

# 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**  
Effectively apply speeds appropriate for the event.

**Running**  
Develop an understanding of speed and pace in relation to distance.

**Running**  
Develop power and speed in the sprinting technique.

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

**Running**  
Develop the sprinting action.

**Jumping**  
Develop jumping, hopping and skipping actions.

**Running**  
Explore running at different speeds.

**Jumping**  
Develop balance whilst jumping and landing.

**Running**

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

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

**Jumping**  
Develop power, control and consistency in jumping for distance.

**Running**  
Develop power and speed in the sprinting technique.

**Year 4**

**Year 3**

**Year 2**

**Year 1**

**EYFS**

**Year 6**

**Year 5**

**Year 4**

**Year 3**

**Year 2**

**Year 1**

**EYFS**

**Jumping**  
Explore jumping and hopping safely.

**Throwing**  
Explore throwing to a target.

**Jumping**  
Explore hopping, jumping and leaping for distance.

**Throwing**  
Explore throwing for distance and accuracy.

**Jumping**  
Explore safely jumping for distance and height.

**Throwing**  
Develop overarm throwing for distance.

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

**Throwing**  
Explore the technique for a pull throw.

**Jumping**  
Develop technique when jumping for distance.

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

**Jumping**  
Explore technique and rhythm in the triple jump.

**Throwing**  
Develop technique and power in javelin and shot put.

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

# 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**

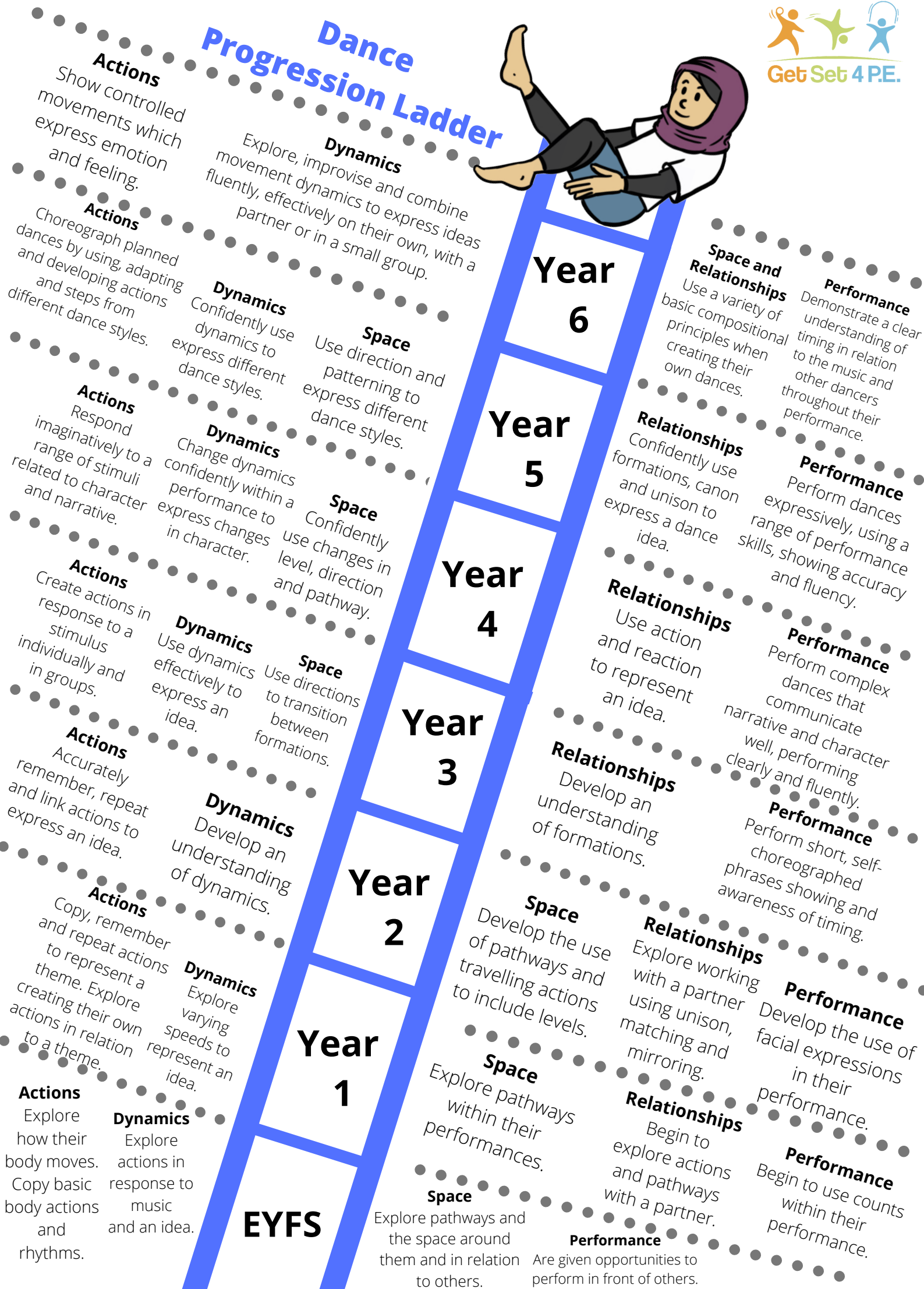
**Year 3**

**Year 2**

**Year 1**

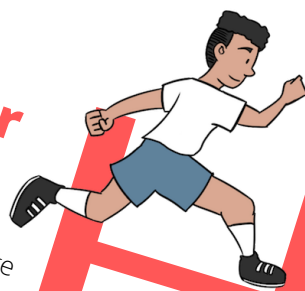


# Dance Progression Ladder

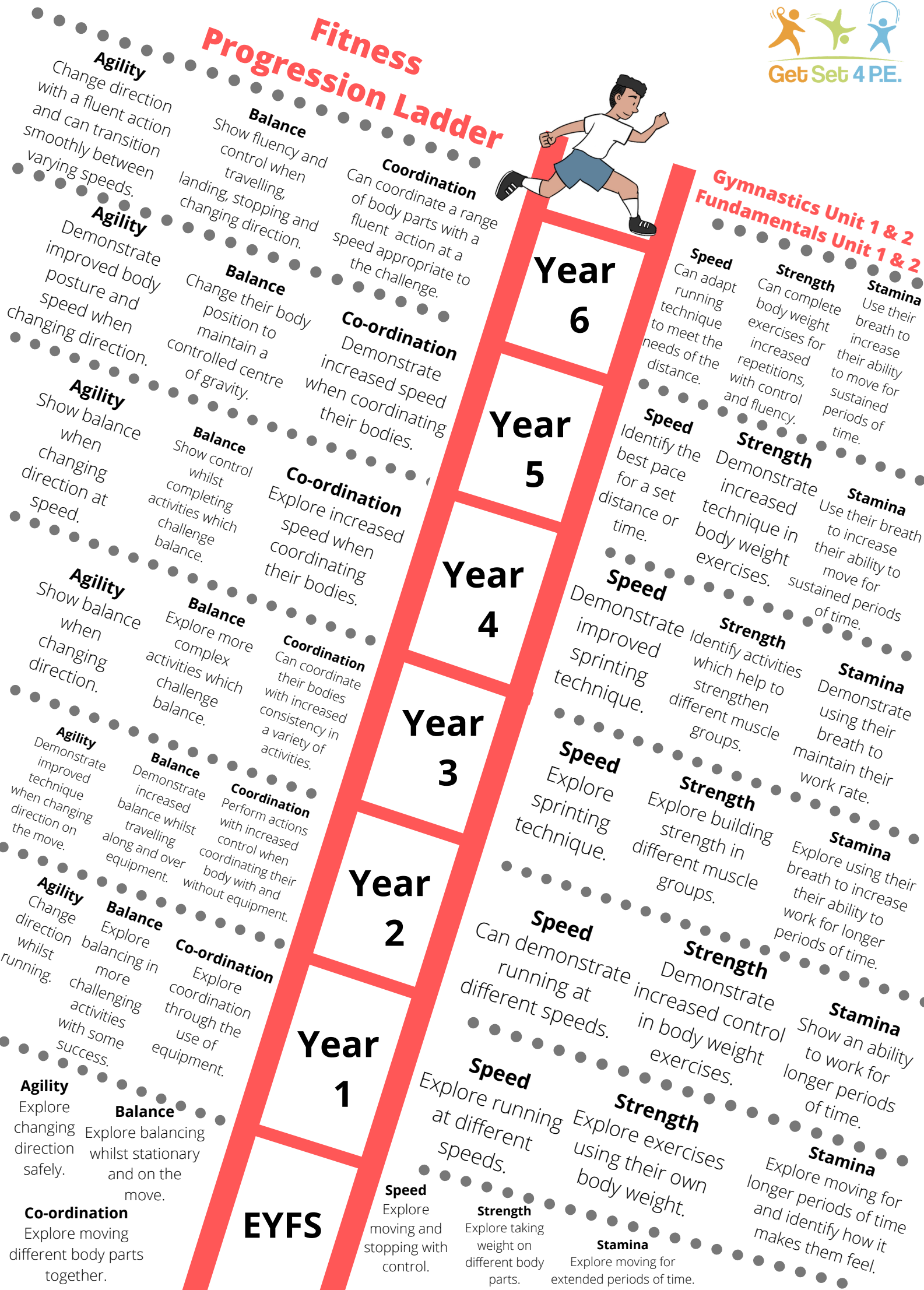


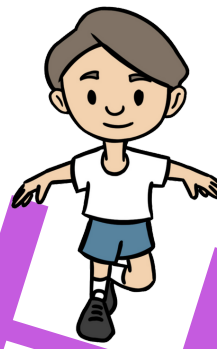


# Fitness Progression Ladder



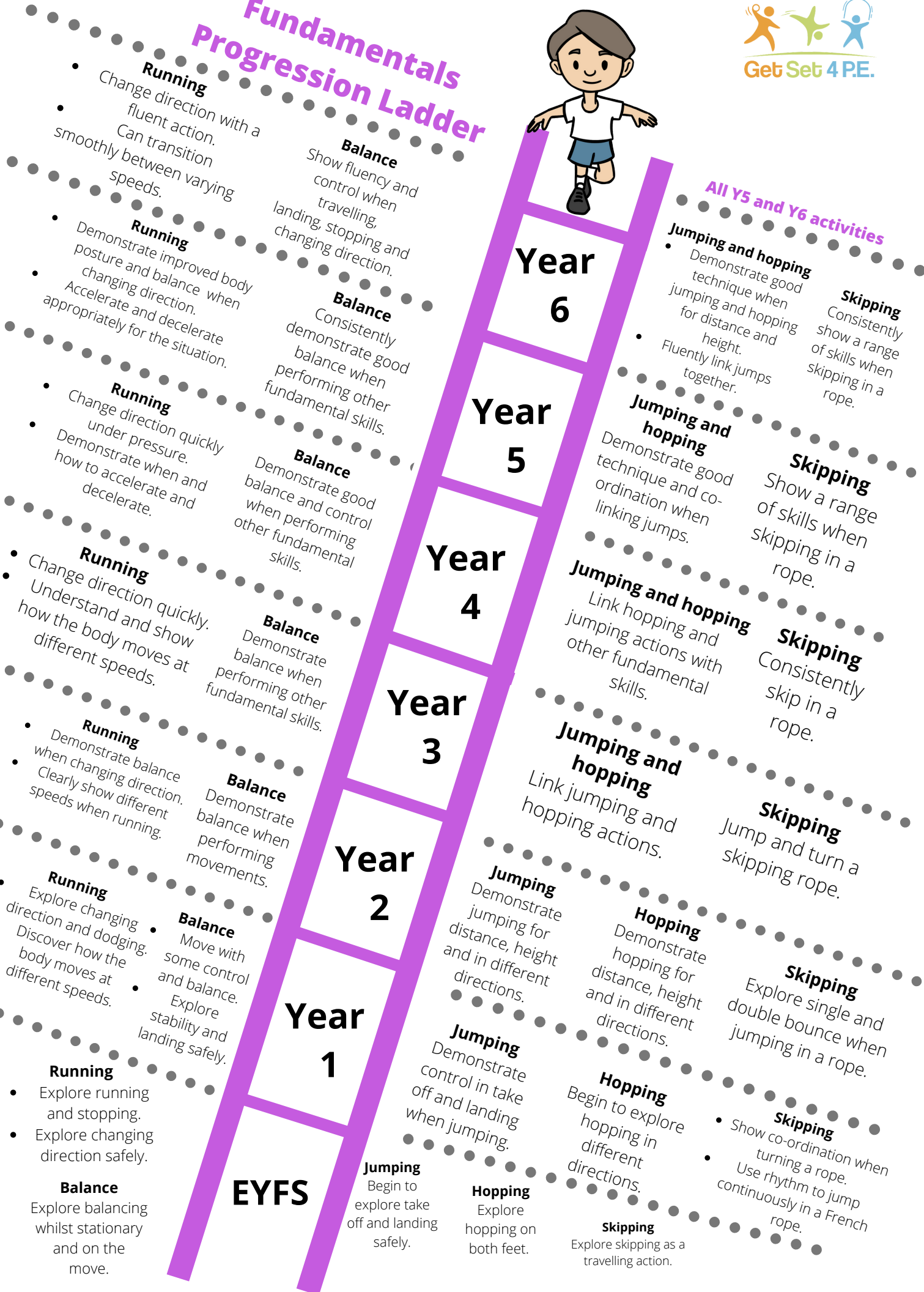
## Gymnastics Unit 1 & 2 Fundamentals Unit 1 & 2





