

# Progression Journey: *Gymnastics*

EYFS

Can experiment with different space shapes

Experiment with different jumps

Experiment with different ways of rolling in small shape (moon roll)

Experiment with a rocket roll

Moving along the floor in different ways like aliens sliding, rolling, stretching etc

Show a start shape, rocket roll and finishing shape (beginning of a sequence)

1

Can perform shapes

Perform basic space jump (rocket jump)

Perform a moon rock and a moon roll  
Perform a rocket roll with pointed toes

Perform a bunny hop - hands first then feet

Perform a basic sequence (roll and a jump)

2

Can perform shapes with a strong body and control

Perform jumps (rocket, star, moon jump) with control and a strong body

Perform a moon rock, moon roll and forward roll

Perform a rocket roll and extend to a dish/saucer roll

Perform a bunny hop - hands flat with straight arms

Perform a sequence - (roll, jump and balance)

3

Can perform a variety of shapes with good control

Perform a rocket jump with a half turn

Teddy bear roll Perform matching and mirroring balances

Perform a bunny hop across a mat run and onto/across low benches and apparatus

Hopscotch on throw down feet

Perform a short sequence on mats

4

Can perform a variety of shapes with good control when performing various skills

Perform a rocket jump with a  $\frac{3}{4}$  and full turn with pointed toes

Teddy bear roll with a partner/group in sequence with pointed toes

Perform matching and mirroring balance routines on apparatus

Perform a bunny hop onto variety of apparatus with control

Hopscotch across the floor to develop hurdle step

Perform a short sequence on mats showing levels, control and pointed toes

# Progression Journey: Multi-skills

EYFS

Experiment with different ways of balancing

Experiment with different ways of moving (agility)

Experiment with different ways of throwing a moving ball with different body parts (co-ordination)

Working with friends in a team - taking turns

1

Balance on lines with control and use equipment to balance on various parts of body

Changing direction quickly with some control (agility)

Co-ordinating body whilst beginning to move with equipment

Co-operate, compete and challenge themselves as a team in various games

2

Balance on low apparatus with good control

Changing direction quickly with good balance and control (agility)

Co-ordinating body whilst beginning to move at different speeds with various equipment

Compete challenges in a team in various running/obstacle games and working together to improve team performance

3

Balancing on various body parts while moving

Agility focus -changing direction at speed

Co-ordinate body to perform a combination of movements

Complete a variety of fitness test successfully and get a personal best

4

Balancing confidently using various equipment and body parts

Agility focus - changing direction at speed with good technique

Co-ordinate body **efficiently** to perform combination of movements or actions

Complete a variety of fitness tests confidently and achieve

# Progression Journey: Athletics

EYFS

Marching/running for co-ordination

Experiment with different ways of throwing under/overarm

Experiment with different ways of jumping- measuring with various objects

Working with friends in a team - taking turns

1

Running pumping arms at various speeds

Throw a variety of objects with some accuracy

Jumping bending knees and pushing off - being competitive to improve distance as a pair

Co-operate and compete in a team in various running games

2

Using arms and keeping head still when exploring running patterns

Throw in correct stance 'Usain Bolt position'

Use arms to improve jumping technique - beating their own score

Compete in a team in various running/obstacle games and working together to improve team performance

3

Begin to perform 'FAST' technique

Throw a javelin/vortex using correct stance rotating hips forward

Perform a hop, step and jump (standing triple jump) in isolation and in combination

In warm ups develop running for distance

Develop relay change over techniques

Run and take off over obstacles at some speed

4

Perform 'FAST' technique confidently when sprinting

Throw a javelin/vortex with height and distance

Perform a hop, step and jump (standing triple jump)

In warm ups develop running for distance increasing each lesson

Pass a relay baton with control with a partner in adapted games

Run and jump over hurdles with some speed and control

# Progression Journey: Ball Skills

## EYFS

Throw to self, catching a soft ball/balloon  
Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination)  
Moving around at speed and changing direction  
Fun games encouraging throwing and catching different types of balls  
Passing with a partner and counting to 5 and 10  
Explore stopping a ball with different parts of the body  
Experiment kicking the ball with feet to a partner  
Move a bean bag on the floor using inside of foot  
Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)  
Passing with a partner and counting to 5 and 10  
Follow a partner to steal their bib  
Move with different objects in their hands

