

Fundamentals + Athletics Progression Ladder



Skills

Knowledge

Running: demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.

Jumping: develop power, control and technique in the triple jump.

Throwing: develop power, control and technique when throwing discus and shot put.

Year
6

Running: understand that I need to prepare my body for running and know the muscle groups I will need to use.

Jumping: understand that a run up builds speed and power and enables me to jump further.

Throwing: understand that I need to prepare my body for throwing and know the muscle groups I will need to use.

Rules: understand and apply rules in events that pose an increased risk.

Running: apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event.

Jumping: explore technique and rhythm in the triple jump.

Throwing: Develop technique and power in javelin and shot put.

Year
5

Running: understand that taking big consistent strides will help to create a rhythm that allows me to run faster. Understand that keeping a steady breath will help me when running longer distances.

Jumping: know that if I drive my knees high and fast I can build power and therefore distance in my jumps.

Throwing: know how to transfer my weight in different throws to increase the distance.

Rules: understand and apply rules in a variety of events using official equipment.

Running: develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique.

Jumping: develop technique when jumping for distance.

Throwing: explore power and technique when throwing for distance in a pull and heave throw.

Year
4

Running: understand that I need to pace myself when running further or for a long period of time. Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power.

Jumping: understand that transferring weight will help me to jump further.

Throwing: understand that transferring weight will help me to throw further.

Rules: know and understand the rules to be able to manage our own events.

Running: develop the sprinting technique and apply it to relay events.

Jumping: develop technique when jumping for distance in a range of approaches and take off positions.

Throwing: explore the technique for a pull throw.

Year
3

Running: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down.

Jumping: know that if I jump and land quickly it will help me to jump further.

Throwing: understand that the speed of the movement helps to create power.

Rules: know the rules of the event and begin to apply them.

Running: demonstrate balance when changing direction. Clearly show different speeds when running.

Balancing: demonstrate balance when performing movements.

Jumping: demonstrate jumping for distance, height and in different directions.

Hopping: demonstrate hopping for distance, height and in different directions.

Skipping: explore single and double bounce when jumping in a rope.

Year
2

Running: know that putting weight into the front of my feet helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.

Balancing: understand that squeezing my muscles helps me to balance.

Jumping: know that swinging my arms forwards will help me to jump further.

Hopping: know that if I look straight ahead it will stop me falling over when I land.

Skipping: know that I should swing opposite arm to leg to help me balance when skipping without a rope.

Running: explore changing direction and dodging. Discover how the body moves at different speeds.

Balancing: move with some control and balance. Explore stability and landing safely.

Jumping: demonstrate control in take off and landing when jumping.

Hopping: begin to explore hopping in different directions.

Skipping: show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.

Year
1

Running: understand that bending my knees will help me to change direction. Understand that if I swing my arms it will help me to run faster.

Balancing: know that looking ahead will help me to balance. Know that landing on my feet helps me to balance.

Jumping: know that landing on the balls of my feet helps me to land with control.

Hopping: know that I should hop with a soft bent knee.

Skipping: know that I should use the opposite arm to leg when I skip. Know that jumping on the balls of my feet helps me to keep a consistent rhythm.

Running: explore running and stopping. Explore changing direction safely.

Balancing: explore balancing whilst stationary and on the move.

Jumping: begin to explore take off and landing safely.

Hopping: explore hopping on both feet.

Skipping: explore skipping as a travelling action.

EYFS

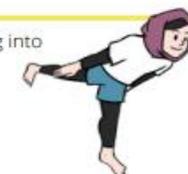
Running: know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe.

Balancing: know that I can hold my arms out to help me to balance.

Jumping: know that bending my knees will help me to land safely.

Hopping: understand that I use one foot to hop.

Skipping: know that if I hop then step that will help me to skip.





Ball Skills Progression Ladder

Skills

Knowledge

Sending: show good technique when sending a ball with increasing control, accuracy and consistency under pressure.
Catching: demonstrate increasing consistency of catching under pressure in a variety of game situations.
Tracking: demonstrate a wider range of techniques when tracking a ball under pressure
Dribbling: dribble consistently using a range of techniques with increasing control under pressure.

