

PE Progression of Skills

	Foundation	Year 1	Year 2
Basic movement	<p>Move in a variety of ways in and out of cones and obstacles</p> <p>Jump with both feet leaving the ground.</p> <p>Stop on command.</p> <p>Sprint.</p>	<p>Move in a variety of ways in and out of cones and obstacles.</p> <p>Jump with both feet leaving the ground.</p> <p>Sprint.</p> <p>Skip without a rope.</p> <p>Jump for height</p>	<p>Skip with a rope</p> <p>Jump for distance</p> <p>Dodge</p>
Developing balance	<p>Balance on one foot.</p> <p>Be able to balance on a piece of apparatus.</p>	<p>Climb.</p> <p>Line walk.</p>	<p>Bench walk.</p>
Agility and coordination	<p>Be able to throw and catch a large ball - overarm and underarm.</p> <p>Roll a ball to an end target.</p> <p>Kick a ball.</p>	<p>Be able to throw and catch a large ball - overarm and underarm.</p> <p>Roll a ball to an end target.</p> <p>Kick a ball with increasing accuracy to an end target. Dribble a ball.</p> <p>Balance a ball on a racket.</p> <p>2 handed strike.</p>	<p>Be able to throw and catch a medium sized ball accurately.</p> <p>Hit a ball with some accuracy with a racket or bat.</p> <p>Throw a bean bag into a given target.</p> <p>Dribble a ball in and out of a set of obstacles.</p>
Team games	<p>Be able to participate in a game with an opposing side.</p> <p>Be able to control a ball within a game setting.</p> <p>Use hands to control a ball.</p>	<p>Be able to participate in a game with an opposing side.</p> <p>Be able to control a ball within a game setting.</p> <p>Use hands to control a ball with increasing accuracy.</p> <p>Be able to play a game following a set of rules.</p>	<p>Play a game with a set of rules.</p> <p>Play as part of a team.</p> <p>Co-operate with team mates.</p> <p>Work as a team in order to score goals.</p> <p>Control a ball accurately.</p> <p>Use both hands and feet in order to control a ball.</p>
Movement patterns	<p>Dance to link in with learning theme.</p> <p>Copy a dance pattern.</p> <p>Link 2 dance movements together.</p>	<p>Dance to link in with learning theme.</p> <p>Copy a dance pattern.</p> <p>Move to a beat.</p> <p>Link 2 dance movements together.</p>	<p>Link a short series of dance sequences together.</p>