**Grove Vale Primary School Progression Ladder for Physical Education**

**Key Stage 1**

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| **Physical Education Progression** | Basic movement | Developing balance | Agility and coordination | Team games | Movement patterns |
| **Foundation Stage** | Move in a variety of ways in and out cones and obstacles.Jump with both feet leaving the groupHopStop on commandSprintRun | Single balance Balancing on one footBe able to balance on a piece of apparatus | Be able to throw and catch a large ball – over arm and under armRoll a ball to an end target Kick a ball | Be able to participate in a game with an opposing sideBe able to control a ball within a game settingUse hands to control a ball  | Dance to link in with learning themeCopy a dance pattern Link 2 dance movements together |
| **Year 1**  | Move in a variety of ways in and out cones and obstacles.Jump with both feet leaving the groupHopStop on commandSprintRunSkip without a ropeJump for height | Single balance Balancing on one footBe able to balance on a piece of apparatusSide rollClimbLine walk | Be able to throw and catch a large ball – over arm and under armRoll a ball to an end target Kick a ball with increasing accuracy to an end targetDribble a ballBalance a ball on a racketTwo handed strike | Be able to participate in a game with an opposing sideBe able to control a ball within a game settingUse hands to control a ball with increasing accuracyBe able to play a game following a set of rules | Dance to link in with learning themeCopy a dance pattern Move to a beatLink 2 dance movements together |
| **Year 2**  | Move in a variety of ways in and out cones and obstacles.Jump with both feet leaving the groupHopStop on commandSprintRunSkip without a ropeJump for heightSkip with a ropeGallopSide gallopJump for distance | Single balance Balancing on one footBe able to balance on a piece of apparatusSide rollClimbLine walkBench walk | Be able to throw and catch a medium sized ball accuratelyKick a ball Balance a ball on a batDribble a ball in and out of a set of obstacles. Hit a ball with some accuracy using a racket or batThrow a beanbag into a given target | Be able to participate in a game with an opposing sideBe able to control a ball within a game settingPlay a game with a set of rulesPlay as part of a teamCooperate with team matesWork as a team in order to score goalsControl a ball accurately Use both hands and feet in order to control a ball.  | Dance to link in with learning themeCopy a dance pattern Move to a beatLink a short series of dance sequences together |