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|  | **EYFS** | **Key Stage 1** | |
| **Learning progression** | | |
| **Gymnastics** | straight, pike, tuck, straddle, star, shape, curl, roll, balance, land, climb,  Travelling - slither, gallop,  shuffle, roll, crawl, slide, skip, walk, run, jump, freeze  tension, control, strength, stretch, safely , position, body parts  Direction – forwards, backwards, sideways, under, over, through | stretch, balance, tension zig-zag, travelling, jumping climbing, repeat, sequence space, perform, adapt  direction, speed, levels.  Shapes—pike, star, straddle, straight, tuck, landing  like, dislike, improve. warm up/ cool down . | speed, compose, movements, position, extend,  travel, combinations, demonstrate, repeat, create, stretch, point, balance, level,  tension, smooth, sequence.  Shapes – pike, star, straddle, top to toe, tuck  Like, dislike, improve warm up/ cool down . |
| **Dance** | Travelling - slither, gallop, | Travel and stillness - gallop, skip, | movement, control, speed, level, sequence unison, cannon, motif  Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue  Direction - forwards, backwards, sideways  Space - near, far, in and out, on the spot, own, beginning, middle end  Mood and feelings - happy, angry, calm, excited, sad, lonely  body actions  Levels- high, medium, low Speed - fast, slow  Pathways - curved, zigzag  rhythm, co-ordination, pattern, stimulus Like, dislike, improve  warm up/ cool down . |
| shuffle, roll, crawl, slide, skip, walk, | jump, hop, bounce, spring, turn, |
| run, jump, freeze | spin, freeze, statue |
| Actions - lead, follow copy | Direction - forwards, backwards, |
| body parts | sideways |
| Co-operation - share, wait, before, after. | Space - near, far, in and out, on the  spot, own, beginning, middle end |
| Direction – forwards, backwards, sideways, | Mood and feelings - happy, angry,  calm, excited, sad, lonely |
| Feelings - happy, excited, sad | body actions |
| Body actions e.g. stretching, | Levels—high, medium, low |
| curling, reaching, twisting, turning | Speed - fast, slow |
| Movement - strong, gentle, heavy,  floppy | Pathways - curved, zigzag |
| Space - between, through, above. | rhythm, co-ordination, pattern, |
| Independent, group | stimulus, copy |
| Rhythm, beat | Like, dislike, improve |
|  | warm up/ cool down. |
| **Games** | Movement, safely, space, control, co-ordination, turning, dodging,  tracking, obstacles  Travelling,- walking, running, jumping, marching, freeze, | running, jumping, skipping, galloping,  throwing-underarm, overarm, chest,  bouncing, catching, rolling, striking | avoiding, accuracy, tracking a ball rolling, striking, overarm throw  chest pass, bounce pass, bouncing, catching  free space, own space, opposite |
| Adjust speed,- fast, slow, | direction– forwards,  backwards ,sideways, | team, rebound, follow, aiming, speed |
| Direction – forwards, backwards  throwing, catching, rolling, stopping  pushing, patting, kicking, dribbling | passing, receiving, controlling,  position, space, opposite team, co- ordination, participate, team, score | direction, passing, controlling, shooting  scoring, participate, co-ordination  technique, combinations, rules, tactics. |
| bouncing, striking | Like, dislike, improve | Like, dislike, improve |
|  | warm up/ cool down | warm up/ cool down |



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|  | **Key Stage 2** | |
| **Learning progression** | |
| **Gymnastics** | flow, explosive, symmetrical, asymmetrical, combination evaluate, improve, stretch, refine, adapt, contrasting  curled, stretched, suppleness, strength, inverted jump, land, over, under, agility, strength, technique, control, balance, evaluate, improve  Shapes - tuck, straddle, pike, arch, back support, front support, shoulder stand, bridge.  Health and fitness – warm up/ cool down/ heart rate. | degrees, balance, forwards, backwards, combine, rotation, against, towards, across, evaluate, improve, height, strength  suppleness, stamina, speed, level, wide, tucked, straight, twisted constructive, points, twist, turn, safety, refine, agility, strength,  technique, control, balance, evaluate, improve Shapes—tuck, straddle, pike, arch, back support, front support, shoulder stand  Bridge partner balances level 1—steps, knees, thighs, shoulders, counter balance  Health and fitness – warm up/ cool down/ heart rate. |
| **Dance** | create, combination, sequence, space, improvisation  repetition, adapt, motifs, pattern, movement, evaluate, improve, agility, flexibility, strength, control, balance, Stimulus, rhythm, timing, perform  Health and fitness – warm up/ cool down/ heart rate. | spatial awareness, repeat, dance, character, repetition, action,  reaction, pattern, movement, evaluate, improve, agility, flexibility strength, technique, control, balance, combination, stimulus, motifs, dynamics, perform, timing  Health and fitness – warm up/ cool down/ heart rate. |
| **Games** | defending, attacking, travel, bouncing, control,  possession, co-ordination, co-operation, scoring, batting, space, pass, dribble, team, points, goals, rules, tactics fielding, bowler, wicket, innings, rounder, backstop, Court, target, net, striking, pitch.  Health and fitness – warm up/ cool down/ heart rate evaluate, improve | possession, scoring, space, pass/send/receive, dribble, travel team, striking, bowling, throwing, fielding, combinations,  co-ordination, fluency, co-operation, competition, technique, partner, points, goals, rules, tactics, batting, fielding, bowler, wicket, tee, base, boundary, innings, rounder, backstop, court, target, net, defending, hitting, stance, offside, pitch, doubles  rally.  Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery  evaluate, improve |
| **Athletics** | running, speed, throw, skip, aim, bounce, jump, leap,  hop, target, overarm, underarm, walking, jogging, baton, relay, take off, landing  Health and fitness – warm up/ cool down | running, technique, pace, accuracy, power, throw, high, low, skip,  aim, fast, slow, bounce, jump, leap, hop, run, target, overarm, Underarm, walking, jogging, accelerate, baton, relay, push, take off, landing  Health and fitness – warm up/ cool down |
| **Swimming** | Shallow, deep, turning, rolling, metres, glide, front, back, style, horizontally, vertically, front crawl | |