## 1

Catch a soft ball safely  
Pass the soft ball from chest - 'W' shape when passing and receiving.  
Small sided games (super hero ball) 3v3  
Introducing passing and receiving a ball  
Play an adapted superhero game and introduces rules  
Scoring in a variety of ways  
Stopping a ball with the inside of feet  
Pass the ball beginning to use inside of feet "toe, toe, toe, no, no, no!"  
Dribble the ball with the inside of feet  
Follow my leader - trying to stay near their partner  
Scoring point in a variety of ways in adapted games  
Play a simple game of tag  
Move with control with the ball in their hands at chest height  
**Hand over** the Rugby ball sideways  
Attempt to get past a defender  
Scoring a try in a modified drill using correct technique- stay on feet using 2 hands

## 2

Catch a ball in an adapted game  
Bounce pass from a short distance to a partner.  
Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game  
Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring.  
Scoring in a variety of ways and begin to use in a game situation  
Stopping a ball with the sole and inside of feet  
Pass the ball to a partner P ,P, P, Plant, Pass Point to help with accuracy  
Dribble the ball with the inside of feet keeping the ball close to their body  
Tag game- trying to catch their partner  
Scoring in a variety of ways and begin to use scoring techniques game situations  
Play a tag game whilst moving at speed  
Move with the ball holding it with hands - in 'W' shape at chest height  
**Pass** the ball sideways- with smile technique  
Dodge around a defender in small area  
Scoring a try in a 2v2 game in the end zone

# Progression Journey: Tennis (Net/Wall Games)

EYFS

Throw and catch to self with a soft ball and attempt to bounce catch to self

Balance an object e.g. beanbag on racket

Hand eye co-ordination passing ball to a partner

Move on the floor ball with hand in a variety of ways

Push the ball with throw down strips to develop hand eye co-ordination

1

Throwing and catching a small ball with control and bounce catch to self and partner

Balance a ball on racket

Racket familiarisation - moving ball with racket in forehand position

Racket familiarisation - moving a ball in backhand position

Tap up tennis to self, keeping control

2

Throw and catch from one hand to the other and bounce catch into a target with a partner

Balance a ball on racket with control

Racket familiarisation - moving ball with racket in forehand and backhand position whilst moving

Racket familiarisation - moving a ball in backhand position whilst moving

Tap up tennis with a partner to keep control of the ball

3

Move to catch a ball

Control a ball on racket when moving

Hit ball across the floor with forehand position

Hit the ball across the floor using back hand position

Hit a ball into a target (with one bounce)

4

Move with balance and control to catch a ball

Hit/bounce ball on racket when moving

Hit ball in forehand position with drop feed

Hit a ball in backhand position with a drop feed

Hit a ball into a target from a variety of distances with no bounce

# Progression Journey: Kwik Cricket (Striking and Fielding)

EYFS

Rolling and stopping a ball, sitting down and standing up

Passing underarm an object to another child

Experiment with throwing and catching to self and to a partner (hand-eye co-ordination)

Pushing a ball away from body with hands

Push ball with throw down strips to develop hand eye co-ordination

1

Rolling and stopping a ball with one/two hands

Throw and catch a ball with some control

Bowl underarm towards a target

Hit a ball off a tee using various bats

Play a modified game hitting off a tee

Small-sided adapted games. Begin to develop tactics for striking and fielding

2

Roll and stop a ball with control/accuracy

Throw underarm with some accuracy and catch a ball

Bowl underarm towards a target with control and accuracy

Begin to hold the bat in correct position and hit a ball off a tee

Play a modified game encouraging teamwork when fielding

Small-sided games using various types of equipment. Develop tactics for striking and fielding

3

Roll the ball with one hand and stop the ball attempting Long barrier method

Throw and catch underarm with both hands (in isolation)

Bowl underarm at a wicket and attempt overarm

Control with a bat (holding it correctly) hitting a ball off a tee and moving

Play a modified game using fielding and batting skills

Adapted games, with variations of rules, begin to apply some basic principles for striking and fielding

4

Roll the ball with one hand and stop the ball from different directions using barrier method

Bowl at a wicket underarm/overarm with accuracy and control

Throw and catch under pressure in modified games

Hit a drop fed ball and/or moving ball with a bat

Play a game communicating as a team

Play adapted games, Children encouraged to think of tactics when striking and fielding

# Progression Journey: Rugby (Invasion Games)

EYFS

Follow a partner to steal their bib

Move with different objects in their hands

Passing an object to another child

Moving around in a space in different ways

Scoring points with beanbag treasure in a simple hoop invasion game.