# Fundamentals Progression Ladder

All Y5 and Y6 activities



## Running

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

## Running

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

## Running

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

## Running

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

## Running

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

## Running

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

## Running

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

## Balance

- Explore balancing whilst stationary and on the move.

## Balance

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

## Balance

- Consistently demonstrate good balance when performing other fundamental skills.

## Balance

- Demonstrate good balance and control when performing other fundamental skills.

## Balance

- Demonstrate balance when performing other fundamental skills.

## Balance

- Demonstrate balance when performing movements.

## Balance

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

## 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

- Demonstrate hopping for distance, height and in different directions.

## Hopping

- Begin to explore hopping in different directions.

## Skipping

- Explore skipping as a travelling action.

## Jumping and hopping

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

## Jumping and hopping

- Demonstrate good technique and co-ordination when linking jumps.

## Jumping and hopping

- Link hopping and jumping actions with other fundamental skills.

## Jumping and hopping

- Link jumping and hopping actions.

## Skipping

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

## Skipping

- Show a range of skills when skipping in a rope.

## Skipping

- Consistently skip in a rope.

## Skipping

- Jump and turn a skipping rope.

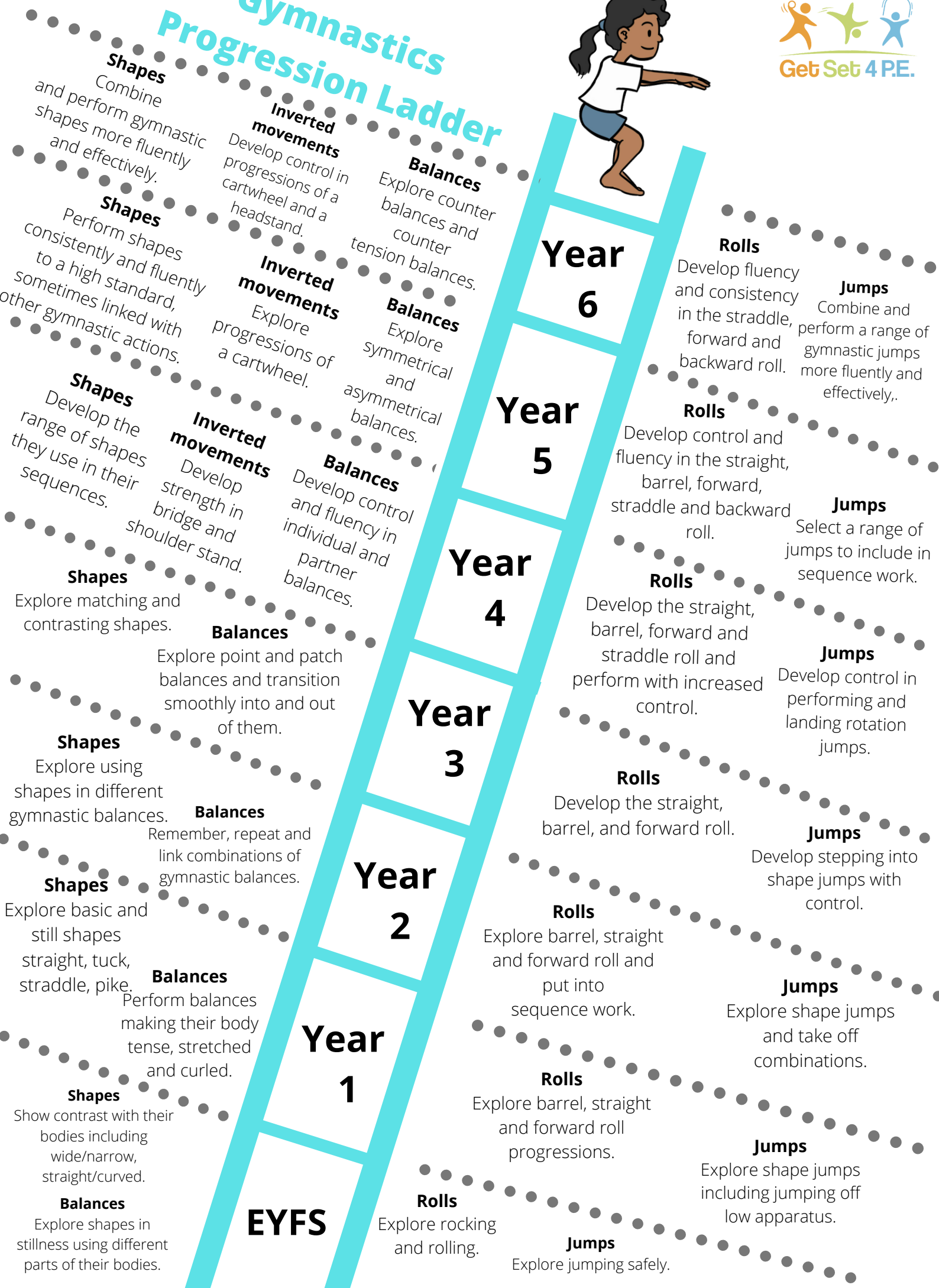
## Skipping

- Explore single and double bounce when jumping in a rope.

## Skipping

- Show co-ordination when turning a rope.
- Use rhythm to jump continuously in a French rope.

# 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.

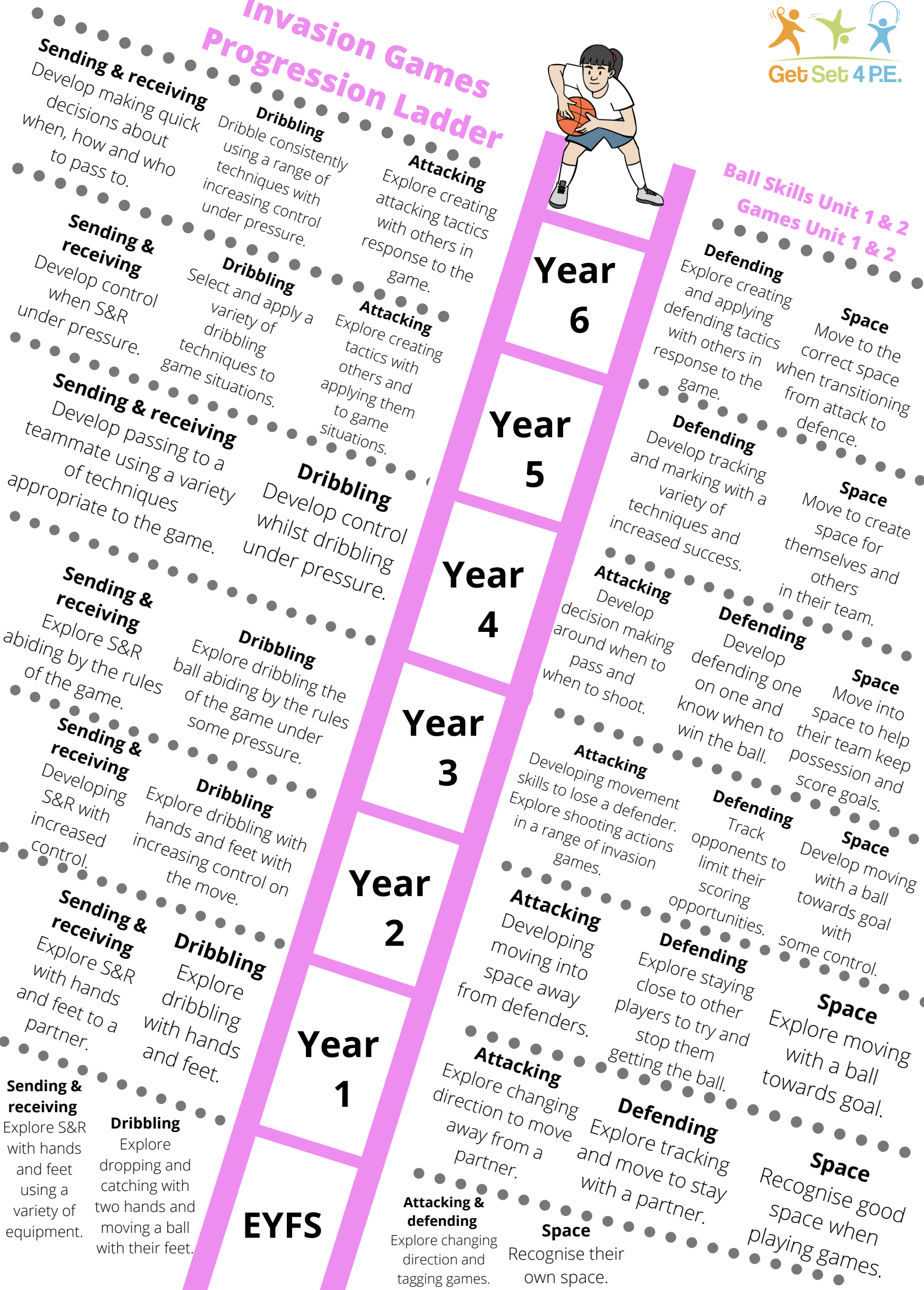
**Jumps**  
Explore jumping safely.





