

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

Ball Skills Hands 2
Explore throwing overarm
Explore throwing underarm
Explore rolling
Explore stopping a ball
Explore catching

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

Ball Skills Hands 2
Introduce throwing with
accuracy
Apply throwing with accuracy
in a team
Introduce stopping a ball
Develop sending (rolling) skills
to score a point
Consolidate sending
and stopping to win
a game

Year 2
Progression
of skills

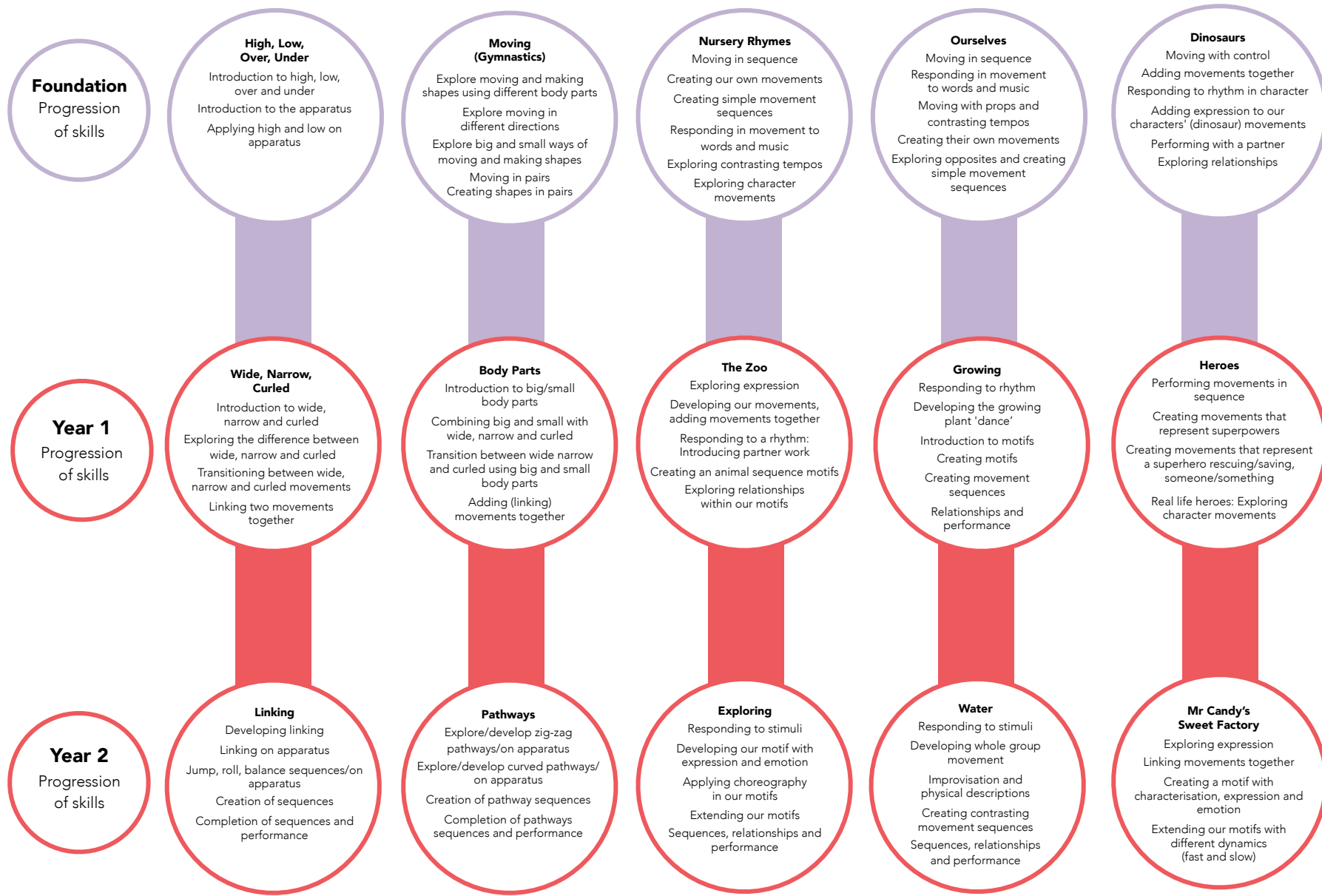
**Locomotion:
Dodging**
Explore dodging
Develop dodging
Apply dodging:
Explore attacking and defending
Apply dodging in teams

