

**Foundation**  
Progression  
of skills

**Locomotion:  
Walking**  
Explore/develop walking  
Explore walking in  
different pathways  
Sustain walking  
Explore marching  
Apply walking into a game

**Locomotion:  
Jumping**  
Explore/develop jumping  
Apply jumping into a game  
Jumping for distance  
Explore jumping high  
Explore hopping

**Ball Skills Hands 1**  
Explore pushing  
Explore rolling  
Explore bouncing  
Explore bouncing into space  
Combine pushing and rolling  
Combine rolling,  
pushing and bouncing

**Ball Skills Feet**  
Explore moving with a ball  
using our feet  
Develop moving with a ball  
using our feet  
Understand dribbling  
Develop dribbling against  
an opponent

**Ball Skills Hands 2**  
Explore throwing overarm  
Explore throwing underarm  
Explore rolling  
Explore stopping a ball  
Explore catching

**Year 1**  
Progression  
of skills

**Locomotion:  
Running**  
Explore running  
Apply running into a game  
Explore running at different speeds  
Running for speed: Acceleration  
Explore running in a team  
Consolidate running, apply  
running into a  
competitive game

**Locomotion:  
Jumping**  
Recap jumping  
Develop jumping  
Explore how jumping  
affects our bodies  
Explore skipping  
Apply skipping and  
jumping into a game

**Ball Skills Hands 1**  
Introduce sending  
(bouncing) with control  
Introduce aiming with accuracy  
Introduce power and speed  
when sending a ball  
Introduce/develop stopping,  
combining sending skills  
Combine sending  
and receiving skills

**Ball Skills Feet**  
Develop moving the ball  
using the feet  
Apply dribbling into games  
Consolidate dribbling  
Explore kicking (passing)  
Apply kicking (passing)  
to score a point

**Ball Skills Hands 2**  
Introduce throwing with  
accuracy  
Apply throwing with accuracy  
in a team  
Introduce stopping a ball  
Develop sending (rolling) skills  
to score a point  
Consolidate sending  
and stopping to win  
a game

**Year 2**  
Progression  
of skills

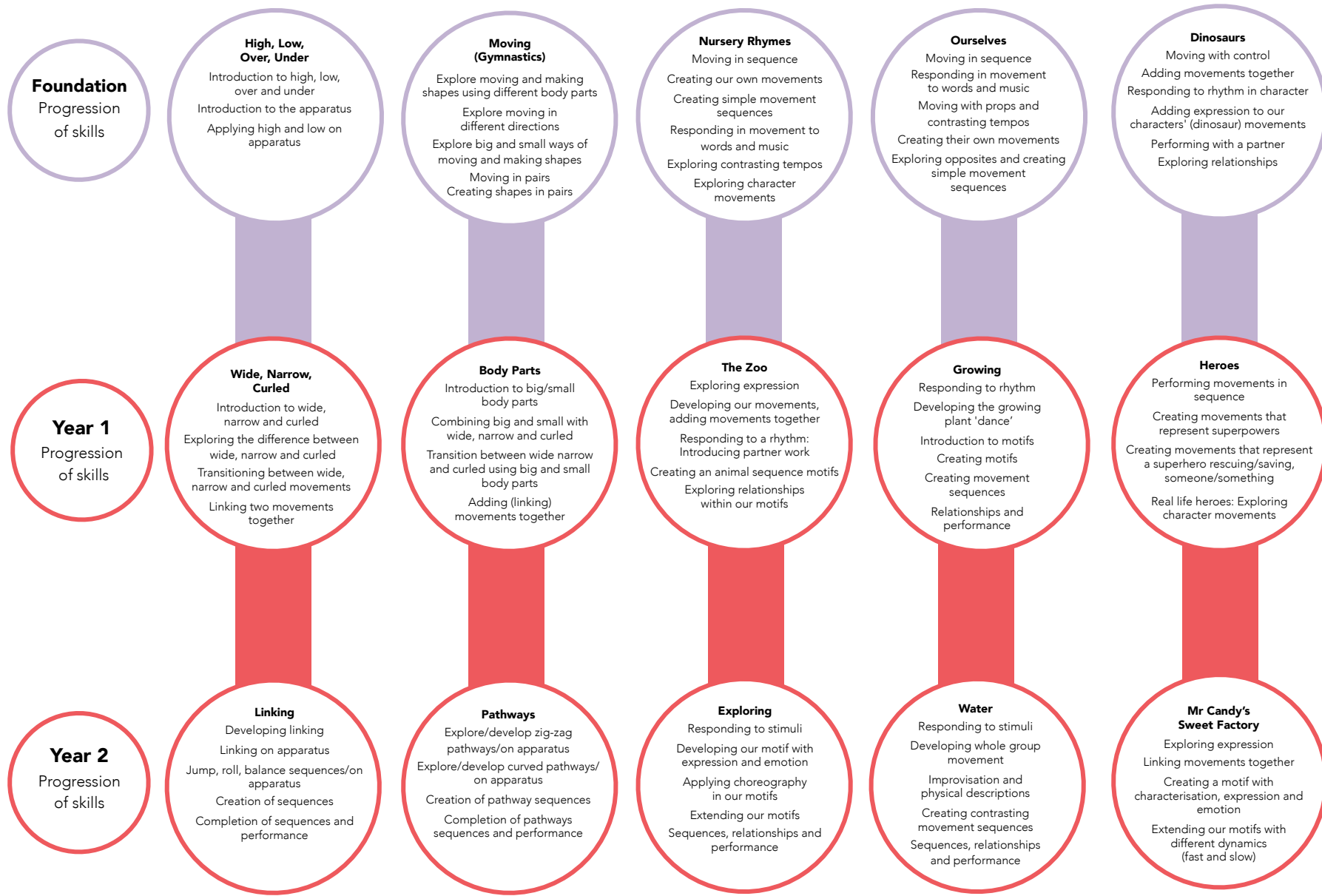
**Locomotion:  
Dodging**  
Explore dodging  
Develop dodging  
Apply dodging:  
Explore attacking and defending  
Apply dodging in teams

