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| Gymnastics Skills of progression |
| EYFS | I can jump off an object and land appropriatelyI can travel with confidence under, over and through balancing and climbing equipment I can show control over and co-ordination in large and small movements. I can move confidently in a range of ways, safely negotiating space. I can experiment with different ways of moving. |
| Year 1 | I can balance with control on different body parts.I can perform a forwards roll to sitting independently. I can link two or more actions to make a sequence.I can show contrasts (e.g. small/tall. straight/curved, wide/narrow. I can climb safely on low level equipment. I can stretch and curl to develop flexibility. I can jump in a variety of ways and land with control and balance. |
| Year 2 | I can copy and remember actionsI can perform a forwards roll to standing independently I can perform a backwards roll to kneeling I can hold a position whilst balancing on different points of my body I can climb safely on large equipmentI can stretch and curl to develop increasing flexibility I can jump from low level apparatus performing a tuck or stretch jump and land safely with control. |
| Year 3 | I can roll forwards and backwards competently and confidently I can support my body weight using different body parts I can perform balances of increasing difficulty for a count of 5 I can hold a headstand with tucked knees I can refine movement into sequences I can show changes of direction, speed and level during a performanceI can swing and hang from equipment safely using hands |
| Year 4 | I can plan, perform and repeat sequences I can move in a clear, fluent and expressive manner I can perform a headstand with my legs outstretched I can perform a cartwheel safely I can travel in a variety of ways (e.g. flight by transferring weight to generate power in movement) I understand centre and gravity and can use this to create interesting body shapes |
| Year 5 | I can perform a forwards roll, backwards roll, headstand and cartwheel competently I can perform a handstand with support I can perform a straddle jump from low level apparatus I can perform jumps with half and full turns from the ground and off platforms I can create complex and well executed sequences that include a range of movementTravelling, Balances, Swinging, Bending, Stretching, Twisting, Gestures, Linking shapes I can link sequences of movement effectively I can practice and refine gymnastics techniques I demonstrate good kinaesthetic awareness |
| Year 6 | I can create complex and well executed sequences that include a range of movement: Springing, Flight, Vaults, Inversions, Rotations, Hold, shapes that are strong, fluent and expressive I can vary speed, direction, level and body rotation during floor performances I can perform a forwards and backwards roll, a headstand, cartwheel, handstand and attempt a round off I can practice and refine the gymnastics techniques listed above I can use equipment to vault and to swing, remaining upright |

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| Invasion Games Skills of Progression |
| EYFS | I can kick a large ball I can catch a large ball I can throw a range of balls I can move a ball with some control using different body parts |
| Year 1 | I show control when rolling a ballI can run with control I can catch a ball/moving an object I can kick with control I can bounce and catch a ball I can play catch with a partner I can play piggy in the middle |
| Year 2 | I understand the terms ‘opponent’ and ‘team mate’ I can develop basic tactics for small team games I can lead others I can kick a ball to a partner accurately I can continuously bounce a bouncy ball I can dribble with control using my feet I can dribble with control using a hockey stick |
| Year 3 | I can throw and catch various objects/balls with control and accuracy (chest pass, overhead pass, bounce pass)I follow rules of games and play fairly I can maintain possession of a ball when faced with opposition (e.g. feet, hockey stick, hands) I can pass to teammates when appropriate in a pressured situation I can contribute in both defence and attack to help my team |
| Year 4 | I can choose appropriate tactics to cause problems for the oppositionI can pass and receive across a range of sports with increasing confidenceI am an effective team member and understand the different roles of different positions within the team I can lead a team effectivelyI can travel confidently and at speed with the ball towards my opponents goal using changes of speed and direction to attempt to go past defenders I work hard to find space in game situations so as to be available for my team mates to pass to me |
| Year 5 | I can choose and combine techniques in games (e.g. running, throwing, catching, passing, jumping and kicking) I can work alone or with team mates in order to gain points or possession I can strike a volleyed ball with some accuracyI can choose appropriate tactics for a game and pass these ideas to others I attack and defend at speed and with real purpose applying my skills to help benefit the team I uphold the spirit of fair play and respect in all competitive situations |
| Year 6 | I can dribble, pass and receive competently and so I think more about anticipating the next phase of the game I can apply my skills at speed, in a full scale game to help me outwit opponents I can volley a ball accurately I am fully involved at all times, aware of my role even when play isn’t close to me I want to win and understand how I can best help achieve the team goal I can help and coach others where I feel it useful  |

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| Dance skills of Progression |
| EYFS | I can skip in time to music I can hop confidently I can move confidently, freely and with pleasure in a variety of ways I can create movements in response to music I can use movements to express feelings I enjoy joining in with dancing and ring games I can sing songs, make music and dance and experiment ways of changing them |
| Year 1 | I can move with control and coordination I can link two or more actions in a sequence I am confident expressing moods and feelings through dance |
| Year 2 | I can copy and remember moves and positions I can choose appropriate movements to communicate mood/feelings/ ideas I can follow a simple 4 or 8 count I can move in time to the music and take my cues from the music |
| Year 3 | I can refine movement into sequencesI can change speed and level within a performance I can develop suppleness through stretching I can perform elements of a routine by myself, with a partner and as part of a larger group |
| Year 4 | I can plan, perform and repeat sequences I can move in a clear, fluent and expressive manner I can create dances and movements that convey a clear idea I can develop physical strength by practicing moves I can improvise freely on my own and with a partner |
| Year 5 | I can compose creative and imaginative dance sequences I can express an idea in original and imaginative ways My choreography fits the mood and speed of the music and changes style when appropriate |
| Year 6 | I can perform expressively and hold a precise and strong body posture I can create and perform complex sequences I can perform with high energy, slow grace or other themes and maintain this throughout a performance I can perform complex moves that combine strength and stamina gained through gymnastics (e.g. cartwheels and handstand |

