**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 group  Hop  Stop on command  Sprint  Run | Single balance  Balancing on one foot  Be able to balance on a piece of apparatus | Be able to throw and catch a large ball – over arm and under arm  Roll a ball to an end target  Kick a ball | Be able to participate in a game with an opposing side  Be able to control a ball within a game setting  Use hands to control a ball | Dance to link in with learning theme  Copy 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 group  Hop  Stop on command  Sprint  Run  Skip without a rope  Jump for height | Single balance  Balancing on one foot  Be able to balance on a piece of apparatus  Side roll  Climb  Line walk | Be able to throw and catch a large ball – over arm and under arm  Roll a ball to an end target  Kick a ball with increasing accuracy to an end target  Dribble a ball  Balance a ball on a racket  Two handed strike | Be able to participate in a game with an opposing side  Be able to control a ball within a game setting  Use hands to control a ball with increasing accuracy  Be able to play a game following a set of rules | Dance to link in with learning theme  Copy a dance pattern  Move to a beat  Link 2 dance movements together |
| **Year 2** | Move in a variety of ways in and out cones and obstacles.  Jump with both feet leaving the group  Hop  Stop on command  Sprint  Run  Skip without a rope  Jump for height  Skip with a rope  Gallop  Side gallop  Jump for distance | Single balance  Balancing on one foot  Be able to balance on a piece of apparatus  Side roll  Climb  Line walk  Bench walk | Be able to throw and catch a medium sized ball accurately  Kick a ball  Balance a ball on a bat  Dribble a ball in and out of a set of obstacles.  Hit a ball with some accuracy using a racket or bat  Throw a beanbag into a given target | Be able to participate in a game with an opposing side  Be able to control a ball within a game setting  Play a game with a set of rules  Play as part of a team  Cooperate with team mates  Work as a team in order to score goals  Control a ball accurately  Use both hands and feet in order to control a ball. | Dance to link in with learning theme  Copy a dance pattern  Move to a beat  Link a short series of dance sequences together |