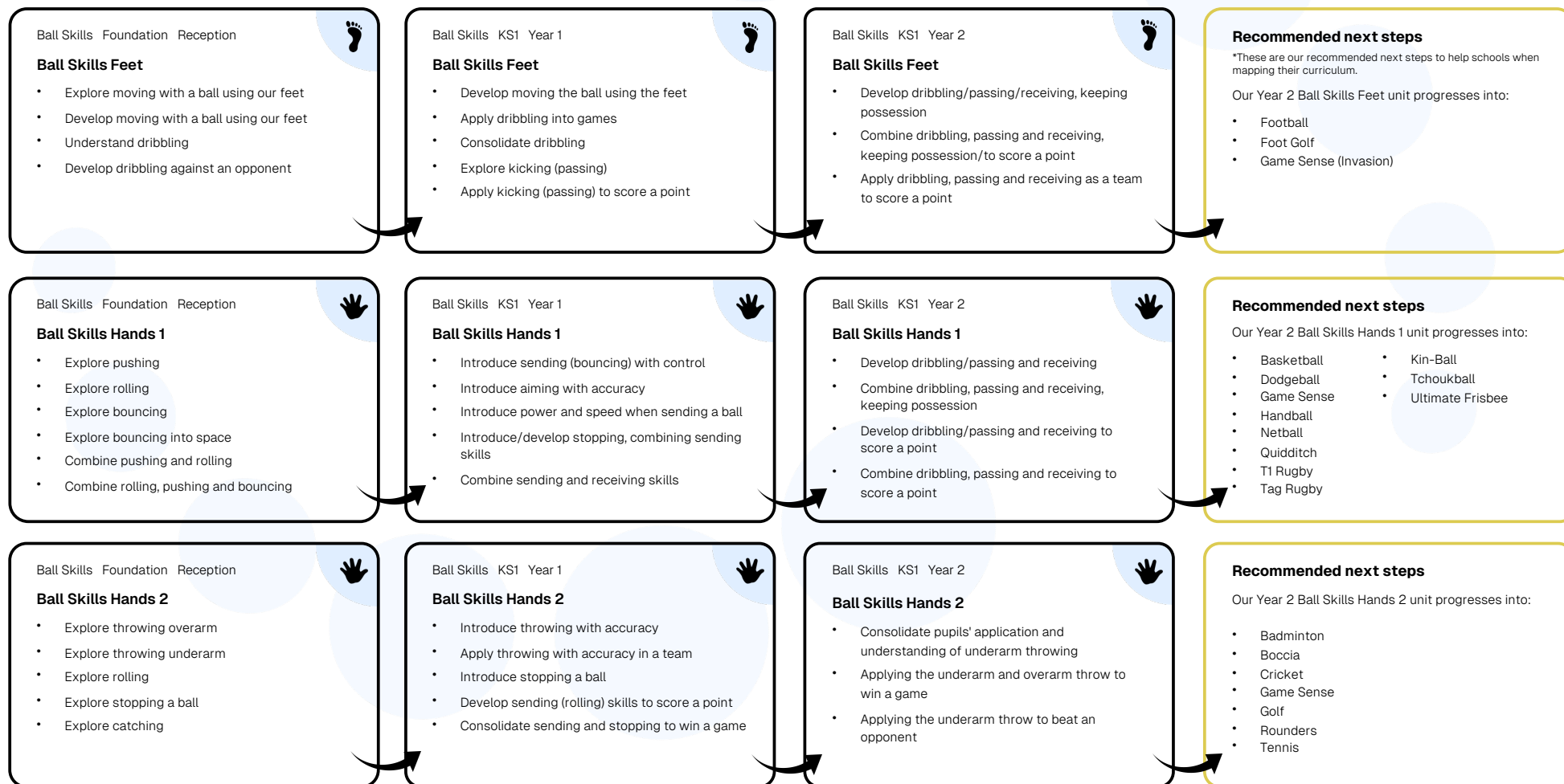




Understanding our Progression of Skills – Foundation and KS1 Sequenced Units of Work