Year 6

Sending: understand and make quick decisions about when, how and who to pass to.
Catching: know how to catch a ball for different situations, considering trajectory, speed, height and size of the ball.
Tracking: know how to track a ball for different situations, considering trajectory, speed, height and size of the ball.
Dribbling: choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.

Sending: demonstrate clear technique when sending a ball under pressure.
Catching: demonstrate good technique under pressure.
Tracking: demonstrate a range of techniques when tracking and collecting a ball.
Dribbling: dribble with some control under pressure.

Year 5

Sending: know that controlling a ball before sending it will allow me to send it accurately.
Catching: understand when to use different types of catching.
Tracking: know that tracking a ball will help me to collect/stop/receive it quickly and successfully.
Dribbling: know that dribbling in different directions will help me to lose a defender in game situations.

All Y5 & 6 Games Units

Sending: accurately use a range of techniques to send a ball to a target.
Catching: catch different sized objects with increasing consistency with one and two hands.
Tracking: consistently track a ball sent directly and indirectly.
Dribbling: dribble a ball with increasing control and co-ordination.

Year 4

Sending: know that I can use a variety of ways to send the ball and it may depend on the situation e.g. distance, speed, if there is a defender.
Catching: know to adjust my hands to the height of the ball.
Tracking: know that tracking a ball is an important skill used in games activities and be able to give examples of this.
Dribbling: know that dribbling with soft hands/touches will help me to keep control.

Sending: send a ball with accuracy and increasing consistency to a target.
Catching: catch a range of objects with increasing consistency.
Tracking: track a ball not sent directly.
Dribbling: dribble a ball with hands and feet with control.



Year 3

Sending: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.
Catching: know to move my feet to the ball.
Tracking: know that using a ready position will help me to react to the ball.
Dribbling: know that dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.

Sending: roll, throw and kick a ball to hit a target.
Catching: develop catching a range of objects with two hands. Catch with and without a bounce.
Tracking: consistently track and collect a ball being sent directly.
Dribbling: explore dribbling with hands and feet with increasing control on the move.

Year 2

Sending: know that stepping with opposite foot to throwing arm will help me to balance.
Catching: know to use wide fingers and pull the ball in to my chest to help to securely catch.
Tracking: know that it is easier to move towards a ball to track it than chase it.
Dribbling: know to keep my head up when dribbling to see space/opponents.

Sending: roll and throw with some accuracy towards a target.
Catching: begin to catch with two hands. Catch after a bounce.
Tracking: track a ball being sent directly.
Dribbling: explore dribbling with hands and feet.



Year 1

Sending: know to face my body towards my target when rolling and throwing underarm to help me to balance.
Catching: know to watch the ball as it comes towards me.
Tracking: know to move my feet to get in the line with the ball.
Dribbling: know that moving with a ball is called dribbling.



Sending: explore sending an object with hands and feet.
Catching: explore catching to self and with a partner.
Tracking: explore stopping a ball with hands and feet.
Dribbling: explore dropping and catching with two hands and moving a ball with feet.

EYFS

Sending: know to look at the target when sending a ball.
Catching: know to have hands out ready to catch.
Tracking: know to watch the ball as it comes towards me and scoop it with two hands.
Dribbling: know that keeping the ball close will help with control.



Skills

Gymnastics Progression Ladder

Knowledge

Shapes: combine and perform gymnastic shapes more fluently and effectively.
Inverted movements: develop control in progressions of a cartwheel bridge and shoulder stand
Balances: explore counter balance and counter tension.
Rolls: develop fluency and consistency in the straddle, forward and backward roll.
Jumps: combine and perform a range of gymnastic jumps more fluently and effectively.

Year 6

Shapes: know which shapes to use for each skill.
Inverted movements: understand that spreading my weight across a base of support will help me to balance.
Balances: know where and when to apply force to maintain control and balance.
Rolls: understand that I can use momentum to help me to roll and where that momentum comes from.
Jumps: understand that taking off from two feet will give me more height and therefore more time in the air.
Strategy: know that if I use changes in formation it will help to make my sequence look interesting.

