## **Foundation**

Progression of skills

Year 1

Progression

of skills

### Locomotion: Walking

Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game

### Locomotion: Jumping

Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping

### Ball Skills Hands 1

Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling. pushing and bouncing

### **Ball Skills Feet**

Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent

### Ball Skills Hands 2

Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching

### Locomotion: Runnina

Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a competitive game

### Locomotion: Jumping

Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game

### Ball Skills Hands 1

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

### **Ball Skills Feet**

Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point

### Ball Skills Hands 2

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

### Locomotion: Dodging

Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams

### Locomotion: Jumping

Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations

### **Ball Skills Hands 1**

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

### **Ball Skills Feet**

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

### **Ball Skills Hands 2**

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

Progression of skills





# **Foundation** Progression of skills

Year 1

Progression

of skills

### High, Low, Over, Under

Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus

### Moving (Gymnastics)

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

### **Nursery Rhymes**

Moving in sequence Creating our own movements

Creating simple movement sequences

Responding in movement to words and music

Exploring contrasting tempos Exploring character movements

### Ourselves

Moving in sequence Responding in movement to words and music Moving with props and

contrasting tempos

Creating their own movements

Exploring opposites and creating simple movement sequences

### Wide, Narrow, Curled

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

### **Body Parts**

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

### The Zoo

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

### Growing

Responding to rhythm Developing the growing plant 'dance'

Introduction to motifs Creating motifs

Creating movement sequences

Relationships and performance

# Year 2

of skills

### Linking

Completion of sequences and

performance

Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences

### **Pathways**

Explore/develop zig-zag pathways/on apparatus Explore/develop curved pathways/ on apparatus

Creation of pathway sequences Completion of pathways sequences and performance

### Exploring

Responding to stimuli Developing our motif with expression and emotion

Applying choreography in our motifs

Extending our motifs Sequences, relationships and performance

### Water

Responding to stimuli Developing whole group movement

Improvisation and physical descriptions

Creating contrasting movement sequences

Sequences, relationships and performance

Progression









