# 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

## Locomotion: Dodging Evalure dodgin

Year 2
Progression
of skills

# 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

#### 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

Health and Wellbeing units are not available on Complete P.E. for Foundation

## Year 1

Progression of skills

#### 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

#### Health and Wellbeing

Introduce and explore agility Introduce and explore balance

Introduce and explore coordination:
Bouncing, rolling and throwing

## Year 2

Progression of skills

#### Linking

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

Completion of sequences and performance

#### Pathways

Explore/develop zig-zag pathways/on apparatus Explore/develop curved pathways/ on apparatus Creation of pathway sequences

Creation of pathway sequence

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

#### Health and Wellbeing

Consolidate agility
Consolidate balancing:
Explore balancing on apparatus

Introduce and explore coordination: Dribbling and kicking











