

Multi-Skills - Progression of Key Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Experiment with different ways of balancing	Balance on lines with control and use equipment to balance on various parts of body	Balance on low apparatus with good control	Balancing on various body parts while moving	Balancing confidently using various equipment and body parts	In combination with different skills can balance equipment while moving and co-ordinating another body action	Balance equipment on various body parts whilst moving or co-ordinating another body action accurately
Experiment with different ways of moving (agility)	Changing direction quickly with some control (agility)	Changing direction quickly with good balance and control (agility)	Agility focus - changing direction at speed	Agility focus – changing direction at speed with good technique	Agility focus – change direction quickly and efficiently with equipment	Agility focus – can change direction at speed with balance and control whilst using various equipment
Experiment with different ways of throwing a moving ball with different body parts (co-ordination)	Co-ordinating body whilst beginning to move with equipment	Co-ordinating body whilst beginning to move at different speeds with various equipment	Co-ordinate body to perform a combination of movements	Co-ordinate body efficiently to perform combination of movements or actions	Co-ordinate using both sides of the body	Co-ordinate using both sides of the body with fluency to perform combination of movements or actions
Working with friends in a team – taking turns	Co-operate, compete and challenge themselves as a team in various games	Complete challenges in a team in various running/obstacle games and working together to improve team performance	Complete a variety of fitness tests successfully and get a personal best	Complete a variety of fitness tests confidently and achieve a number of personal bests	Test and measure balance, agility and coordination confidently and accurately. Can compare their performances with previous ones and strive to achieve a personal best	Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best

Gymnastics - Progression of Key Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Can experiment with different space shapes</p> <p>Experiment with different jumps</p> <p>Experiment with different ways of rolling in small shape (moon roll)</p> <p>Experiment with a rocket roll</p> <p>Moving along the floor in different ways like aliens sliding, rolling, stretching etc Show a start shape, rocket roll and finishing shape (beginning of a sequence)</p>	<p>Can perform shapes</p> <p>Perform basic space jump (rocket jump)</p> <p>Perform a moon rock and a moon roll</p> <p>Perform a rocket roll with pointed toes</p> <p>Perform a bunny hop- hands first then feet</p> <p>Perform a basic sequence (roll and a jump)</p>	<p>Can perform shapes with a strong body and control</p> <p>Perform jumps (rocket, star, moon jump) with control and a strong body</p> <p>Perform a moon rock, moon roll and forward roll</p> <p>Perform a rocket roll and extend to a dish/saucer roll</p> <p>Perform a bunny hop – hands flat with straight arms</p> <p>Perform a sequence – (roll, jump and balance)</p>	<p>Can perform a variety of shapes with good control</p> <p>Perform a rocket jump with a half turn</p> <p>Teddy bear roll</p> <p>Perform matching and mirroring balances</p> <p>Perform a bunny hop across a mat run and onto/across low benches and apparatus</p> <p>Hopscotch on throw down feet</p> <p>Perform a short sequence on mats</p>	<p>Can perform a variety of shapes with good control when performing various skills</p> <p>Perform a rocket jump with a $\frac{3}{4}$ and full turn with pointed toes</p> <p>Teddy bear roll with a partner/group in sequence with pointed toes</p> <p>Perform matching and mirroring balance routines on apparatus</p> <p>Perform a bunny hop onto a variety of apparatus with control</p> <p>Hopscotch across the floor to develop hurdle step</p> <p>Perform a short sequence on mats showing levels,</p>	<p>Can perform complex shapes with control and some flexibility</p> <p>Perform more complex jumps, tuck, pike and begin leaps</p> <p>Side star roll and T-roll</p> <p>Perform point and patch balances</p> <p>Perform a 'squat on and squat off' on various apparatus</p> <p>To perform a hurdle step on the floor/springboard</p> <p>Link and sequence actions.</p> <p>Co-operate, communicate and collaborate with others.</p>	<p>Can perform complex shapes when performing</p> <p>Sequences and skills with flexibility</p> <p>Perform more complex jumps, tuck, pike and leaps scissor kick and cat leap</p> <p>Side star roll, T-roll (with pointed toes), backwards roll</p> <p>Perform more complex point and patches balances in a sequence on apparatus</p> <p>Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)</p> <p>Perform a hurdle step on the floor/springboard</p>

