Progression Ladder



Athletics

EYFS	1	2	3	4	5	6
Move in different directions with control at speed.	Start to run quickly and stop with control, changing speeds whilst running.	Develop power and increase speed when sprinting by using quick feet.	Be able to combine running fast with flight to get over hurdles.	Refine sprinting technique to accelerate over shorter distances and maintain balance when running on a curve.	Run quickly to complete a leg of a relay race, exchanging the baton within a restricted area..	Correctly use the sprint start position to increase the rate of acceleration at the start of a race.
Recognise and perform with some control movements at different speeds.	Run over longer distances at a consistent speed without stopping.	Use breathing techniques to improve endurance while running.	Able to vary running pace between fast, slow, and medium over extended periods.	Use the appropriate running technique to adjust speed when running longer distances.	Effectively pace a race over longer distances to avoid slowing down or stopping.	Work collaboratively with others to maximise the distance covered in a Parlauuf relay with teammates.
Begin by jumping short distances while maintaining control.	Jump as far as possible with control using two-footed jumps from a standing start.	Start to develop the strength to increase the distance jumped.	Use a smooth approach and run-up to maximise the jumping distance.	Experiment with various jumping techniques to assess their impact on the distance achieved.	Correctly mark out and use a run-up when performing a long jump.	Combine the three phases of a triple jump to maximise jumping distance.
Begin to send and receive various objects with a partner.	Start to use power to throw an object overarm for distance.	Select the best throwing technique for different situations, showing power and control.	Throw a javelin with control and power using a pull throw.	Throw a discus with control and power using a sling throw.	Throw a shot with control and power using a push throw.	Throw an object with control and power using a heave throw.
Co-operate with others in small group activities.	Start to compete as an individual to beat their own personal best.	Compete in different activities, trying to maximise points scored and improve performance.	Able to keep score when competing across a variety of activities.	Accurately measure and keep track of others' scores when competing in various activities.	Plan a variety of suitable events for others to compete based around running, jumping and throwing.	Work with others to select and apply the best technique to achieve a personal best in various events.

Badminton

EYFS	1	2	3	4	5	6
Start to hit different objects with hands.	Use a self-feed to hit balloons and balls with hands.	Start to hit an object on both sides of the body with some consistency.	Consistently hit a shuttle to different parts of the court using a forehand hit from a self-feed.	Hit a shuttle using a forehand, backhand, and overhead hits somewhat consistently to different parts of the court.	Use quick reactions to hit the shuttle when close to the net consistently.	Use attacking shots such as the drop and smash shots confidently to try to score points.
Travel with some control and coordination, showing some agility by changing direction at speed.	Move into position behind an object to hit it.	Use agility to change direction quickly when moving about a court.	Move around the court with agility to try and return a shuttle.	Show good court positioning after each shot.	Use quick feet to move efficiently into the best position to return a shuttle.	Move around the court both in attack and defence without colliding with a partner during a doubles game.
Co-operate with others in small group activities.	Feed an object for a partner to hit.	Start to work with a partner to hit a ball to another team.	Work with a partner to take part in a rally.	Work with others using effective communication to score points in a game.	Play with others to have some flow in a game, including keeping track of the score.	Use an offensive play rotation formation in a doubles game effectively.
Play a simple game with a partner, following simple rules, guided by an adult.	Use simple rules to play a modified game.	Use basic serving rules to start a rally.	Play a game with basic rules and simple court boundaries.	Play a game using basic serving rules.	Play and start to umpire a game using a scoring system.	Play and start to umpire a doubles game, including keeping track of the score during the game.
Use simple tactics in small group games.	Select where to hit an object to try and win a point.	Hit an object to different parts of a court to make it hard for an opponent to return a hit.	Use both hard and soft hits to send the shuttle to different parts of the court.	Start to make it difficult for an opponent to return a shot by choosing where to hit the shuttle.	Use different service shot lengths to begin a point, making it difficult for the opponent to return.	Discuss and implement different defensive formations when playing a doubles game.

