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

Locomotion: Dodging Explore dodging

Year 2
Progression
of skills
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

Linkina

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









