



Curriculum Progression

Subject: Physical Education

Subject Lead: L Brownbill

Skill 1: Static Balance – 1 leg		
Year Group	Skill	Vocabulary
EYFS	I can stand still on one leg.	Back Wobble
Year 1	I can stand still on one leg for ten seconds.	Muscle Straight
Year 2	I can stand still on one leg for 30 seconds. I can complete five mini squats.	Core-muscles Control Mini-squat Freeze Dominant Non-dominant
Year 3	I can stand still on one leg. I can complete five squats.	Focus-point Static Practise
Year 4	I can stand still for 30 seconds on one leg. I can complete five ankle extensions.	Heel-raises Improve Feedback
Year 5	I can stand still on uneven surface for 30 seconds. I can complete 5 squats with eyes closed.	Movement Repeatable Uneven
Year 6	I can stand still on uneven surface for 30 seconds with eyes closed. I can complete 10 squats into ankle extensions.	Controlled Ankle-extension Maintain Smooth



Curriculum Progression

Subject: Physical Education

Subject Lead: L Brownbill

Skill 2: Static Balance – Seated		
Year Group	Skill	Vocabulary
EYFS	I can balance with both hands/ feet down I can balance with 1 hand/ 2 feet down I can balance with 2 hands/ 1 foot down	Seated Balance Wobble
Year 1	I can balance with 1 hand/ 1 foot down I can balance with 1 hand or 1 foot down I can balance with no hands or feet down	Position Touching Control
Year 2	I can pick up a cone from one side, swap hands and place it on the other side. I can return the cone to the opposite side.	Cone Return Core Swap Opposite Muscles
Year 3	I can pick up a cone from one side and place it on the other side with same hand. I can return it to the opposite side using the other hand.	Straight Shape
Year 4	I can sit in a dish shape and hold it for 5 seconds.	Dish Hold
Year 5	I can reach and pick up cone an arm's distance away, swap hands and place it on the other side (both directions).	Arm's distance Stability
Year 6	I can reach and pick up cone an arms distance away and place it on the other side using same hand (both directions). I can hold a V-shape with straight arms and legs for 10 seconds.	Performance V-Shape Repeatable Strain



Curriculum Progression

Subject: Physical Education

Subject Lead: L Brownbill

Skill 3: Static Balance – Floor work		
Year Group	Skill	Vocabulary
EYFS	I can balance with both hands/ feet down I can balance with 1 hand/ 2 feet down I can balance with 2 hands/ 1 foot down	Mini-front support Position
Year 1	I can balance with 1 hand/ 1 foot down I can balance with 1 hand or 1 foot down I can balance with no hands or feet down	Reach around Hold Cone
Year 2	I can pick up a cone from one side, swap hands and place it on the other side. I can return the cone to the opposite side.	Mini-back support Maintain Tummy Balance
Year 3	I can pick up a cone from one side and place it on the other side with same hand. I can return it to the opposite side using the other hand.	Full front support position Point
Year 4	I can sit in a dish shape and hold it for 5 seconds.	Transfer
Year 5	I can reach and pick up cone an arm's distance away, swap hands and place it on the other side (both directions).	Back Support Strain Control
Year 6	I can reach and pick up cone an arms distance away and place it on the other side using same hand (both directions). I can hold a V-shape with straight arms and legs for 10 seconds.	Posture Stretch



Curriculum Progression

Subject: Physical Education

Subject Lead: L Brownbill

Skill 5: Dynamic Balance – On a line		
Year Group	Skill	Vocabulary
EYFS	I can walk forwards with fluidity. I can walk backwards with fluidity.	Line Forwards Backwards
Year 1	I can walk forwards with fluidity and minimum wobble. I can walk backwards with fluidity and minimum wobble.	Minimum Wobble Fluidity Maintain
Year 2	I can walk fluidly, lifting knees to 90°. I can walk fluidly, lifting heels to bottom.	Heels 90° Lifting
Year 3	I can march, lifting knees and elbows up to a 90° angle. I can walk fluidly with heel and toe landing.	Marching action
Year 4	I can walk fluidly, lifting knees and using heel to toe landing.	Heel to toe Hips to lips
Year 5	I can walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing. I can lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing). I can lunge walk forwards, bringing opposite elbow up to a 90° angle.	Heel to bottom Extend Lunge 90° angle Sink hips Driving
Year 6	I can march, lifting knees and elbows up to a 90° angle with my eyes closed. I can walk fluidly with heel and toe landing with my eyes closed. I can walk fluidly, lifting knees and using heel to toe landing with my eyes closed.	Heel to toe 90° angle