Basketball

EYFS	1	2	3	4	5	6
Start to send and stop different objects with a partner.	Throw and catch a ball sent by a partner over a short distance.	Send and catch a ball using an underarm, overarm and bouncing throw with some consistency.	Throw and catch a ball under pressure in small-sided games.	Catch a ball under pressure in the triple threat position. Throw the ball accurately while under pressure from a defender.	Pass a ball quickly and accurately using a one-handed push pass to outwit defenders.	Pass the ball accurately to a teammate under pressure to start a fast-break counterattack.
Travel with some control and coordination. Show some agility by changing direction at speed.	Start to travel bouncing a ball to yourself with some control and coordination.	Travel by bouncing a ball to yourself, keeping the ball under control.	In small sided games, use a basic dribbling technique to move around a court with control under limited pressure from opposition.	Use a crossover dribble with control and agility to quickly change direction to evade a defender in small-sided games.	Use a front pivot to move forward and change direction quickly during a small-sided game.	Use the retreat dribble technique to maintain ball possession and find better attacking options while under pressure.
Send a ball towards a target.	Start to aim and throw objects at a target to score points.	Score points by throwing into a target with some consistency.	Use a two-handed shooting technique with some consistency.	Attempt a jump shot in a small-sided game under pressure from a defender.	Attempt different shooting techniques to score whilst defenders try to block.	Attempt 3-point shots with some success.
Move before receiving a ball.	In isolation, move into a space to receive a pass.	In a small-sided game, recognise and move into space.	Identify and move into a space in a small-sided game to be ready to receive a pass.	Move towards the player with the ball to receive a pass.	Move around a court to create attacking space during small-sided games.	Use the V-cut technique to get free from a defender and move into a space to receive the pass.
Try to stop a rolling ball from getting past you.	Start to use a basic defensive position to intercept/deflect a pass.	Use the defensive position to intercept a pass in a small-sided game.	Use the defensive stance and work with teammates to regain possession.	Apply pressure to the opposition ball carrier to try and turn over possession.	Be able to apply the boxing-out technique to secure a rebound after a shot is taken.	Work with a partner to restrict the opponent's space as they try to build an attack.
Play a simple game with a partner, following basic rules, guided by an adult.	Play a small-sided game following simple rules.	Play within a defined area of a court.	Play showing good sportsmanship throughout.	Play following more complex rules.	Play using the concept of personal fouls.	Play, showing secure knowledge of the rules, including the free throw rule.
Co-operate with others in small group activities.	Co-operate and communicate with a partner to attack and defend during a game.	Work as part of a team to keep possession of a ball in a small-sided game.	Keep possession of a ball using short passes, attempting to move the ball forward to build an attack.	Start to discuss and implement basic tactics in defence, such as man-to-man marking.	Discuss and implement tactics when attacking and defending, such as quick forward passes to exploit space on the wings.	Work as part of a team to implement and evaluate the success of attacking and defensive tactics in games.

