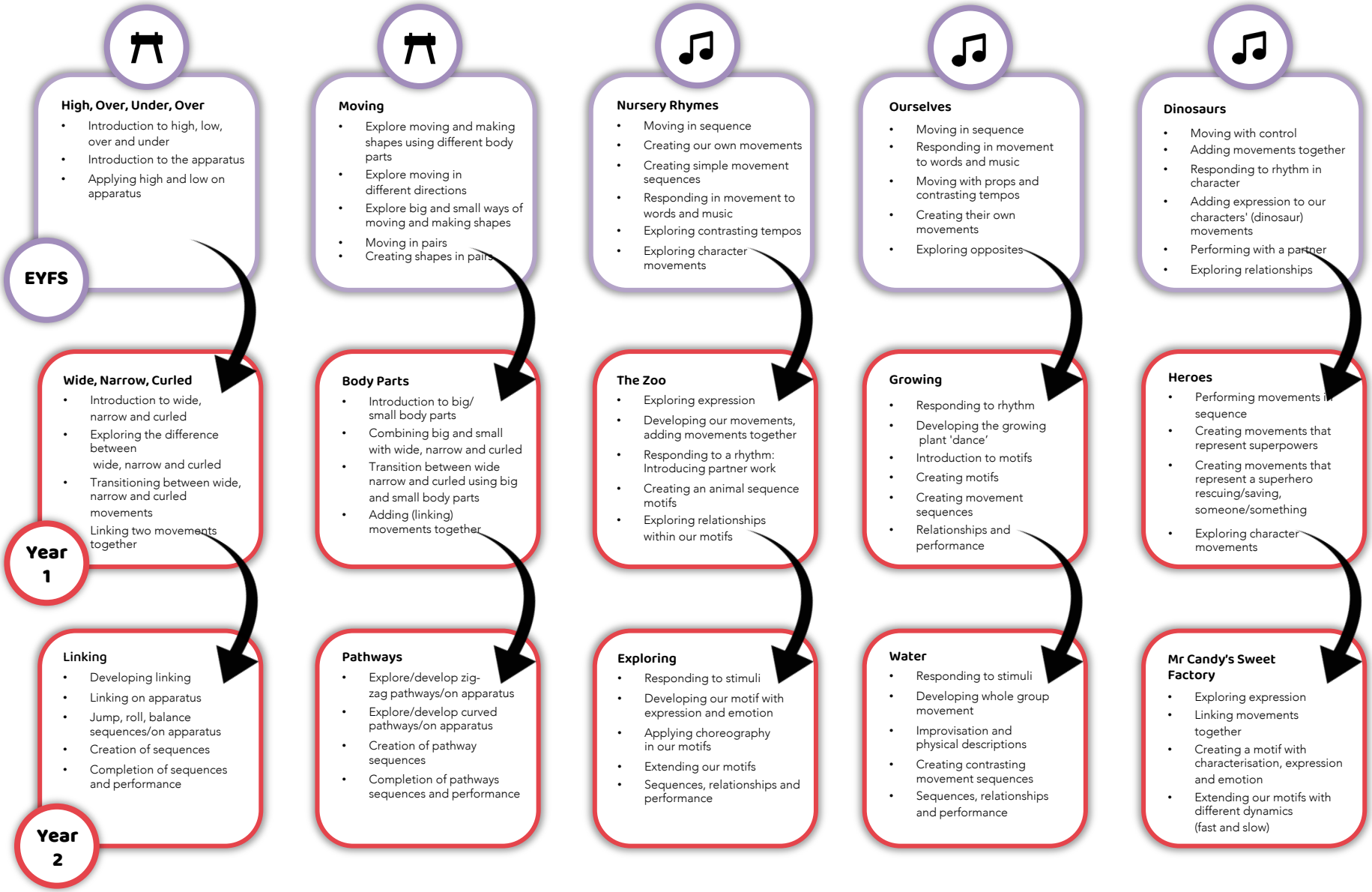
Foundation and KS1 Progression of Skills Overview

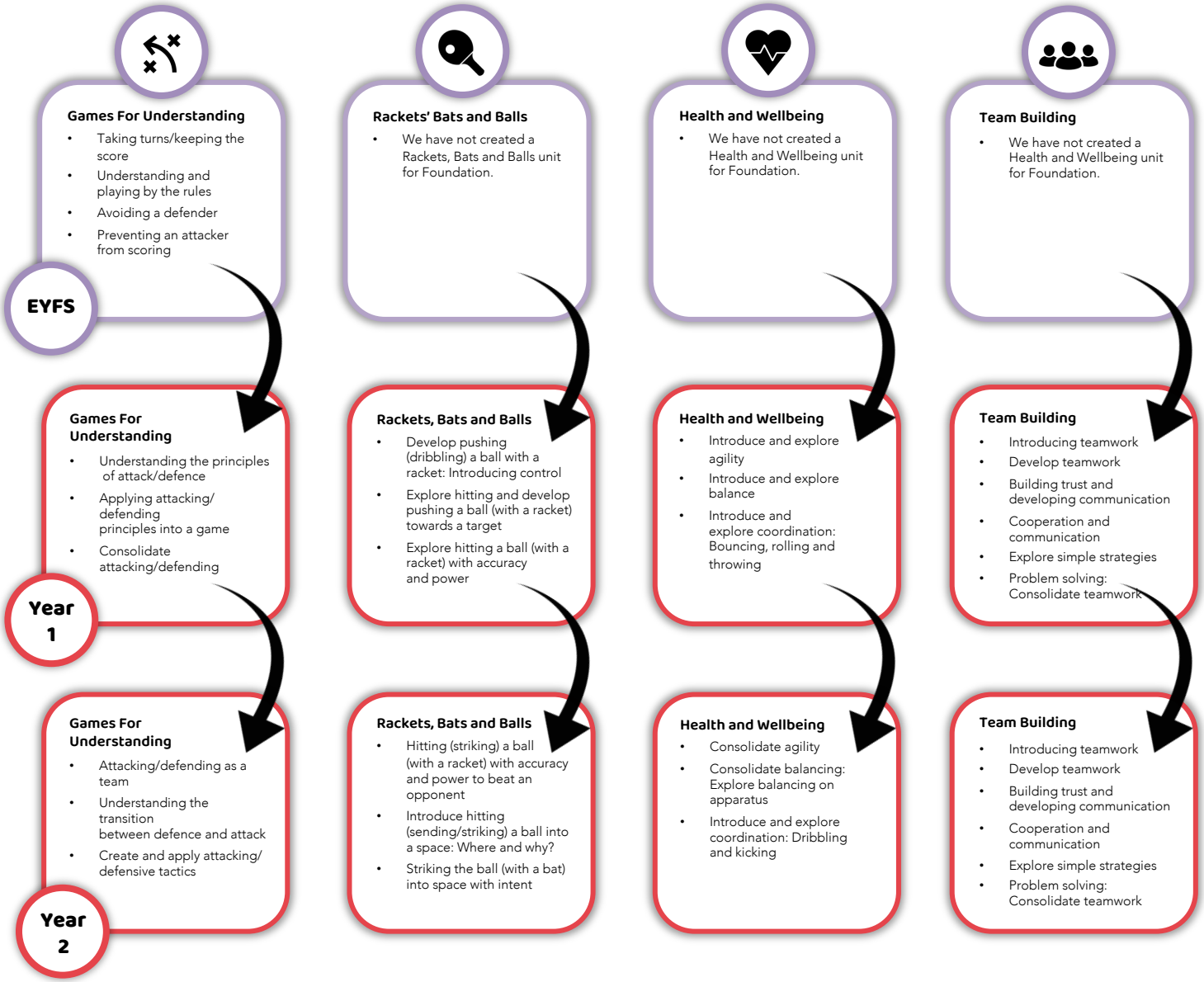
	Locomotion: Walking	Locomotion: Jumping	Ball Skills Hands 1	Ball Skills Feet	Ball Skills Hands 2
EYFS	• Explore/develop walking • Explore walking in different pathways • Sustain walking • Explore marching • Apply walking into a game	• Explore/develop jumping • Apply jumping into a game • Jumping for distance • Explore jumping high • Explore hopping	• Explore pushing • Explore rolling • Explore bouncing • Explore bouncing into space • Combine pushing and rolling • Combine rolling, pushing and bouncing	• Explore moving with a ball using our feet • Develop moving with a ball using our feet • Understand dribbling • Develop dribbling against an opponent	• Explore throwing overarm • Explore throwing underarm • Explore rolling • Explore stopping a ball • Explore catching
Year 1	**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 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	**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

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