# Invasion Games Progression Ladder

## Ball Skills Unit 1 & 2 Games Unit 1 & 2



**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**

**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**  
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**  
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**  
Developing S&R with increased control.

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

**Year 2**

**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 to a partner.

**Dribbling**  
Explore dribbling with hands and feet.

**Year 1**

**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.

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

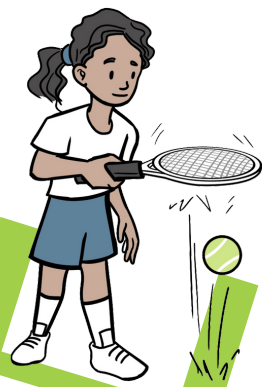
**Dribbling**  
Explore dropping and catching with two hands and moving a ball with their feet.

**EYFS**

**Attacking & defending**  
Explore changing direction and tagging games.

**Space**  
Recognise their own space.

# 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**

**Footwork**  
Explore changing direction, running and stopping.

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

**Footwork**  
Demonstrate effective footwork patterns to move around the court.

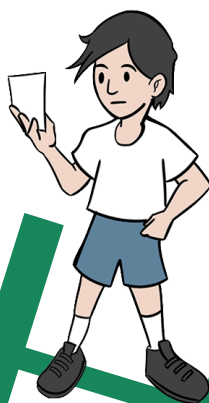
**Footwork**  
Begin to use appropriate footwork patterns to move around the court.

**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

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.

## Navigational Skills

Make decisions about where to move in space.

**EYFS**

## Navigational Skills

Oriente 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 path and lead others.

**Year 1**

**Year 2**

**Year 3**

**Year 4**

**Year 5**

**Year 6**

## Communication

Develop their confidence in expressing themselves.

Communicate simple instructions and listen to others.

Work cooperatively with a partner and a small group.

Can follow and give instructions and are accepting of other peoples' ideas.

Confidently communicate ideas and listen to others.

Explore a variety of communication methods with increasing success.

Inclusively communicate with others, share job roles and lead when necessary.

## Reflection

Begin to identify when they were successful.

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

Can reflect on when and why they were successful at solving challenges.

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

Reflect on when they were successful at solving challenges and alter their methods in order to improve.

