

Locomotion: Walking

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

EYFS

Locomotion: Running

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

Year

Locomotion: Dodging

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

Year



Locomotion: Jumping

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

Locomotion: Jumping

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

Locomotion: Jumping

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

Foundation and KS1 Progression of Skills Overview



Ball Skills Hands 1

- Explore pushing
- Explore rolling
- Explore bouncing
- Explore bouncing into space
- Combine pushing and
- Combine rolling, pushing and bouncing

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 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



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 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 Feet

possession

Develop dribbling/

passing/receiving, keeping

Combine dribbling, passing

possession/to score a point

and receiving, keeping

Apply dribbling, passing

and receiving as a team

to score a point

Ball Skills Hands 2

Explore rolling

Explore catching

Explore throwing overarm

Explore stopping a ball

Explore throwing underarm

Introduce throwing with accuracy

Ball Skills Hands 2

- Apply throwing with accuracy
- Introduce stopping a ball
- Develop sending (rolling) skills to score a point
- Consolidate sending and stopping to win a

Ball Skills Hands 2

- Consolidate pupils application and understanding of underarm throwing
- Applying the underarm and overarm throw to win a
- Applying the underarm throw to beat an opponent

Complete P.E.



High, Over, Under, Over

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



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

Year 1

Linking

- Developing linking
- Linking on apparatus
- Jump, roll, balance sequences/on apparatus
- Creation of sequences
- Completion of sequences and performance

Year 2



Moving

- 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 pair

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

Pathways

- Explore/develop zigzag pathways/on apparatus
- Explore/develop curved pathways/on apparatus
- Creation of pathway sequences
- Completion of pathways sequences and performance

Exploring character

Nursery Rhymes

sequences

words and music

Moving in sequence

Creating our own movements

Creating simple movement

Responding in movement to

Exploring contrasting tempos

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

Exploring

- Responding to stimuli
- Developing our motif with expression and emotion
- Applying choreography in our motifs
- Extending our motifs
- Sequences, relationships and performance



Ourselves

- Moving in sequence
- Responding in movement to words and music
- Moving with props and contrasting tempos
- Creating their own movements
- Exploring opposites.

Growing

- Responding to rhythm
- Developing the growing plant 'dance'
- Introduction to motifs
- Creating motifs
- Creating movement sequences
- Relationships and performance

Water

- Responding to stimuli
- Developing whole group movement
- Improvisation and physical descriptions
- Creating contrasting movement sequences
- Sequences, relationships and performance



PADSTOW SCHOOL

Dinosaurs

- Moving with control
- Adding movements together
- Responding to rhythm in character
- Adding expression to our characters' (dinosaur) movements
- Performing with a partner
- Exploring relationships

Heroes

- Performing movements sequence
- Creating movements that represent superpowers
- Creating movements that represent a superhero rescuing/saving, someone/something
- Exploring character movements

Mr Candy's Sweet Factory

- Exploring expression
- Linking movements together
- Creating a motif with characterisation, expression and emotion
- Extending our motifs with different dynamics (fast and slow)

Foundation and KS1 Progression of Skills Overview





Games For Understanding

- Taking turns/keeping the
- Understanding and playing by the rules
- Avoiding a defender
- Preventing an attacker from scoring

EYFS

Games For Understanding

- Understanding the principles of attack/defence
- Applying attacking/ defending principles into a game
- Consolidate attacking/defending

Year

Games For Understanding

- Attacking/defending as a
- Understanding the between defence and attack
- Create and apply attacking/ defensive tactics

Year 2



Rackets' Bats and Balls

 We have not created a Rackets, Bats and Balls unit for Foundation.

Rackets, Bats and Balls

- Develop pushing (dribbling) a ball with a racket: Introducing control
- Explore hitting and develop pushing a ball (with a racket) towards a target
- Explore hitting a ball (with a racket) with accuracy and power

Rackets, Bats and Balls

- Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent
- Introduce hitting (sending/striking) a ball into a space: Where and why?
- Striking the ball (with a bat) into space with intent



Health and Wellbeing

We have not created a Health and Wellbeing unit for Foundation.



- Introduce and explore
- Introduce and explore

Health and Wellbeing

agility

- Introduce and
- explore coordination: Bouncing, rolling and throwing

Health and Wellbeing

- Consolidate agility
- Consolidate balancing: Explore balancing on apparatus
- Introduce and explore coordination: Dribbling and kicking

Team Building

Team Building

We have not created a

for Foundation.

Health and Wellbeing unit

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

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Foundation and KS1 Progression of Skills Overview