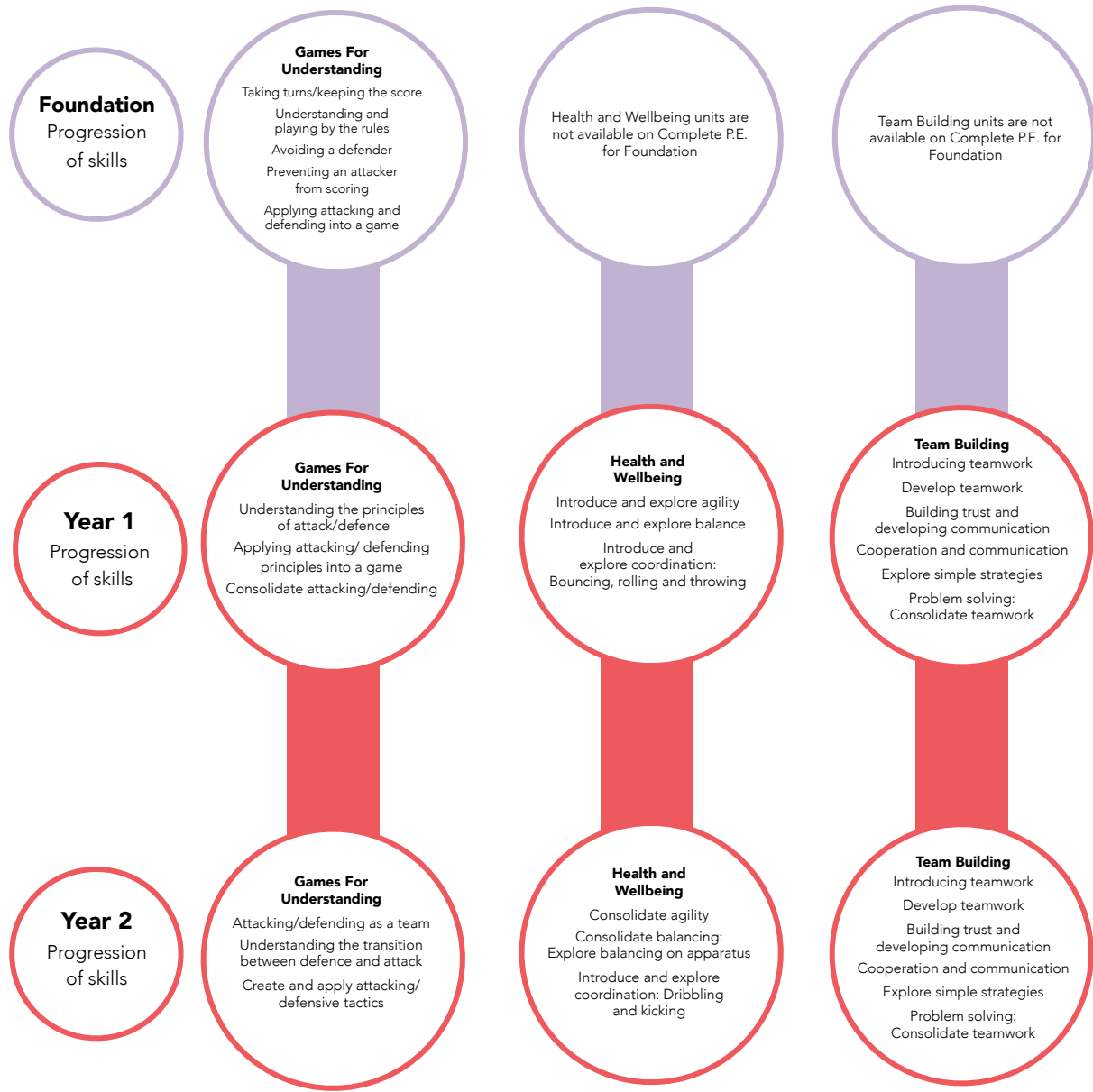
**Locomotion:
Jumping**
Consolidate jumping
Apply jumping into a game
Linking jumping
Explore jumping combinations
Develop jumping combinations

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

Ball Skills Hands 2
Consolidate pupils
application and understanding
of underarm throwing
Applying the underarm and
overarm throw to win a game
Applying the underarm throw to
beat an opponent





Foundation and KS1 Progression of Skills