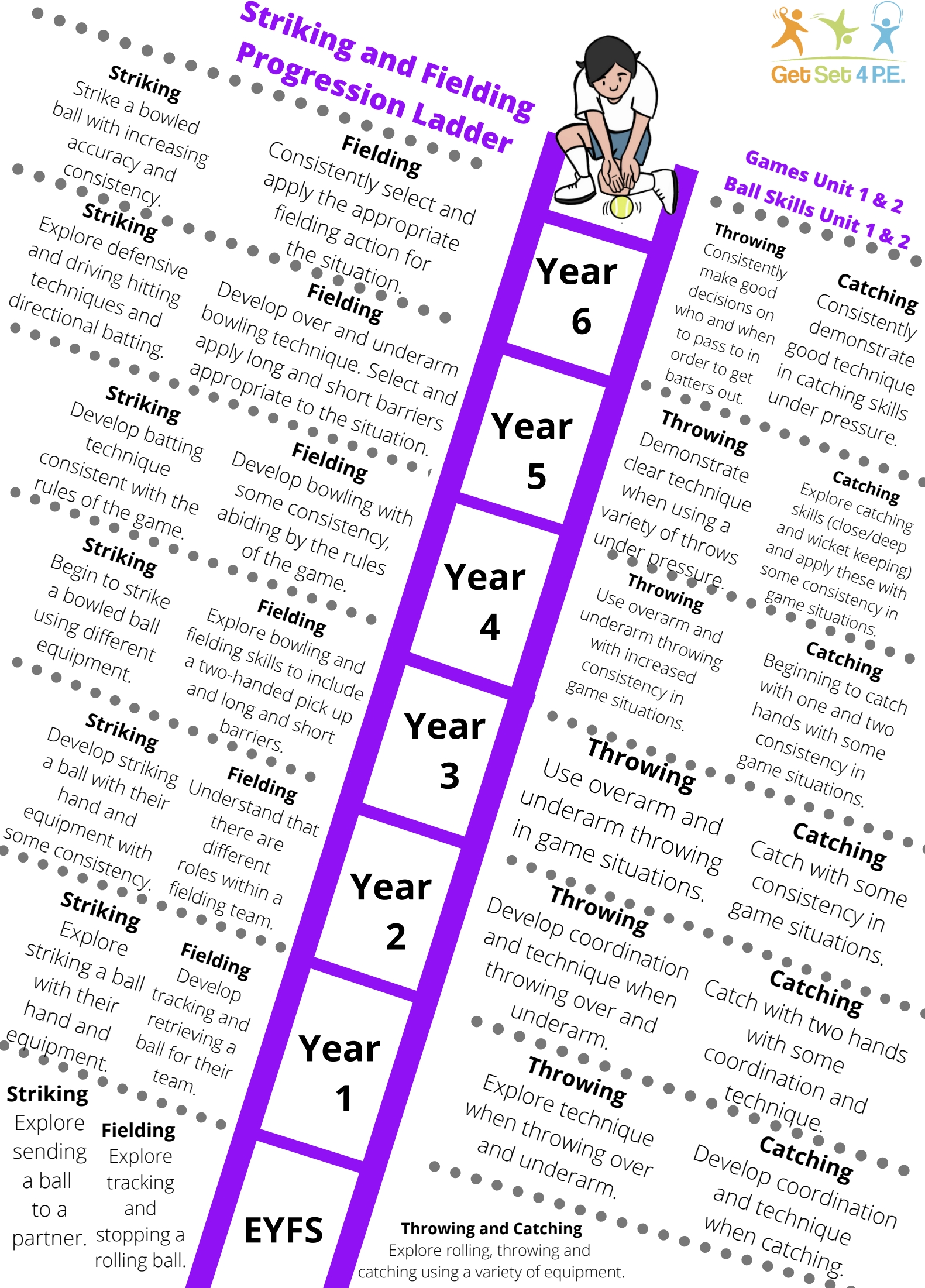
With increasing accuracy they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.

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



# Striking and Fielding Progression Ladder

## Games Unit 1 & 2 Ball Skills Unit 1 & 2



**Year 6**

**Year 5**

**Year 4**

**Year 3**

**Year 2**

**Year 1**

**EYFS**

**Striking**  
Strike a bowled ball with increasing accuracy and consistency.

**Striking**  
Explore defensive and driving hitting techniques and directional batting.

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

**Striking**  
Begin to strike a bowled ball using different equipment.

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

**Striking**  
Explore striking a ball with their hand and equipment.

**Striking**  
Explore sending a ball to a partner.

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

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

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

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

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

**Fielding**  
Develop tracking and retrieving a ball for their team.

**Fielding**  
Explore tracking and stopping a rolling ball.

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

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

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

**Throwing**  
Use overarm and underarm throwing in game situations.

**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**  
Consistently demonstrate good technique in catching skills under pressure.

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

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

**Catching**  
Catch with some consistency in game situations.

**Catching**  
Catch with two hands with some coordination and technique.

**Catching**  
Develop coordination and technique when catching.



# 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**  
 Begin to explore striking a ball with sport specific equipment.