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| Net/Wall skills of Progression |
| EYFS | I can push or pat a large bouncing ball I can hit a stationary ball off a tee using racquet I can flick a ball upwards off a racquet surface |
| Year 1 | I can hit a ball with control using appropriate equipment I can bounce and then pat a small ball with my hand after 1 bounce I can sometimes catch a small ball which I have thrown to myself I can bounce a ball and hit it with a racquet |
| Year 2 | I can hit a ball after 1 bounce in a given directionI can hit a ball with a 1 handed grip on a racquet I can hit a ball thrown to me after only 1 bounce I can catch a tennis ball I can return a thrown ball in the general direction of the thrower |
| Year 3 | I can hold a tennis racket correctly I can perform an underarm swing I can hit a ball back in the direction it came from I can use the correct stance for a forehand I bring my racquet from low to high when playing a forehand I can attempt an underarm rally with a partner over a short distance |
| Year 4 | I can bounce a ball on my tennis racket, keeping it under control I can hit a tennis ball at a fixed target accurately using a forehand technique I can return a thrown tennis ball over a net I can move my feet into a position that helps me hit the ball accurately I can rally with a partner for over 20 shots I can begin understand the rules and can play a games of mini tennis. |
| Year 5 | I can keep a ball bouncing on my racquet for an unlimited period of time I can hit a forehand with topspin and power I can rally with a partner over a net I can play a two handed backhandI can return a thrown ball on both my forehand and backhand side and adjust my feet position accordingly  I uphold the spirit of fair play and respect in all competitive situations |
| Year 6 | I understand the rule and can play a game of mini tennis and apply tactics to help me win I can perform a volley I can use footwork and body position to perform consistent forehands and back hands I can target an area of the court with a forehand My technique allows me to hit the ball over the net but land within the boundaries of the court I can umpire keep score for a tennis match |

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| Striking and Fielding Games Skills and Progression |
| EYFS | I can pat a ball with my hand I can use different equipment to move a ball I can understand that if I hit a ball harder it will go further |
| Year 1 | I can show control when throwing a ball underarm I can catch a ball when it is thrown to me I can hit a ball with control, using appropriate equipment I can hit a ball in different directions |
| Year 2 | I can show control when throwing a ball overarm I can throw a ball through a target e.g. hoops I can lead others in small game situations I can develop basic tactics for small team games I can hit a ball, with control, in different directions e.g. up, down, left, right. |
| Year 3 | I can throw and catch a tennis ball I can hold a cricket bat correctly I can hold a rounder’s bat correctly I can hit a ball when it is bowled for me I can perform a defending strike with a cricket batI can develop fielding strategies |
| Year 4 | I can accurately throw underarm I can hit a ball when it is bowled at me I can tactically arrange fielders I can work as part of a defensive team to catch and stump attacking players out I can understand a basic version of the rules for cricket |
| Year 5 | I can accurately throw overarm I can aim where I want to hit the ball • I can bowl underarm in a game I can catch a high ball I can organise fielders effectively to catch a batter out I can perform attacking and defending shots when batting |
| Year 6 | I can hit the ball consistently and aim for gaps I can bowl accurately and with speed I can know which position to field in I can direct other to likely hitting areas I can catch the ball when behind the batsman I can umpire and keep score for a cricket match  |

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| Athletics skills of Progression |
| EYFS | I can move freely and with pleasure and confidence in a range of ways such as: Slithering, Shuffling, Rolling, Crawling, Walking, Running, Jumping, Skipping, Sliding, Hopping I can run skilfully and negotiate space successfully I can mount stairs and steps using alternative feet I can hop and skip confidently I can run safely on whole foot I can walk upstairs or downstairs holding onto a rail two feet to a step |
| Year 1 | I can run with control I can jump with control I can race against others I can race as part of a team I can overcome obstacles as part of a race e.g small hurdles I can know the difference between jogging and sprinting |
| Year 2 | I can set myself targets to improve my performance I can jump for distance I can throw a ball or small javelin with correct technique I can safely pass a baton to a teammate as part of a relay race I can compete in short and middle-distance races I can change direction at speed |
| Year 3 | I can sprint over a short distance of up to 60m I can use my arms effectively when I run I can understand how to maximise the height/distance I can jump I can use a range of throwing techniques (underarm/overarm) I can compete with others I can improve personal best performances |
| Year 4 | I can run over a longer distance, conserving energy to sustain performance I can throw with the correct technique and accuracy to hit a target or cover a distance e.g. a javelin I can jump in a number of ways, using a run up if appropriate I can use the scissors kick technique when performing a high jump  I can pass a relay baton face to face and one behind the other I can compete with others and aim to improve personal best performances I can combine sprinting with low hurdles over 60m |
| Year 5 | I can throw accurately and refine performance by analysing technique and body shape I can compete with others and keep track of personal best performances, setting targets for improvement I can use power in my arms and legs to sprint as fast as possible I can sprint over hurdles using the correct technique I can pace myself for different events and know which events I am good at I can take off and land safely when performing long jump |
| Year 6 | I can choose the best pace for running over a variety of distances I can compete with others and keep track of personal best performances, setting targets for improvement I am aware and can run with the correct technique for short distance running events I am aware and can run with the correct technique for long distance running events I am aware and can throw with the correct technique for javelin and weighted ball events. I am aware and can jump with the correct technique for triple jump, long jump and high jump events. |