Shapes: perform shapes consistently and fluently linked with other gymnastic actions.
Inverted movements: explore progressions of a cartwheel.
Balances: explore symmetrical and asymmetrical balances.
Rolls: develop control in the straight, barrel, forward, straddle and backward roll.
Jumps: select a range of jumps to include in sequence work.

Year 5

Shapes: understand that shapes underpin all other skills.
Inverted movements: understand that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.
Balances: understand how to use contrasting balances to make my sequences look interesting.
Rolls: understand that I need to work within my own capabilities and this may be different to others.
Jumps: understand that I can use jumps to link actions and changing the shape of these will make my sequence look interesting.
Strategy: know that if I use different pathways it will help to make my sequence look interesting.

Shapes: develop the range of shapes I use in my sequences.
Inverted movements: develop strength in bridge and shoulder stand.
Balances: develop control and fluency in individual and partner balances.
Rolls: develop the straight, barrel, forward and straddle roll and perform them with increased control.
Jumps: develop control in performing and landing rotation jumps.



Year 4

Shapes: understand how shapes can be used to improve my sequence.
Inverted movements: know that inverted movements are actions in which my hips go above my head.
Balances: know how to keep myself and others safe when performing partner balances.
Rolls: understand that I can keep the shape of my roll using body tension.
Jumps: know that I can control my landing by landing toes first, looking forwards and bending my knees.
Strategy: know that if I use different directions it will help to make my sequence look interesting.

Shapes: explore matching and contrasting shapes.
Balances: explore point and patch balances and transition smoothly into and out of them.
Rolls: develop the straight, barrel, and forward roll.
Jumps: develop stepping into shape jumps with control.

Year 3

Shapes: understand how to use body tension to make my shapes look better.
Balances: understand that I can make my balances look interesting by using different levels.
Rolls: understand the safety considerations when performing more difficult rolls.
Jumps: understand that I can change the take off and shape of my jumps to make them look interesting.
Strategy: know that if I use different levels it will help to make my sequence look interesting.

Shapes: explore using shapes in different gymnastic balances.
Balances: remember, repeat and link combinations of gymnastic balances.
Rolls: explore barrel, straight and forward roll and put into sequence work.
Jumps: explore shape jumps and take off combinations.



Year 2

Shapes: know that some shapes link well together.
Balances: understand that squeezing my muscles helps me to balance.
Rolls: understand that there are different teaching points for different rolls.
Jumps: understand that looking forward will help me to land with control.
Strategy: know that if I use shapes that link well together it will help my sequence to flow.

Shapes: explore basic shapes straight, tuck, straddle, pike.
Balances: perform balances making my body tense, stretched and curled.
Rolls: explore barrel, straight and forward roll progressions.
Jumps: explore shape jumps including jumping off low apparatus.



Year 1

Shapes: understand that I can improve my shapes by extending parts of my body.
Balances: know that balances should be held for 5 seconds.
Rolls: know that I can use different shapes to roll.
Jumps: know that landing on the balls of my feet helps me to land with control.
Strategy: know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.

Shapes: show contrast with my body including wide/narrow, straight/curved.
Balances: explore shapes in stillness using different parts of my body.
Rolls: explore rocking and rolling.
Jumps: explore jumping safely.

EYFS

Shapes: understand that I can make different shapes with my body.
Balances: know that I should be still when holding a balance.
Rolls: know that I can change my body shape to help me to roll.
Jumps: know that bending my knees will help me to land safely.
Strategy: know that if I hold a shape and count to five people will see it clearly.





Invasion Games Progression Ladder

(invasion, handball, netball, basketball, football, tag rugby and hockey)

Skills

Knowledge

Sending & receiving: s&r consistently using a range of techniques with increasing control under pressure.
Dribbling: dribble consistently using a range of techniques with increasing control under pressure.
Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others.
Attacking: confidently change direction to lose an opponent
Defending: use a variety of defending skills (tracking, interception, jockeying) in game situations.

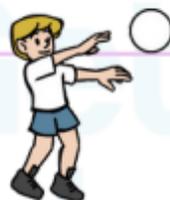
Sending & receiving: develop control when s&r under pressure.
Dribbling: dribble with some control under pressure.
Space: explore moving to create space for themselves and others in their team.
Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed.
Defending: develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.