1

Play a simple game of tag

Move with control with the ball in their hands at chest height

**Hand over** the Rugby ball sideways

Attempt to get past a defender

Scoring a try in a modified drill using correct technique- stay on feet using 2 hands

2

Play a tag game whilst moving at speed

Move with the ball holding it with hands - in 'W' shape at chest height

**Pass** the ball sideways- with smile technique

Dodge around a defender in small area

Scoring a try in a 2v2 game in the end zone

3

Tag a player in isolation using the tag belts

Move with a ball in their hand using correct position 'dirty fingers clean palms'

Pass the ball backwards and sideways in isolation

Move into a space to avoid a defender through dodging techniques

Beat a defender to score a try

4

Move with control in a variety of directions holding the ball in the correct position

Pass the ball backwards/ sideways with control whilst moving

Use speed and space to avoid a passive defender

Beat a defender at **speed** to score a try

# Progression Journey: Netball (Invasion Games)

EYFS

Throw to self, catching a soft ball/balloon

Experiment with rolling the ball, throw and catch to self and to a partner (hand eye coordination)

Moving around at speed and changing direction

Fun games encouraging throwing and catching different types of balls

Passing with a partner and counting to 5 and 10

1

Catch a soft ball safely

Pass the soft ball from chest - 'W' shape when passing, and receiving

Small sided games (super hero ball) 3v3 introducing passing and receiving a ball

Play an adapted super hero game and introduces rules

Scoring in a variety of ways

2

Catch a ball in an adapted game

Bounce pass from a short distance to a partner

Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game

Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring

Scoring in a variety of ways and begin to use in a game situation

3

Pass and receive a netball safely (chest and bounce pass)

Perform a stride stop in netball

Perform a jump stop in netball

Perform a dodge in netball to get into a space

Marking a player keeping on the balls of your feet

Shooting the ball high and bending knees

Introduce high fives game or an adapted game

4

Pass and receive stepping into the pass (chest, bounce and shoulder pass)

Perform a stride stop with a pivot

Perform a jump top with a pivot

Perform two different dodges (Drive and the dodge)

Marking a player standing side on sticking to player

Shooting- bend knees and place hand under the ball to shoot

Begin to understand the positions in a high five game

# Progression Journey: Football (Invasion Games)

EYFS

Explore stopping a ball with different parts of the body

Experiment kicking the ball with feet to a partner

Move a bean bag on the floor using inside of foot

Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)

Passing with a partner and counting to 5 and 10

1

Stopping a ball with the inside of feet

Pass the ball beginning to use inside of feet "toe, toe, toe, no, no, no!"

Dribble the ball with the inside of feet

Follow my leader - trying to stay near their partner

Scoring point in a variety of ways in adapted games

2

Stopping a ball with the sole and inside of feet

Pass the ball to a partner P, P, P, Plant, Pass Point to help with accuracy

Dribble the ball with the inside of feet keeping the ball close to their body

Tag game- trying to catch their partner

Scoring in a variety of ways and begin to use scoring techniques game situations

3

Control a ball using inside, outside and sole of feet

Pass the ball with inside of feet with accuracy

Dribble the ball beginning to turn with some control (inside and outside hook)

Begin to defend making a standing tackle in a 1v1

Kick a ball stationary past a goal keeper

Embracing rules and playing fairly

4

Move body to correct position to stop and control a ball

Pass the ball with inside of feet whilst on the move

Dribble the ball using inside, outside hook and drag back beginning to accelerate

Begin to defend making a standing tackle or intercept a pass

Kick a ball whilst moving past a goal keeper with some accuracy

Inspire others with fair play and being gracious in victory and defeat

# Progression Journey: Dance

EYFS

Moving in time to happy and sad music

Experiment with different ways of moving

Experiment with actions at different levels

Moving around as different characters or animals to the music

1

Listen to the music and begin to move in time to it

Perform basic dance movements

Perform dance movements showing some levels

Perform basic dance travelling movements e.g. stepping, skipping, jumping

Perform simple dance moves with some control

2

Move in time to the music showing some expression

Perform dance movements with control

Perform dance movements showing a variety of levels

Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing

Remember simple dance steps perform with control in time to the music

3

Collaborate to make a dance warm up

Use a stimulus to create a dance

Dance in unison with a partner

Perform canon with a group

Use some different levels and pathways

4

Cooperate to make a dance warm up and take on a leadership role

Respond imaginatively to a stimulus

Dance in unison with a partner/group

Performing a range of movement patterns

Perform canon showing a range of movement patterns

Perform a variety of levels and pathways in a dance

# Progression Journey: Swimming

BEG

Enter and exit the pool in correct and safe manner by the poolside steps

Gain confidence in water walking unaided in pool

**Breathing** technique - blowing bubbles, face in water and begin to develop technique with float

Developing whole strokes including "doggy paddle" swim on back through kicking and sculling

Be able to swim 5-10metres

Gain knowledge of water safety and attempt self rescue using skills e.g. pyjama rescue

INT

Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out.

