



Progression of Skills

Fundamental Movement Skills/ Multi Skills/Athletics



EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Run and stop, showing some control of direction and stopping. Jump with bent knees, avoiding falling over. Throw different balls and beanbags into space, aiming for large targets but expecting minimal success. Balance in a stationary position, and while moving. Explore the coordination of different limbs, in a free play environment.	Attempt to run at different speeds, showing an awareness of peers & technique. Attempt to jump from two feet, and hop with some control, showing an awareness of technique. Throw towards a large target, with some success. Show some control and balance when travelling at different speeds. Show a basic understanding of balance and coordination when changing direction. Explore the coordination of different limbs, in fun activities with basic challenges.	Show balance and coordination when running at different speeds, regularly avoiding peers and using effective technique. Connect running and jumping movements with some control and balance. Show hopping and jumping movements with some balance and control, demonstrating an awareness of technique. Show some understanding of different throws. Show control and balance when travelling at different speeds. Demonstrate balance and coordination when changing direction. Demonstrate coordination with increased control, with and without equipment.	Show balance, coordination and technique when running at different speeds, stopping with control, and consistently avoiding peers. Show hopping and jumping actions, attempting different take offs and landings, while generally maintaining balance. Jump for distance and height with an awareness of technique, balance and coordination. Throw a variety of shape & size balls, or beanbags, at a target or for distance, changing action for accuracy and distance. Show coordination of their body with increased consistency in a variety of activities.	Consistently show balance, coordination and technique when running at different speeds, stopping with control, and consistently avoiding peers. Show hopping and jumping actions, including running as a transition in-between, attempting different take offs and landings, while maintaining balance. Jump for distance and height, showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good balance when performing other fundamental skills. Show balance when changing direction at speed in combination with other skills. Begin to co-ordinate their body at speed in response to a task.	Run at speed over longer distances or for longer periods of time. Demonstrate an understanding of agility & evasion, running in different directions at speed, and attempting changes of speed and changes of direction to avoid peers. Show control at take-off and landing in more complex jumping activities, with running transitions in-between. Show accuracy and power when throwing for distance, often hitting the target. Demonstrate good balance and control when performing other fundamental skills. Can coordinate a range of body parts at increased speed.	Demonstrate a controlled running technique over longer distances or for longer periods of time. Show a clear understanding of agility & evasion, running in different directions at speed, and changes of speed and changes of direction to avoid peers. Transition between running, jumping and hopping actions with greater control and coordination. Consistently show control at take-off and landing in more complex jumping activities, with running transitions in-between. Show accuracy and good technique when throwing for distance, regularly hitting the target. Change direction with a fluent action, transitioning smoothly between varying speeds & directions. Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.