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ROGRESSION OF KEY SKILLS

Multi-Skills

Early Years

Experiment with different ways of balancing

Experiment with different ways of moving (agility)

Experiment with different ways of moving ball with different body parts (co-ordination)

Working with friends in a team-taking turns

EY

1

Year 1

Balance on lines with control and use equipment to balance on various parts of the body

Changing direction with some control (agility)

Co-ordinating body whilst beginning to move with equipment

Co-operate, compete and challenge themselves as a team in various games

Year 2

Balance on low equipment with good control

Changing direction quickly with good balance and control (agility)

Co-ordinating body whilst beginning to move at different speeds with various equipment

Complete challenges as a team in various running/obstacle games and working to improve performance

2

3

Year 3

Balancing on various body parts while moving

Agility focus -changing direction at speed

Co-ordinate body to perform a combination of movements

Complete a variety of fitness tests successfully and achieve a personal best

Year 4

Balancing confidently using various equipment and body parts

Agility focus - changing direction at speed with good technique

Co-ordinate body efficiently to perform a combination of movements or actions

Complete a variety of fitness tests confidently and achieve a number of personal bests

4

5

Year 5

In combination with different skills, can balance equipment while moving and co-ordinating another action

Agility focus - change direction quickly and efficiently with equipment

Agility focus - change direction quickly and efficiently with equipment

Test and measure balance, agility and co-ordination confidently and accurately. Can compare their performances with previous ones and strive to achieve a personal best

Year 6

Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately

Agility focus - can change direction at speed with balance and control whilst using various equipment

Co-ordinate using both sides of the body with fluency to perform a combination of movements or actions

Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best

6

