



Oak Hill C of E Primary School Progression Ladder for Physical Education



Key Stage 1

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 and change direction. Move over and under obstacles/equipment	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 Handling of tools (pencils etc)	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