Be confident to be able to swim across the pool without stopping

Begin to show **breathing** technique when performing various strokes with and without a float

Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke

Be able to swim at least 25 metres

Perform safe self rescue in water base situations e.g. pyjama rescue, float aids in deep water etc

ADV

Enter the pool by jumping and diving (at the deep end) safely  
Exit the pool by climbing out

Swim confidently using various strokes on the surface and under the water

Use advance breathing techniques in all strokes

Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly.

Be able to swim over 25m

Confidently perform

End

Enter the pool by jumping and diving (at the deep end) safely

Exit the pool by climbing out

Swim confidently using various strokes on the surface and under the water

Use advance breathing techniques in all strokes

Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly.

Be able to swim over 25m

Confidently perform

# Progression Journey: Yoga

EYFS

Experiment with different Yoga poses both static and moving

Begin short relaxation games

Create different sun shapes with their body

Challenge themselves to make up their own animal poses

Listen to the Yoga story and create poses

1

Perform basic Yoga poses with some balance

Begin to relax the body in rest pose

Perform Sun Pose (beginning of sun salutation)

To try some of the challenge poses e.g., snake pose

Make up a story with some Yoga poses

2

Perform Yoga poses beginning to use tummy muscles (core strength), some flexibility, balance and control

Relax in rest post and begin to focus on breathing technique

Perform Sun pose with control (beginning of sun salutation)

To perform the challenge poses e.g., Tree pose 2 or 3

Make up a story with some Yoga poses

3

Perform **more complex** Yoga poses showing control and increased flexibility

Sit in lotus pose relax and begin to focus on breathing in and out of nose

Attempt to perform Cobra pose 2 (used in sun salutation)

To attempt to perform swaying tree pose

Collaborate to create a Yoga Fun Facts routine

4

Perform **more complex** yoga poses developing core strength and good flexibility

Begin to focus on breathing technique in more than one pose

Perform individual poses to build up towards Sun Salutation e.g. tree, downward dog, Cobra Pose 2

To perform the challenge pose with control- swaying tree

Collaborate to create a Yoga Fun Facts Routine and teach the routine to others

# Progression Journey: OAA

EYFS

Work with a partner and take turns

Negotiate space and obstacles safely

Move energetically, such as running, jumping, hopping, skipping and climbing

Listen attentively to a partner

Have the confidence to try new activities and show resilience to challenge

Develop strength, balance and co-ordination when completing tasks

1

Begin to work with a partner to meet a challenge

Use communication to guide your partner through a course when blindfolded

Begin to travel in different directions under instruction, to locate treasure with a partner

Identify ways of travelling to include hopping, jumping and leaping, whilst using co-ordinates to make maps

Work as part of a team to match animals to their matching cards

Continue to develop team skills while attempting to complete a task

2

Work within a team to find solutions to cross the river

Develop the ability to work with a variety of partners, providing instruction while creating an obstacle course

Begin to use co-ordinates and confidently navigate through a map using North, South, East and West

Have a basic understanding of how to use a compass and create their own instructions

Continue to work together as a team and further develop team skills including communication

Begin to develop individual leadership qualities while completing tasks as part of a team

3

Use a key to follow a plan

Communicate with peers to complete challenges

Know the eight points of the compass

Identify what is at points on a grid using co-ordinates in the form (letter, number)

Collaborate with members of a team to begin to solve problems

Continue to develop leadership qualities while completing tasks as part of a team

4

Use a key to accurately place things in the correct locations according to a plan

Develop different methods of communication to achieve a goal

Give and follow directions using the eight points of the compass

Use co-ordinates on a plan to correctly place and locate different objects

Listen carefully and follow instructions given by teammates

Lead a team to complete a task

# Progression Journey: Fitness

EYFS

Experiment with different ways of balancing through various fun exercises

Begin to co-ordinate different parts of your body through fun exercises

Imaginative exercises beginning to count how many they can do

Begin to understand the importance of good health, physical exercise, and a healthy diet

1

Balance on different parts of body performing static and some moving exercises

Each imaginative exercise - encourage to count score and record them

Co-ordinating body whilst beginning to move with control when exercising

Beginning to understand what is happening to your body when exercising

2

Balancing in exercises static and when moving building control when performing movements

