

Foundation
Progression
of skills

**Locomotion:
Walking**
Explore/develop walking
Explore walking in
different pathways
Sustain walking
Explore marching
Apply walking into a game

**Locomotion:
Jumping**
Explore/develop jumping
Apply jumping into a game
Jumping for distance
Explore jumping high
Explore hopping

Ball Skills Hands 1
Explore pushing
Explore rolling
Explore bouncing
Explore bouncing into space
Combine pushing and rolling
Combine rolling,
pushing and bouncing

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

**Games For
Understanding**
Taking turns/keeping the score
Understanding and
playing by the rules
Avoiding a defender
Preventing an attacker
from scoring
Applying attacking and
defending into a game

Year 1
Progression
of skills

**Locomotion:
Running**
Explore running
Apply running into a game
Explore running at different speeds
Running for speed: Acceleration
Explore running in a team
Consolidate running, apply
running into a
competitive game

**Locomotion:
Jumping**
Recap jumping
Develop jumping
Explore how jumping
affects our bodies
Explore skipping
Apply skipping and
jumping into a game

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 Feet
Develop moving the ball
using the feet
Apply dribbling into games
Consolidate dribbling
Explore kicking (passing)
Apply kicking (passing)
to score a point

**Games For
Understanding**
Understanding the principles
of attack/defence
Applying attacking/ defending
principles into a game
Consolidate attacking/defending

Year 2
Progression
of skills

**Locomotion:
Dodging**
Explore dodging
Develop dodging
Apply dodging:
Explore attacking and defending
Apply dodging in teams

**Locomotion:
Jumping**
Consolidate jumping
Apply jumping into a game
Linking jumping
Explore jumping combinations
Develop jumping combinations

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 point

Ball Skills Feet
Develop dribbling/passing/
receiving, keeping possession
Combine dribbling, passing and
receiving, keeping
possession/to score a point
Apply dribbling, passing and
receiving as a team
to score a point

**Games For
Understanding**
Attacking/defending as a team
Understanding the transition
between defence and attack
Create and apply attacking/
defensive tactics

Foundation
Progression
of skills

**High, Low,
Over, Under**

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

**Moving
(Gymnastics)**

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 pairs

Nursery Rhymes

Moving in sequence
Creating our own movements
Creating simple movement
sequences
Responding in movement to
words and music
Exploring contrasting tempos
Exploring character
movements

Ourselves

Moving in sequence
Responding in movement
to words and music
Moving with props and
contrasting tempos
Creating their own movements
Exploring opposites and creating
simple movement
sequences

Health and Wellbeing units are not
available on Complete P.E.
for Foundation

Year 1

Progression
of skills

**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

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

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

Growing

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

**Health and
Wellbeing**

Introduce and explore agility
Introduce and explore balance
Introduce and
explore coordination:
Bouncing, rolling and throwing

Year 2

Progression
of skills

Linking

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

Pathways

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

Exploring

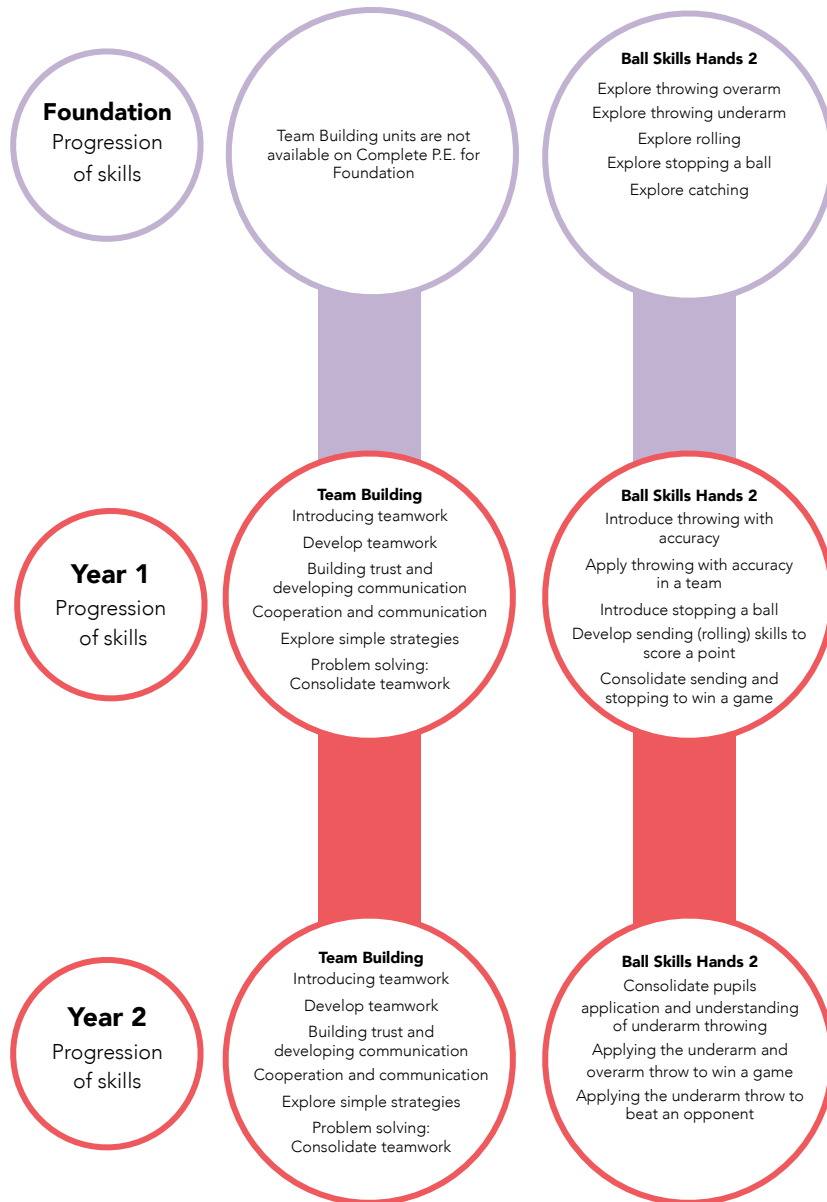
Responding to stimuli
Developing our motif with
expression and emotion
Applying choreography
in our motifs
Extending our motifs
Sequences, relationships and
performance

Water

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

**Health and
Wellbeing**

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



Foundation and KS1 Progression of Skills