

PROGRESSION OF KEY SKILLS

Multi-Skills

Reception

EY

- > Experiment with different ways of balancing
- > Experiment with different ways of moving (agility)
- > Experiment with different ways of throwing a moving a ball with different body parts (co-ordination)
- > Working with friends in a team – taking turns



Year 1

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

Year 2

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
- > Complete challenges in a team in various running/obstacle games and working together to improve team performance



Year 3

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



Year 4

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 a number of personal bests

Year 5

5

- > In combination with different skills can balance equipment while moving and co-ordinating another body action
- > Agility focus – change direction quickly and efficiently with equipment
- > Co-ordinate using both sides of the body
- > Test and measure balance agility and co-ordination confidently and accurately. Can compare their performances with previous ones and a strive to achieve a personal best

Year 6

6

- > Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately
- > Agility focus – can change direction at speed with balance and control whilst using various equipment
- > Co-ordinate using both sides of the body with fluency to perform combination of movements or actions
- > Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best