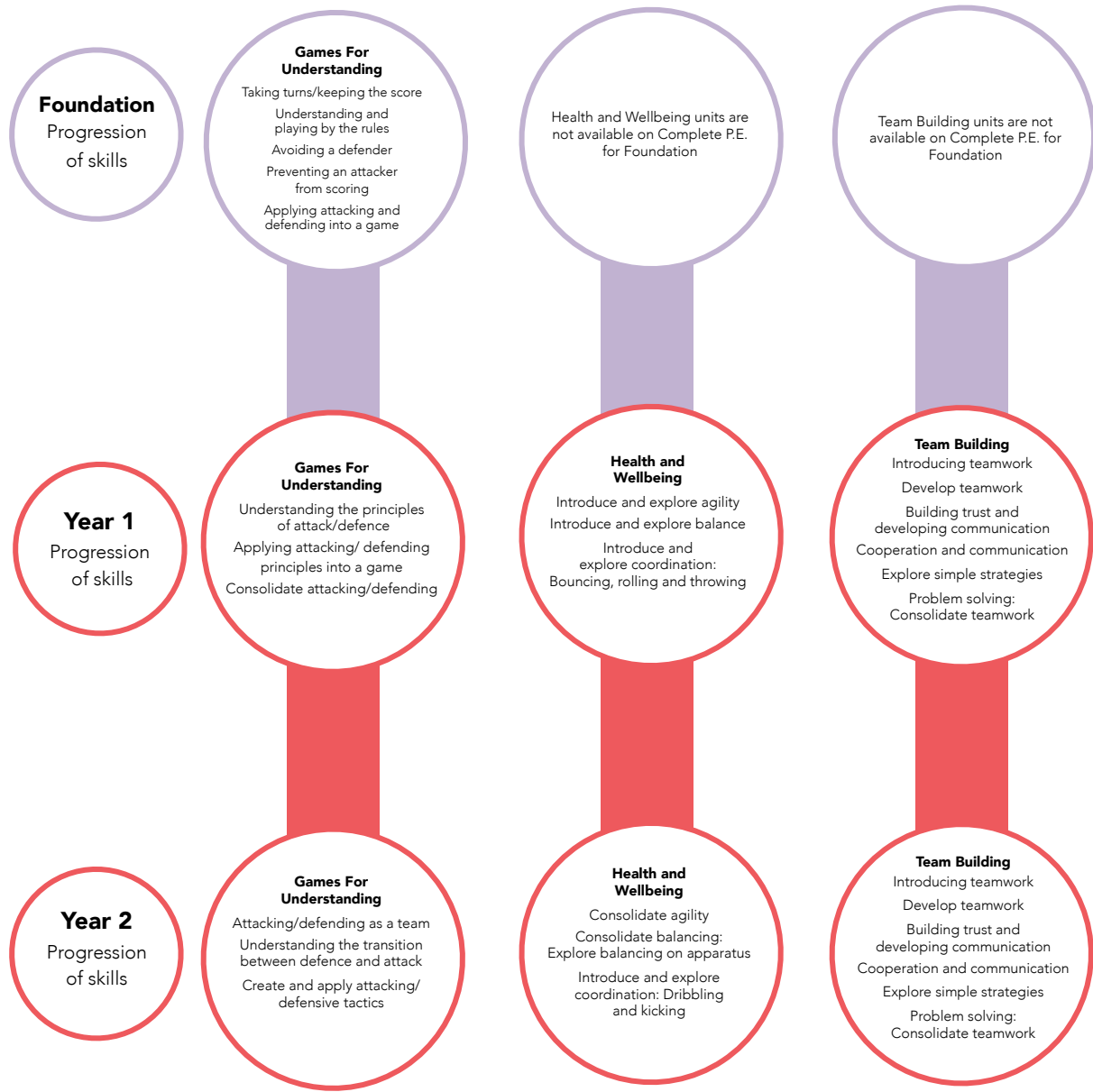
**Locomotion:  
Jumping**  
Consolidate jumping  
Apply jumping into a game  
Linking jumping  
Explore jumping combinations  
Develop jumping combinations

**Ball Skills Hands 1**  
Develop dribbling/passing  
and receiving  
Combine dribbling, passing and  
receiving, keeping possession  
Develop dribbling/passing and  
receiving to score a point  
Combine dribbling, passing and  
receiving to score a point

**Ball Skills Feet**  
Develop dribbling/passing/  
receiving, keeping possession  
Combine dribbling, passing and  
receiving, keeping  
possession/to score a point  
Apply dribbling, passing and  
receiving as a team  
to score a point

**Ball Skills Hands 2**  
Consolidate pupils  
application and understanding  
of underarm throwing  
Applying the underarm and  
overarm throw to win a game  
Applying the underarm throw to  
beat an opponent





**Foundation and KS1 Progression of Skills**