

Progression Ladder for Physical Education

Key Stage 1

Physical Education Progression	Basic movement	Developing balance	Agility and coordination	Team games	Movement patterns
Foundation Stages	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