Sending & receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success.
Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control.
Space: develop moving into space to help my team.
Attacking: change direction to lose an opponent with some success.
Defending: develop defending one on one and begin to intercept.



Sending & receiving: explore s&r abiding by the rules of the game.
Dribbling: explore dribbling the ball abiding by the rules of the game under some pressure.
Space: develop using space as a team.
Attacking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games.
Defending: develop tracking opponents to limit their scoring opportunities.

Sending & receiving: developing s&r with increased control.
Dribbling: explore dribbling with hands and feet with increasing control on the move.
Space: explore moving into space away from others.
Attacking: developing moving into space away from defenders.
Defending: explore staying close to other players to try and stop them getting the ball.



Sending & receiving: explore s&r with hands and feet to a partner.
Dribbling: explore dribbling with hands and feet.
Space: recognise good space when playing games.
Attacking: explore changing direction to move away from a partner.
Defending: explore tracking and moving to stay with a partner.

Sending & receiving: explore s&r with hands and feet using a variety of equipment.
Dribbling: explore dropping and catching with two hands and moving a ball with their feet.
Space: recognise their own space.
Attacking & defending: explore changing direction and tagging games.

Year 6

Sending & receiving: understand and make quick decisions about when, how and who to pass to.
Dribbling: choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.
Space: understand that transitioning quickly between attack and defence will help my team to maintain or gain possession.
Tactics: know how to create and apply a tactic for a specific situation or outcome.
Rules: understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating.

Year 5

Sending & receiving: know that not having a defender between myself and a ball carrier enables me to s&r with better control.
Dribbling: know that dribbling in different directions will help to lose a defender.
Space: know that by moving to space even if not receiving the ball will create space for a teammate.
Tactics: understand the need for tactics and identify when to use them in different situations.
Rules: understand and apply rules in a variety of invasion games whilst playing and officiating.



Year 4

Sending & receiving: know that cushioning a ball will help me to control it when receiving it.
Dribbling: know that protecting the ball as I dribble will help me to maintain possession.
Space: know that moving into space will help my team keep possession and score goals.
Attacking: recognise when to pass and when to shoot.
Defending: know when to mark and when to attempt to win the ball.
Tactics: know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals.
Rules: know and understand the rules to be able to manage our own game.

Year 3

Sending & receiving: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.
Dribbling: know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.
Space: know that by spreading out as a team we move the defenders away from each other.
Attacking and defending: know my role as an attacker and defender.
Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.
Rules: know the rules of the game and begin to apply them.

Year 2

Sending & receiving: know to control the ball before sending it.
Dribbling: know that keeping my head up will help me to know where defenders are.
Space: know that moving into space away from defenders helps me to pass and receive a ball.
Attacking: know that when my team is in possession of the ball, I am an attacker and we can score.
Defending: know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball.
Tactics: understand and apply simple tactics for attack and defence.
Rules: know how to score points and follow simple rules.

Year 1

Sending & receiving: know to look at my partner before sending the ball.
Dribbling: know that moving with a ball is called dribbling.
Space: understand that being in a good space helps us to pass the ball.
Attacking: know that being able to move away from a partner helps my team to pass me the ball.
Defending: know that staying with a partner makes it more difficult for them to receive the ball.
Tactics: know that tactics can help us when playing games.
Rules: know that rules help us to play fairly.



EYFS

Sending & receiving: know to look at the target when sending a ball and watch the ball to receive it.
Dribbling: know that keeping the ball close will help with control.
Space: know that being in a space gives me room to play.
Attacking & defending: know that there are different roles in games.
Tactics: make simple decisions in response to a task.
Rules: know that rules help us to stay safe.



Skills

Striking and Fielding Progression Ladder

(striking and fielding, cricket and rounders)

Knowledge



Striking: strike a bowled ball with increasing accuracy and consistency.
Fielding: use a wider range of fielding skills with increasing control under pressure.
Throwing: consistently demonstrate good technique in throwing skills under pressure.
Catching: consistently demonstrate good technique in catching skills under pressure.



