

**Foundation**  
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

**Games For  
Understanding**  
Taking turns/keeping the score  
Understanding and  
playing by the rules  
Avoiding a defender  
Preventing an attacker  
from scoring  
Applying attacking and  
defending into a game

**Year 1**  
Progression  
of skills

**Locomotion:  
Running**  
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

**Games For  
Understanding**  
Understanding the principles  
of attack/defence  
Applying attacking/ defending  
principles into a game  
Consolidate attacking/defending

**Year 2**  
Progression  
of skills

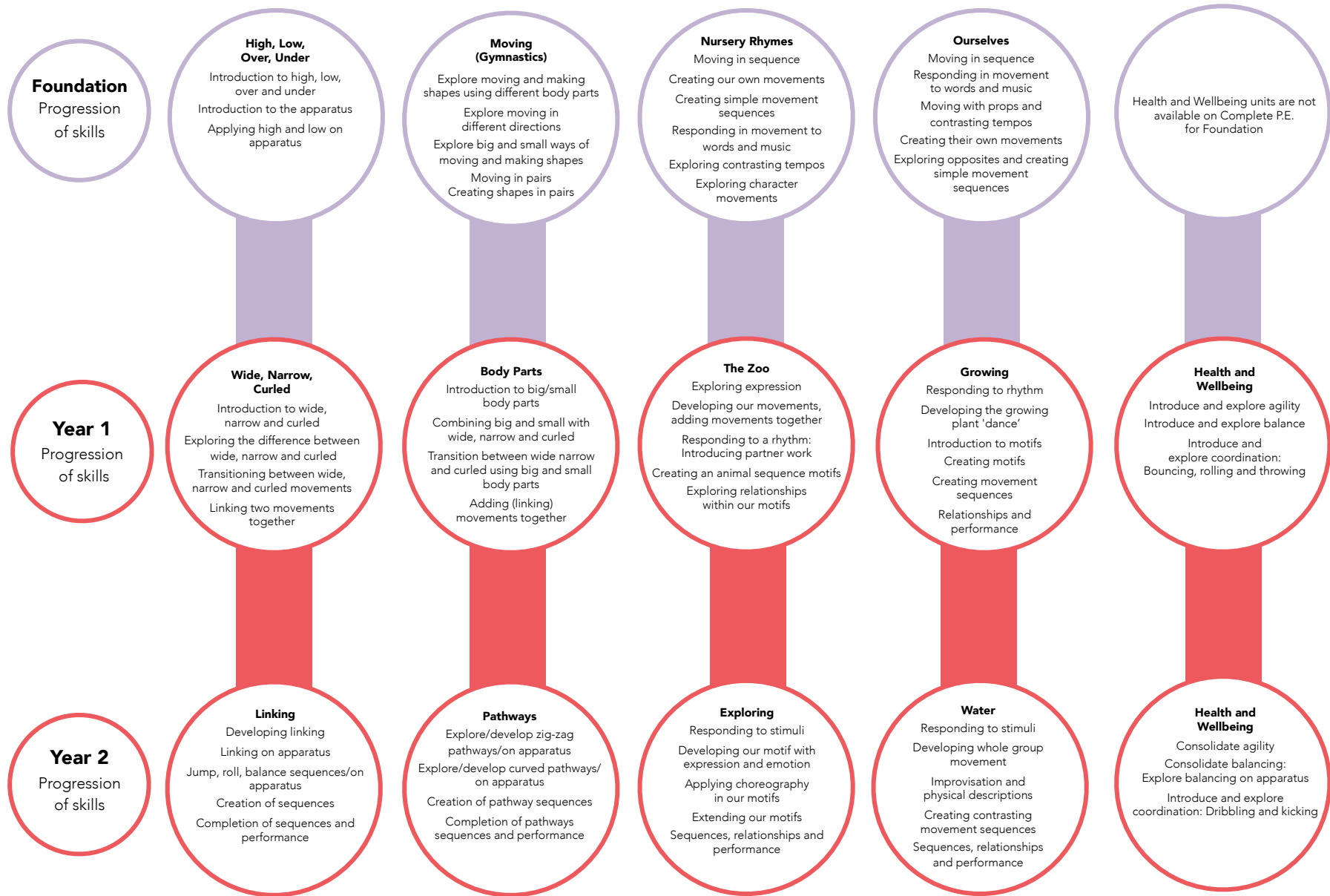
**Locomotion:  
Dodging**  
Explore dodging  
Develop dodging  
Apply dodging:  
Explore attacking and defending  
Apply dodging in teams

**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

**Games For  
Understanding**  
Attacking/defending as a team  
Understanding the transition  
between defence and attack  
Create and apply attacking/  
defensive tactics



## Foundation

Progression  
of skills

Team Building units are not  
available on Complete P.E. for  
Foundation

### Ball Skills Hands 2

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

## Year 1

Progression  
of skills

### Team Building

Introducing teamwork  
Develop teamwork  
Building trust and  
developing communication  
Cooperation and communication  
Explore simple strategies  
Problem solving:  
Consolidate teamwork

### 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

Progression  
of skills

### Team Building

Introducing teamwork  
Develop teamwork  
Building trust and  
developing communication  
Cooperation and communication  
Explore simple strategies  
Problem solving:  
Consolidate teamwork

### 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