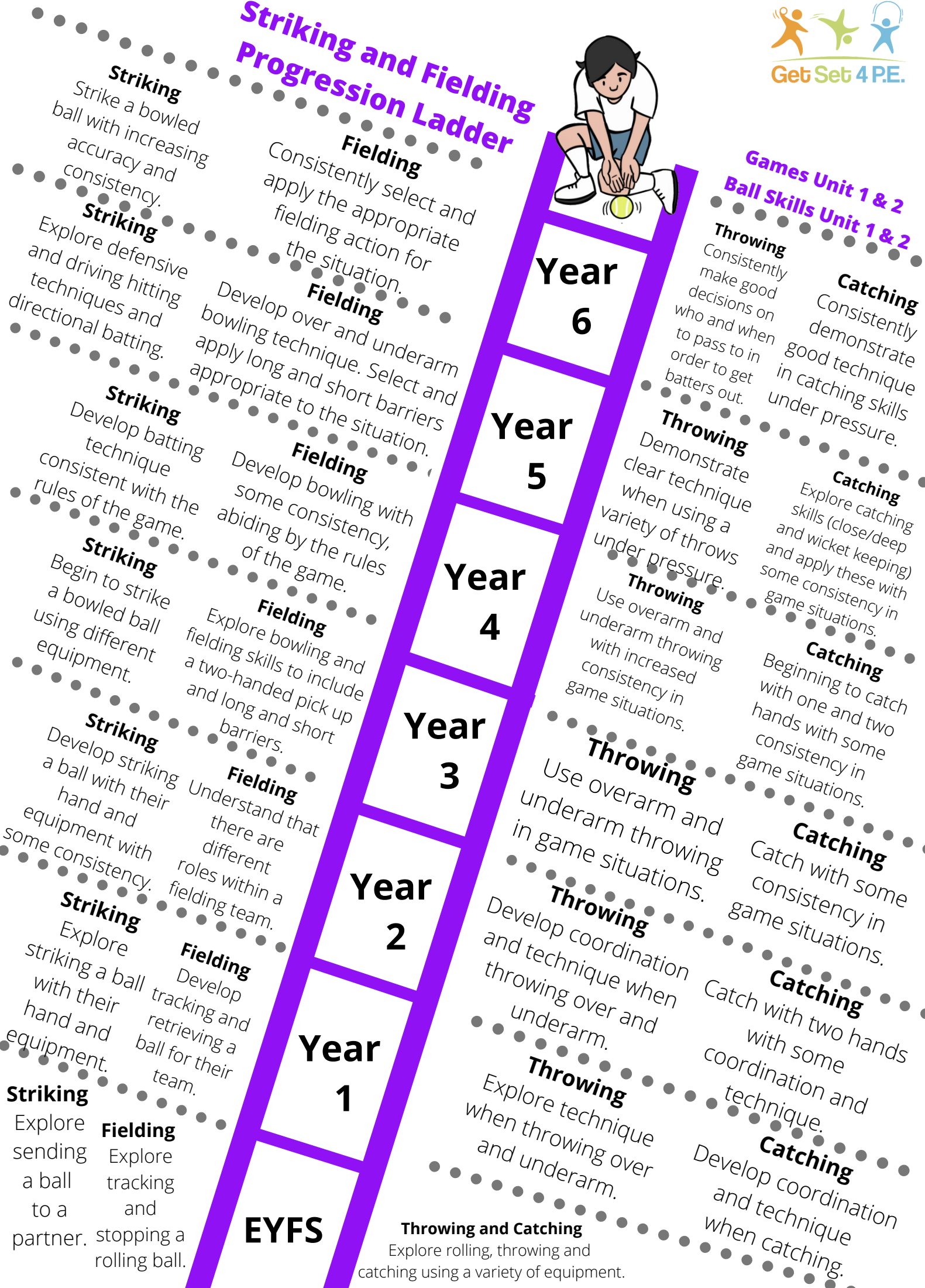
Reflection
With increasing accuracy they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.

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

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

Throwing Underarm
 Explore technique when throwing underarm towards a target.

Striking
 Develop striking a ball with equipment with some consistency.

Striking
 Explore striking a ball with their hand and equipment.

Year 1

striking
 Explore sending a ball to a partner.

Year 6

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.

Year 4

Year 3

Year 2

Year 1

EYFS



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.