				control and pointed toes		and onto low apparatus Compete in teams to win points with sequences and a vault competitions
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Kwik Cricket - Progression of Key Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Rolling and stopping a ball sitting down and standing up	Rolling and stopping a ball with one/two hands	Roll and stop a ball with control/accuracy	Roll the ball with one hand and stop the ball attempting Long barrier method	Roll the ball with one hand and stop the ball from different directions using Long barrier method	Begin to use fielding techniques with throwing and stopping and scooping up the ball	Positioning in a modified game to field a ball (both throwing and stopping it)
Experiment with throwing and catching to self and partner	Throw and catch a ball with some control	Throw underarm with some accuracy and catch a ball	Throw and catch underarm with both hands (in isolation)	Throw and catch under pressure in modified games	Throwing over/underarm and catching over various distances	Making correct decisions with the type of throw to use in modified game. Move body into a position to catch the ball
Passing an object to another child	Bowl underarm towards a target	Bowl underarm towards a target with control and accuracy	Bowl at a wicket underarm and attempt overarm	Bowl at a wicket underarm/overarm with accuracy and control	Bowl attempting to hit the wicket using under/overarm	Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket
Pushing a ball away from body with hands	Hit a ball off a tee using various bats	Begin to hold the bat in correct position and hit a ball off a tee	Control with a bat (holding it correctly) hitting a ball off a tee and whilst moving	Hit a drop fed ball and/or moving ball with a bat	Hit a moving ball with control and some distance	In a competitive game begin to tactically hit/place a ball into a space
Push ball with throw down strips to develop hand eye co-ordination	Play a modified game hitting off a tee	Play a modified game encouraging teamwork when fielding	Play a modified game using fielding and batting skills	Play a game communicating as a team	Communicate and collaborate as a team to beat an opponent	Use a variety of tactics to attack and defend in a game of Kwik cricket

Tennis - Progression of Key Skills

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Throw and catch to self with a soft ball and attempt to bounce catch to self	Throwing and catching a small ball with control and bounce catch to self and partner	Throw and catch from one hand to the other and bounce catch into a target with a partner	Move to catch a ball	Move with balance and control to catch a ball	Move to hit a ball with some control	Move in a variety of directions when hitting a ball
Balance an object e.g. beanbag on racket	Balance a ball on racket	Balance a ball on racket with control	Control a ball on racket when moving	Hit/bounce ball on racket when moving	Hit/bounce a ball with control when moving	Hit/bounce ball to a partner with control
Hand eye co-ordination passing ball to a partner	Racket familiarisation – moving ball with racket in forehand position	Racket familiarisation - moving ball with racket in forehand and backhand position whilst moving	Hit ball across the floor with forehand position	Hit ball in forehand position with drop feed	Moving into position to hit a ball with forehand in skills practice and game	Move to hit a ball in game in forehand position
Move on the floor with ball in hand a variety of ways	Racket Familiarisation – moving a ball in backhand position	Racket Familiarisation – moving a ball in backhand position whilst moving	Hit the ball across the floor using backhand position	Hit a ball in backhand position with a drop feed	Moving into position to hit a ball with backhand in skill practice and game	Move into position to hit a ball with backhand. Begin to choose which shot is best in a game.
Push the ball with throw down strips to develop hand eye co-ordination	Tap up tennis to self-keeping control	Tap up tennis with a partner to keep control of the ball	Hit a ball into a target (with one bounce)	Hit a ball into a target from a variety of distances with no bounce	Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target.	Serve diagonally under/overarm in a game of mini tennis