- Our sequenced units of work are designed to build progressively from EYFS through to KS1. Rather than viewing these units as fixed to specific year groups, they should be seen as part of a continuous learning journey made up of progressive building blocks.
- To avoid gaps in learning, pupils should move through the suggested sequence wherever possible. For example, if a Year 1 class has limited prior experience, we recommend starting with the relevant EYFS unit before progressing through the sequence at a pace suited to the needs of the class.
- You will also notice links between units, such as Ball Skills Feet and Ball Skills Hands. This flexibility allows schools to alternate between units while maintaining progression. For example, schools may choose to teach Year 1 Ball Skills Feet alongside Year 2 Ball Skills Hands 1.



Ball Skills KS1 Year 1

Ball Skills Sticks

- Using sticks safely
- Introduce dribbling with the ball
- Introduce stopping the ball
- Introduce sending (passing) a ball
- Develop dribbling

*We have not created a Ball Skills Sticks unit for Reception.

Ball Skills KS1 Year 2

Ball Skills Sticks

- Develop dribbling
- Develop passing
- Introduce sending a ball accurately (shooting) to score points
- Introduce blocking or intercepting

Recommended next steps

Our Year 2 Ball Skills Sticks unit progresses into:

- Hockey
- Golf
- Tennis
- Game Sense

Attack v Defence Foundation Reception

Games For Understanding

- Taking turns
- Keeping the score
- Understanding and playing by the rules
- Avoiding a defender
- Preventing an attacker from scoring

Attack v Defence KS1 Year 1

Games For Understanding

- Understanding the principles of attack
- Understanding the principles of defence
- Applying attacking/ defending principles into a game
- Consolidate attacking/defending

Attack v Defence KS1 Year 2

Games For Understanding

- Attacking as a team
- Defending as a team
- Understanding the transition between defence and attack
- Create and apply attacking/defensive tactics

Recommended next steps

Our Year 2 Games For Understanding unit progresses into all our:

- Invasion (Games) units
- Net/Wall (Games) units
- Striking and Fielding (Games)

Health and Wellbeing Foundation Reception

Health and Wellbeing

- Understanding what we mean by movement and exercise
- Exploring our heartbeat/ breathing when we exercise
- Understanding how exercise makes us feel
- Making exercise fun

Health and Wellbeing KS1 Year 1

Health and Wellbeing

- Introduce and explore agility
- Introduce and explore balance
- Introduce and explore coordination: Bouncing, rolling and throwing

Health and Wellbeing KS1 Year 2

Health and Wellbeing

- Consolidate agility
- Consolidate balancing: Explore balancing on apparatus
- Introduce and explore coordination: Dribbling and kicking

Recommended next steps

Our Year 2 Health and Wellbeing unit progresses into:

- Mindfulness
- Health Related Exercise

Locomotion Foundation Reception

Jumping

- Explore/develop jumping
- Apply jumping into a game
- Jumping for distance
- Explore jumping high
- Explore hopping

Locomotion KS1 Year 1

Jumping

- Develop jumping
- Explore how jumping affects our bodies
- Explore skipping
- Apply skipping and jumping into a game

Locomotion KS1 Year 2

Jumping

- Consolidate jumping
- Apply jumping into a game
- Linking jumping
- Explore jumping combinations
- Develop jumping combinations

Recommended next steps

Our Year 2 jumping unit progresses into:

- Athletics
- Basketball
- Game Sense
- Netball
- Triathlon

Locomotion Foundation Reception



Walking

- Explore/develop walking
- Explore walking in different pathways
- Sustain walking
- Explore marching
- Apply walking into a game

Locomotion KS1 Year 1



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 game

Locomotion KS1 Year 2



Dodging

- Explore dodging
- Develop dodging
- Apply dodging: Explore attacking to beat an opponent
- Apply dodging in teams