Counting scores, recording them and trying to beat their score

Co-ordinating body whilst beginning to move at different speeds during various exercises

Understand what is happening to your body when exercising and how to feel a pulse

3

Balancing with control, focusing on preferred and non preferred leg (when performing exercises)

Complete a variety of fitness exercises successfully and achieve a personal best

Co-ordinate body to perform a combination of movements in a variety of exercises

Take pulse before exercise. Understand how your body is getting stronger when exercising

4

Balancing in different directions e.g. on leg- forward backward and side to side

Complete a variety of fitness activities confidently and achieve a number of personal bests

Co-ordinate body efficiently to perform a combination of movements or actions when exercising

Begin to know different types of fitness. Take pulse before and after exercise

# Progression Journey: Rounders (Striking and Fielding)

EYFS

Experiment with different ways of throwing a beanbag, tennis ball over a short distance

Hand eye co-ordination developed through hitting a tennis ball, using throw down strips, hitting a balloon in the air

Experiment with throwing underarm at targets

Rolling the ball to a partner and stopping the ball

1

Throw underarm and introduce overarm. Throw and catch various size balls

Bowling at various sized targets

Hand eye co-ordination - hitting a ball with a tennis racket along the floor and in the air

Rolling the ball to a partner, stopping it with hands, bending knees and moving to the ball

Begin to develop tactics for adapted striking and fielding games

2

Throw underarm and begin to improve distance thrown with overarm, and catch a ball with control

Underarm bowl at a various sized targets with control

Hitting the ball with a feed and self feed - to develop hand eye co-ordination

Stopping the ball using one or two hands

Develop tactics for adapted striking and fielding games

3

Throw under/over arm and catch a ball with control and some accuracy

Bowling a ball (between the batters knee and head) from a short distance

Using various equipment to strike the ball with adapted bats e.g. tennis racket, rounders bat

Stop the ball using two hands and attempt a long barrier

Adapted games, with variations of rules, begin to apply some basic principles, through striking and fielding

4

Throw under/over arm over varying distances and catch a ball with control and accuracy

Beginning to bowl from the correct bowling distance 7.5 metres

Stepping into the hit when striking the ball with a rounders bat

Long barrier moving into position to scoop up the ball

Play adapted games, Children encouraged to think of tactics when striking and fielding

# Progression Journey: Quick sticks (Invasion Games)

3

Dribble the ball holding the stick in correct position

Perform a pass at a short distance and receive the ball with some control

Pass the ball over a longer distance

Begin to tackle a player safely

Can occasionally score whilst the ball is **stationary**

Embracing rules and playing Fairly

4

Dribble the ball the ball with control

Perform a short pass and begin to move into a space and receive the ball with some control

Pass the ball over a longer distance with accuracy and power

Tackle a player using correct grip

Can occasionally score whilst the ball is **moving**

Inspire others with fair play and being gracious in victory and defeat

# Progression Journey: SET

EYFS

1 2

3 4

## Social (Hands)

Take turns.  
Learn to share equipment with others.  
Share their ideas with others.

Encourage others to keep trying.  
Talk to a partner about their ideas and take turns to listen to each other.  
Work with a partner and small group to play games and solve challenges.

Encourage and motivate others to work to their personal best.  
Work with others to achieve a shared goal.  
Work with others to self manage games.

## Emotional (Heart)

Try again if they do not succeed.  
Practise skills independently.  
Confident to try new tasks and challenges.

Show determination to continue working over a longer period of time.  
Determined to complete the challenges and tasks set.  
Explore skills independently before asking for help.  
Confident to share ideas, contribute to class discussion and perform in front of others.

Persevere when finding a challenge difficult.  
Understand what their best looks like and they work hard to achieve it.  
Begin to use rules showing awareness of fairness and honesty.  
Show an awareness of how other people feel.

## Thinking (Head)

Begin to identify personal success.  
Choose own movements and actions in response to simple tasks e.g. choosing to travel by skipping.  
Begin to provide simple feedback saying what they liked or thought was good about someone else's performance.

Make decisions when presented with a simple challenge. E.g. move to an open space towards goal.  
Begin to select and apply skills to use in a variety of differing situations. E.g. choose to use a balance on their bottom on a wider piece of apparatus.  
Provide feedback beginning to use key words from the lesson.

Pupils make quicker decisions when selecting and applying skills to a situation. E.g. who to pass to and where to move.  
Select and apply from a wider range of skills and actions in response to a task.  
Provide feedback using key terminology.