Year
6

Striking: understand that the momentum and power for striking a ball comes from legs as well as arms.
Fielding: know which fielding action to apply for the situation.
Throwing and catching: consistently make good decisions on who to throw to and when to throw in order to get batters out. Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.
Tactics: understand and apply some tactics in the game as a batter, bowler and fielder.
Rules: understand, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.

Striking: explore defensive and driving hitting techniques and directional batting.
Fielding: develop over and underarm bowling technique. Develop long and short barrier and two handed pick up.
Throwing: demonstrate good technique when using a variety of throws under pressure.
Catching: explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.

Year
5

Striking: understand that stance is important to allow me to be balanced as I hit.
Fielding: know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.
Throwing: understand where to throw the ball in relation to where a batter is.
Catching: understand when to use a close catch technique or deep catch technique.
Tactics: understand the need for tactics and identify when to use them in different situations.
Rules: understand and apply rules in a variety of striking and fielding games whilst playing and officiating.

Striking: develop batting technique with a range of equipment.
Fielding: develop bowling with some consistency, abiding by the rules of the game.



Year
4

Striking: know that using the centre of the bat will provide the most control and accuracy.
Fielding: know that it is easier to field a ball that is coming towards me rather than away so set up accordingly.
Throwing: understand that being balanced before throwing will help to improve the accuracy of the throw.
Catching: know to track the ball as it is thrown to help to improve the consistency of catching.
Tactics: know that applying attacking tactics will help to score points and avoid getting out. Know that applying defending tactics will help to deny space, get opponents out and limit points.
Rules: know and understand the rules to be able to manage our own game.

Throwing: use overarm and underarm throwing with increased consistency in game situations.
Catching: begin to catch with one and two hands with some consistency in game situations.

Striking: begin to strike a bowled ball after a bounce with different equipment.
Fielding: explore bowling to a target and fielding skills to include a two-handed pick up.
Throwing: use overarm and underarm throwing in game situations.
Catching: catch with some consistency in game situations.



Year
3

Striking: know that striking to space away from fielders will help me to score.
Fielding: know to look at where a batter is before deciding what to do. Know to communicate with teammates before throwing them a ball.
Throwing: know that overarm throwing is used for long distances and underarm throwing for shorter distances.
Catching: know to move my feet to the ball.
Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space.
Rules: know the rules of the game and begin to apply them.

Sending and receiving – Y2

Striking: develop striking a ball with their hand and equipment with some consistency.
Fielding: develop tracking a ball and decision making with the ball.
Throwing: develop co-ordination and technique when throwing over and underarm.
Catching: catch with two hands with some co-ordination and technique.



Year
2

Striking: understand the role of a batter. Know that striking quickly will increase the power.
Fielding: understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points.
Throwing: know that stepping with opposite foot to throwing arm will help me to balance.
Catching: know to use wide fingers and pull the ball in to my chest to help me to securely catch.
Tactics: understand and apply simple tactics for attack (batting) and defence (fielding).
Rules: know how to score points and follow simple rules.

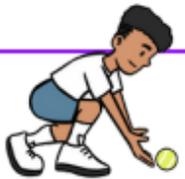
Sending and receiving – Y1

Striking: explore striking a ball with their hand and equipment.
Fielding: develop tracking and retrieving a ball.
Throwing: explore technique when throwing over and underarm.



Year
1

Striking: understand that the harder I strike, the further the ball will travel.
Fielding: know that throwing the ball back is quicker than running with it.
Throwing: know which type of throw to use to throw over longer distances.
Catching: know to watch the ball as it comes towards me.
Tactics: know that tactics can help us when playing games.
Rules: know that rules help us to play fairly.



Catching: develop co-ordination and technique when catching.

Striking: explore sending a ball to a partner.
Fielding: explore tracking and stopping a rolling ball.
Throwing and catching: explore rolling, throwing and catching using a variety of equipment.

EYFS

Striking: know to point my hand at my target when striking a ball.
Fielding: know to scoop a ball with two hands.
Throwing and catching: know to point my hand at my target when throwing. Know to have hands out ready to catch.
Tactics: make simple decisions in response to a task.
Rules: know that rules help us to stay safe.