Recommended next steps

Our Year 2 Locomotion (Dodging) unit progresses into:

- Athletics
- All Invasion (Games) units
- All Net/Wall (Games) units
- All Striking and Fielding (Games)

Learning Through Play Foundation Reception



Playing Through Games

- Explore playing with equipment safely
- Playing with equipment safely: Taking Turns
- Learning to play with a partner
- Using equipment and other objects to travel
- Playing with equipment and other objects with a partner

Learning Through Play KS1 Year 1



Playing Games

- Following instructions when playing games
- Keeping count (the score) when playing games
- Taking turns when playing games
- Competing against myself
- Competing against others
- Playing competitive games

Learning Through Play KS1 Year 2



Creating Games

- Creating games on our own and with a partner
- Creating games in groups and teams
- Understanding our roles and responsibilities when playing a game
- Exploring the role of the referee
- Playing and creating competitive games with a referee

Recommended next steps

Our Year 2 Learning Through Play unit progresses into all our:

- Invasion (Games) units
- Net/Wall (Games) units
- Striking and Fielding (Games)

Ball Skills Foundation Reception



Rackets, Bats, Balls and Balloons

- Explore pushing/hitting a balloon with control
- Explore hitting a balloon with power into space
- Explore hitting/pushing (sending) a balloon with accuracy
- Explore balancing an object on a racket/bat

Ball Skills KS1 Year 1



Rackets, Bats and Balls

- Develop pushing (dribbling) a ball with a racket: Introducing control
- Explore hitting and develop pushing a ball (with a racket) towards a target
- Explore hitting a ball (with a racket) with accuracy and power

Ball Skills KS1 Year 2



Rackets, Bats and Balls

- Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent
- Introduce hitting (sending/striking) a ball into a space: Where and why?
- Striking the ball (with a bat) into space with intent

Recommended next steps

Our Year 2 Rackets, Bats and Balls unit progresses into:

- Badminton
- Boccia
- Cricket
- Game Sense
- Hockey
- Rounders
- Tennis

Team Building KS1 Year 1



Team Building

- Developing listening skills
- Using simple strategies
- Creating strategies
- Explore teamwork
- Communication, encouragement and strategy

*We have not created a Team Building unit for Reception.

Team Building KS1 Year 2



Team Building

- Introducing teamwork
- Consolidate teamwork
- Building trust and developing communication
- Cooperation and communication
- Explore simple strategies
- Problem solving: Consolidate teamwork

Recommended next steps

Our Year 2 Team Building unit progresses into:

- Challenging Collaboration
- Communication and Tactics
- Leaders
- Orienteering
- Problem Solving



Understanding our Progression of Skills – Dance Units

- Our dance units are sequenced progressively EYFS through to KS1, with learning building year by year.
- There is no fixed pathway in terms of themes, meaning schools can select any EYFS units as a starting point, as all EYFS units progress naturally into the Year 1 units, and so on.
- Although each unit explores a different theme, the core skills, movement concepts, and creative development remain aligned throughout the progression

Dance Foundation Reception



Seasons

- Developing movements
- Creating movements with shape and control
- Developing creativity
- Performing with a partner exploring shadows
- Changing seasons

Dance KS1 Year 1



Toys

- Perform movements with varying direction, levels, and pace
- To perform dances using simple movement patterns
- Movements to represent toys: Characterisation
- Using toys from the past as inspiration for movement

Dance KS1 Year 2



Great Fire of London

- Creating movements that represent the Great Fire starting and spreading
- Creating freeze frames with control, levels and expression
- Transitions and flow between movements
- Perform, record and evaluate our dance sequences

Recommended next steps



Year 3 Units

- Witches and Wizards
- Wild Animals
- Weather

Year 4 Units

- Cats
- Spaces
- World War II

Year 5 Units

- Street Art
- The Circus
- The Greeks

Year 6 Units

- Carnival
- The Titanic
- Prejudice and Discrimination

Dance Foundation Reception



Nursey Rhymes

- Moving in sequence
- Creating our own movements
- Creating simple movement sequences
- Responding in movement to words and music
- Exploring contrasting tempos
- Exploring character movements