Curriculum Progression

Subject: Physical Education

Subject Lead: L Brownbill

Skill 6: Dynamic Balance – Jumping and Landing		
Year Group	Skill	Vocabulary
EYFS	I can jump forwards and backwards.	Width Take-off Balance Jump
Year 1	I can jump from 2 feet to 2 feet forwards, backwards and side to side. I can jump from 2 feet to 2 feet with a quarter turn in both directions.	Swing Height
Year 2	I can stand on a line and jump from 2 feet to 1 foot and freeze on landing.	Control Landing (soft)
Year 3	I can jump from 2 feet to 2 feet with a 180° turn in either direction.	Straight Dynamic
Year 4	I can complete a tucked jump. I can complete a tucked jump with 180° turn in either direction.	Balls of feet Momentum
Year 5	I can jump 2 feet to 2 feet forwards, backwards and side-to-side. I can hop forward and backwards, freezing on landing.	Maintain Forwards Backwards Freeze
Year 6	I can jump 1 foot to other forwards and backwards, freezing on landing. I can hop sideways, raising knee and freezing on landing. I can jump, 1 foot to other sideways, raising knee and freeze on landing.	Side to side Maintain Raise Freeze



Skill 7: Counter Balance – In pairs		
Year Group	Skill	Vocabulary
EYFS	I can sit and roll a ball along the floor around my body using two hands. I can sit and roll a ball along the floor around my body using 1 hand.	Sit Along Hand Roll
Year 1	I can sit and roll a ball down legs and around upper body using 2 hands. I can stand and roll a ball up and down legs and round upper body using 2 hands.	Around Left Right
Year 2	I can sit and roll a ball down legs and around upper body using 1 hand. I can stand and roll a ball up and down legs and round upper body using 1 hand.	Upper body Legs Down Stand Up Tummy
Year 3	I can stand with legs apart and move a ball around 1 leg (16 times). I can move a ball around my waist.	Waist Around Apart
Year 4	I can stand with legs apart and move a ball around alternate legs 16 times. I can move a ball around my waist 16 times.	Alternate Waist Height
Year 5	I can stand with legs apart and move the ball in a figure of 8 around both legs 12 times. I can move ball around waist into figure of 8 around both legs 10 times.	Waist Figure of 8 Complete
Year 6	I can move a ball around waist and then around alternate legs 1 I can stand with legs apart and perform 24 criss-crosses, with and then without a bounce.	Criss-cross catches Bounce Direction Fluidity



Curriculum Progression

Subject: Physical Education

Subject Lead: L Brownbill

Skill 8: Coordination – Sending + Receiving		
Year Group	Skill	Vocabulary
EYFS	I can roll a large ball and collect the rebound. I can roll a small ball and collect the rebound. I can throw a large ball and collect the rebound with two hands.	Roll Partner Ready Position Rebound
Year 1	I can throw a tennis ball and catch the rebound with the same hand after one bounce. I can throw a tennis ball and catch the rebound with the same hand..	Backswing Power Weight Strike Catch
Year 2	I can throw a tennis ball and catch the rebound after one bounce with the other hand. I can throw a tennis ball and catch the rebound with the other hand without a bounce.	Bounce Throw Soft Hands
Year 3	I can strike a large, soft ball along the ground with hand five times in a rally. I can strike a ball with alternate hands in a rally.	Strike Along the ground Alternate
Year 4	I can kick a ball with the same foot. I can kick a ball with alternate feet.	Same foot Kick Position Return Accuracy
Year 5	I can roll two balls alternately using both hands, sending one as the other is returning. I can alternately throw and catch two tennis balls against a wall.	Consistency Fluency Repeatable
Year 6	I can throw two tennis balls against a wall and catch them with the opposite hand (cross over). I can throw two tennis balls against a wall in a circuit in both directions.	Cross over Opposite Circuit



Curriculum Progression

Subject: Physical Education

Subject Lead: L Brownbill

Skill 9: Ball Skills		
Year Group	Skill	Vocabulary
EYFS	I can sit and roll a ball along the floor around my body using two hands. I can sit and roll a ball along the floor around my body using one hand.	Sit Along Hand Roll
Year 1	I can sit and roll a ball down legs and around upper body using two hands. I can sit and roll a ball up and down legs and around upper body using two hands.	Along Around Right Left
Year 2	I can sit and roll a ball up and down legs and around upper body using 1 hand. I can stand and roll a ball up and down legs and around upper body using 1 hand.	Upper body Legs Down Stand Up
Year 3	I can stand with legs apart and move a ball around one leg 16 times.	Tummy Around Apart
Year 4	I can move a ball round my waist 16 times with legs apart and move a ball around alternate legs 16 times.	Waist Alternate Height
Year 5	I can stand with legs apart and move a ball in a figure of 8 around both legs 12 times. I can move a ball around my waist into a figure of 8 around both legs 10 times.	Waist Bounce Direction Figure of 8
Year 6	I can move a ball around my waist and then around alternate legs 12 times. I can stand with legs apart and perform 24 criss-crosses with and without a bounce.	Criss-cross catches Complete Fluidity