**Striking**  
 Explore striking techniques appropriate to the situation.

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

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

**Year 6**

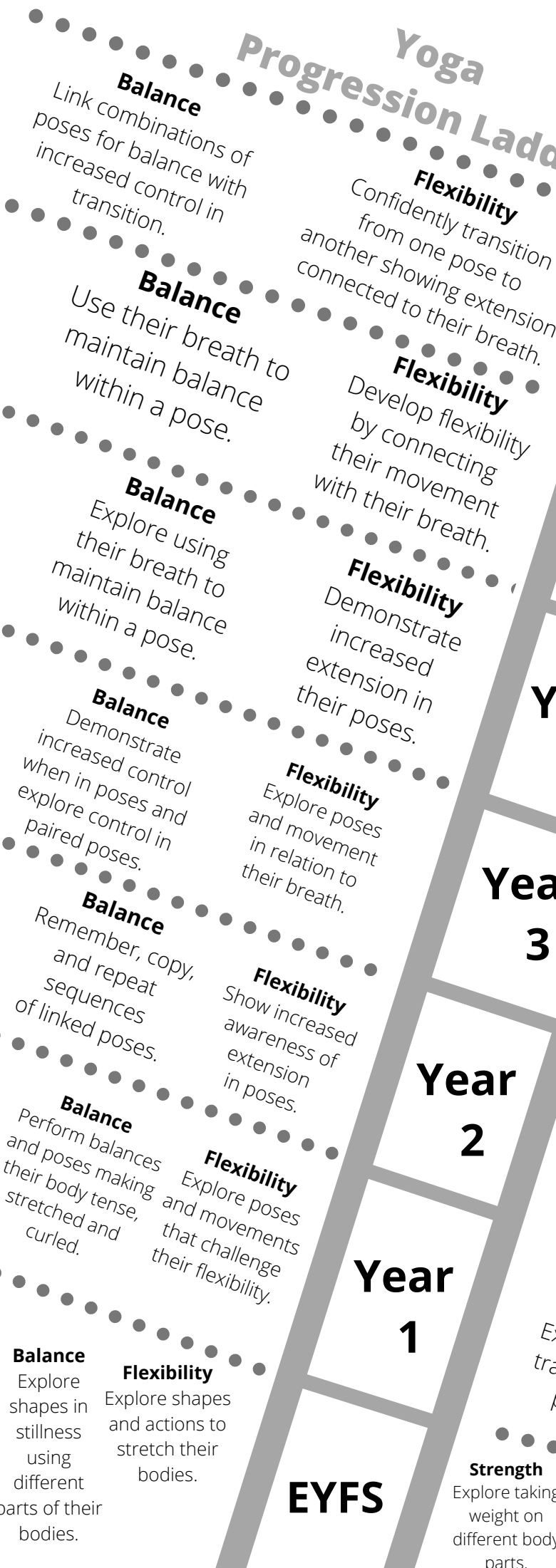
**striking**  
 Explore sending a ball to a partner.

**EYFS**



# Yoga Progression Ladder

Fundamentals Unit 1 & 2  
Gymnastics Unit 1 & 2



**Balance**  
Explore shapes in stillness using different parts of their bodies.

**Flexibility**  
Explore shapes and actions to stretch their bodies.

**EYFS**

**Strength**  
Explore taking weight on different body parts.

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

**Year 1**

**Balance**  
Perform balances and poses making their body tense, stretched and curled.

**Flexibility**  
Explore poses and movements that challenge their flexibility.

**Strength**  
Demonstrate increased control in performing poses.

**Mindfulness**  
Explore controlling their focus and sense of calm.

**Year 2**

**Balance**  
Remember, copy, and repeat sequences of linked poses.

**Flexibility**  
Show increased awareness of extension in poses.

**Strength**  
Explore arm balances with some control.

**Mindfulness**  
Develop their ability to stay still and keep their focus.

**Year 3**

**Balance**  
Demonstrate increased control when in poses and explore control in paired poses.

**Flexibility**  
Explore poses and movement in relation to their breath.

**Strength**  
Demonstrate increased control and strength when in a pose.

**Mindfulness**  
Can engage with mindfulness activities with increased focus.

**Year 4**

**Balance**  
Explore using their breath to maintain balance within a pose.

**Flexibility**  
Demonstrate increased extension in their poses.

**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 5**

**Balance**  
Use their breath to maintain balance within a pose.

**Flexibility**  
Develop flexibility by connecting their movement with their breath.

**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 6**

**Balance**  
Link combinations of poses for balance with increased control in transition.

**Flexibility**  
Confidently transition from one pose to another showing extension connected to their breath.

**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.