Dance KS1 Year 1



The Zoo

- Exploring expression
- Developing our movements, adding movements together
- Responding to a rhythm: Introducing partner work
- Creating an animal sequence motifs
- Exploring relationships within our motifs

Dance KS1 Year 2



Explorers

- Responding to stimuli
- Developing our motif with expression and emotion
- Applying choreography in our motifs
- Extending our motifs
- Sequences, relationships and performance

Dance Foundation Reception



Ourselves

- Moving in sequence
- Responding in movement to words and music
- Moving with props and contrasting tempos
- Creating their own movements
- Exploring opposites

Dance KS1 Year 1



Growing

- Responding to rhythm
- Developing the growing plant 'dance'
- Introduction to motifs
- Creating motifs
- Creating movement sequences
- Relationships and performance

Dance KS1 Year 2



Water

- Responding to stimuli
- Developing whole group movement
- Improvisation and physical descriptions
- Creating contrasting movement sequences
- Sequences, relationships and performance

Dance Foundation Reception



Dinosaurs

- Moving with control
- Adding movements together
- Responding to rhythm in character
- Adding expression to our characters' movements
- Performing with a partner
- Exploring relationships

Dance KS1 Year 1



Heroes

- Performing movements in sequence
- Creating movements that represent superpowers
- Creating movements that represent a superhero rescuing/saving, someone/something
- Exploring character movements

Dance KS1 Year 2



Mr Candy's Sweet Factory

- Exploring expression
- Linking movements together
- Creating a motif with characterisation, expression and emotion
- Extending our motifs with different dynamics (fast and slow)

Recommended next steps



Year 3 Units

- Witches and Wizards
- Wild Animals
- Weather

Year 4 Units

- Cats
- Spaces
- World War II





Understanding our Progression of Skills – Gymnastics Units

- Our gymnastics units are sequenced progressively EYFS through to KS1, with learning building year by year.
- There is no fixed pathway in terms of themes, meaning schools can select any EYFS units as a starting point, as all EYFS units progress naturally into the Year 1 units, and so on.
- Although each unit explores a different theme, the core skills, movement concepts, and creative development remain aligned throughout the progression

Gymnastics Foundation Reception



High, Over, Under, Over

- Introduction to high, low, over and under
- Introduction to the apparatus
- Applying high and low on apparatus

Gymnastics Foundation Reception



Moving

- Explore moving and making shapes using different body parts
- Explore moving in different directions
- Explore big and small ways of moving and making shapes
- Moving in pairs
- Creating shapes in pairs

Gymnastics KS1 Year 1



Wide, Narrow, Curled

- Introduction to wide, narrow and curled
- Exploring the difference between wide, narrow and curled
- Transitioning between wide, narrow and curled movements
- Linking two movements together

Gymnastics KS1 Year 1



Body Parts

- Introduction to big/small body parts
- Combining big and small with wide, narrow and curled
- Transition between wide narrow and curled using big and small body parts
- Adding (linking) movements together

Gymnastics KS1 Year 2



Linking

- Developing linking
- Linking on apparatus
- Jump, roll, balance sequences/on apparatus
- Creation of sequences
- Completion of sequences and performance

Gymnastics KS1 Year 2



Pathways

- Explore/develop zig-zag pathways/on apparatus
- Explore/develop curved pathways/on apparatus
- Creation of pathway sequences
- Completion of pathways sequences and performance

Recommended next steps.



Year 3 Units

- Symmetry and Asymmetry
- Canon and Unison

Year 4 Units

- Bridges
- Levels and Directions

Year 5 Units

- Flight
- Counter-Balance and Counter Tension

Year 6 Units

- Creating Sequences
- Matching and Mirroring