Curriculum Progression

Subject: Physical Education

Subject Lead: L Brownbill

Skill 10: Coordination - Footwork		
Year Group	Skill	Vocabulary
EYFS	I can sit and roll a ball along the floor around my body using two hands. I can sit and roll a ball along the floor around my body using one hand.	Sit Along Hand Roll
Year 1	I can sit and roll a ball down legs and around upper body using two hands. I can sit and roll a ball up and down legs and around upper body using two hands.	Along Around Right Left
Year 2	I can sit and roll a ball up and down legs and around upper body using 1 hand. I can stand and roll a ball up and down legs and around upper body using 1 hand.	Upper body Legs Down Stand Up
Year 3	I can stand with legs apart and move a ball around one leg 16 times.	Tummy Around Apart
Year 4	I can move a ball round my waist 16 times with legs apart and move a ball around alternate legs 16 times.	Waist Alternate Height
Year 5	I can stand with legs apart and move a ball in a figure of 8 around both legs 12 times. I can move a ball around my waist into a figure of 8 around both legs 10 times.	Waist Bounce Direction Figure of 8
Year 6	I can move a ball around my waist and then around alternate legs 12 times. I can stand with legs apart and perform 24 criss-crosses with and without a bounce.	Criss-cross catches Complete Fluidity



Curriculum Progression

Subject: Physical Education

Subject Lead: L Brownbill

Skill 10: Coordination - Footwork		
Year Group	Skill	Vocabulary
EYFS	I can sit and roll a ball along the floor around my body using two hands. I can sit and roll a ball along the floor around my body using one hand.	Sit Along Hand Roll
Year 1	I can sit and roll a ball down legs and around upper body using two hands. I can sit and roll a ball up and down legs and around upper body using two hands.	Along Around Right Left
Year 2	I can sit and roll a ball up and down legs and around upper body using 1 hand. I can stand and roll a ball up and down legs and around upper body using 1 hand.	Upper body Legs Down Stand Up
Year 3	I can stand with legs apart and move a ball around one leg 16 times.	Tummy Around Apart
Year 4	I can move a ball round my waist 16 times with legs apart and move a ball around alternate legs 16 times.	Waist Alternate Height
Year 5	I can stand with legs apart and move a ball in a figure of 8 around both legs 12 times. I can move a ball around my waist into a figure of 8 around both legs 10 times.	Waist Bounce Direction Figure of 8
Year 6	I can move a ball around my waist and then around alternate legs 12 times. I can stand with legs apart and perform 24 criss-crosses with and without a bounce.	Criss-cross catches Complete Fluidity



Skill 11: Agility – Ball Chasing		
Year Group	Skill	Vocabulary
EYFS	I can roll a ball, chase and collect it in balance position facing the opposite direction.	Roll Collect Chase
Year 1	I can chase a ball rolled by a partner and collect it in balanced position facing the opposite direction.	Roll Collect Chase Balanced
Year 2	I can start in seated / lying position, throw a ball, chase and collect it in balanced position facing the opposite direction. I can start in seated / lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing the opposite direction.	Seated Position Accelerate Lying Bouncing
Year 3	I can chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. I can change a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction.	Hips to lips Driving arms
Year 4	I can chase a small rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. I can change a small bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction.	Hips to lips Driving arms
Year 5	I can roll and chase a large ball, stopping it with my knee sideways onto the ball facing the opposite direction. I can roll and chase a small ball, stopping it with my knee sideways onto the ball facing the opposite direction.	Long barrier Topping Knee sideways
Year 6	I can roll and chase a large ball, stopping it with head in front support position facing the opposite direction.	Front support



Curriculum Progression

Subject: Physical Education

Subject Lead: L Brownbill

Skill 12: Agility – Reaction + Response		
Year Group	Skill	Vocabulary
EYFS	I can react and catch a tennis ball dropped from shoulder height (many bounces).	Roll Collect Chase
Year 1	I can react and catch a tennis ball dropped from shoulder height after 1 bounce. [From 1m]	Roll Collect Chase Balanced
Year 2	I can react and catch a tennis ball dropped from shoulder height after 1 bounce. [From 1, 2 and 3m]	Seated Position Accelerate Lying Bouncing
Year 3	I can react and catch a tennis ball dropped from shoulder height after 1 bounce and balancing on one leg. [From 1m]	Hips to lips Driving arms
Year 4	I can react and catch a tennis ball dropped from shoulder height after 1 bounce and balancing on one leg. [From 1, 2 and 3 m]	Hips to lips Driving arms
Year 5	I can react and step across body, bringing hand across body and catch a tennis ball after 1 bounce. [From 1m]	Long barrier Topping Knee sideways
Year 6	I can react and step across body, bringing hand across body and catch a tennis ball after 1 bounce. [From 1, 2 and 3m]	Front support