Cricket

EYFS	1	2	3	4	5	6
Send an object by pushing with a baton.	Use a self-feed to hit a ball with hands.	Send a ball into space using hands, feet, bats, and racquets.	Attempt a straight drive to hit a ball along the ground.	Hit a ball with power and direction, attempting a range of shots, including the straight drive and pull shot.	Recognise when to use a forward defensive shot to block the ball from hitting the wickets when batting.	Hit a ball using an on-drive and score runs by hitting the ball past the bowler.
Start to send and stop different objects with a partner.	Use an underarm throw to feed the ball for a batter to hit.	Bowl a ball underarm with accuracy for a batter to hit.	Bowl a ball underarm with accuracy to try and get a batter out.	Start to bowl using an overarm technique with some control.	Use the correct grip when bowling overarm for seam bowling.	Attempt short-pitch bowling to get a ball to arrive at the batter between the waist and head high.
	Underarm throw and catch a ball with some consistency over a short distance.	Throw a ball quickly towards a base to try and prevent a batter from scoring.	Overarm throw across longer distances with power and control.	Accurately throw the ball overarm at a fielder near the wickets to prevent run.	Throw the ball quickly and accurately over short distances to get a batter out.	Show confidence to attempt a high catch when fielding.
Try to stop a rolling ball from getting past you.	Start to track a ball and move into position to try and stop it.	Stop/collect a ball in the backstop/wicketkeeper position.	Use a long barrier technique to consistently stop a ball that is rolling along the floor.	Stop a rolling ball using a one-handed pick-up to be able to throw a ball quicker.	Field a rolling ball from different fielding positions to prevent runs from being scored.	Work with a partner to field a ball quickly back towards the wickets to limit runs scored.
Start to run quickly with some control.	Run quickly between bases to score points.	Run quickly to score as many points as possible after each hit.	Run with a partner between wickets to score runs, keeping track of of runs scored.	Start to anticipate when to run with a batting partner to try and increase the runs scored.	Use clear communication with a partner to call to complete runs.	Communicate with a batting partner to agree on the best way to score runs.
Play a simple game with a partner, following basic rules, guided by an adult.	Play small-sided games using simple rules.	Play a modified game, tracking points scored and lost during a game.	Play a game of pairs cricket using simple rules, including scoring boundaries.	Play a game of pairs cricket using rules, including losing runs if a batter is dismissed.	Play a game of pairs cricket using the rules, being able to umpire their games correctly.	Play and umpire a small-sided game of cricket by following the rules.
Co-operate with others in small group activities.	Start to make choices about where to send a ball to maximise points.	Work as a team to try and prevent batters from scoring points.	Implement simple tactics when fielding and batting to maximise their chance of winning.	Discuss the best fielding positions to try and reduce runs scored.	Begin to use specific fielding positions when 'setting a field', including a mid-on and mid-off.	Set different fields for batters to try and limit run-scoring, including a ring field and an attacking field.

Dance

EYFS	1	2	3	4	5	6
Demonstrate a range of jumps, turns, travel and stillness	Copy or mirror movements with some accuracy	Demonstrate co-ordination and accuracy in their movements	Compose, remember and perform a short dance phrase.	Choreograph a short dance to show a theme, individually and as part of a small group	Use professional examples to inspire the choreography of short dance phrases.	Work collaboratively to choreograph dances using more complex compositional ideas.
Share a short dance with an audience.	Perform showing some meaning behind simple dance ideas	Apply facial expression and respond to the music	Copy and repeat movement patterns to beats of 8.	Use counts, beats, and action sequence to show good flow.	Perform locomotor and non-locomotor movements in time to the music.	Use counting and timing in more complex ways, such as through stamps and claps of a live aural setting.
Respond to simple stimuli	Select appropriate movements & apply simple choreographic relationships, e.g. leading and following, mirroring	Can apply spatial and dynamic choices to communicate their dance idea and apply unison and cannon	Use opposing dynamics such as flowing/abrupt and swirling/ straight to bring interest to dance.	Extend performances using canon and floor patterns.	Use levels in a sophisticated way to demonstrate themes.	Explore relationships through dance and perform partner lifts.
Can listen to others	Share some ideas and listen to the ideas of others	Contribute some ideas to others and respond to their suggestions	Choose and use stimuli such as props effectively in a dance.	Use devices such as freeze frame to extend and improve dance sequences.	Bring energy to a dance through more complex devices such as retrograde or inversion.	Demonstrate a narrative through contact and relationships within a dance.
Name major body parts and simple actions	Identify the actions of others and specify the body parts used	Describe the action, space and dynamics of a dance and offer some interpretation	Use facial expressions to portray emotions to an audience.	Use freeze frame to portray action and character in a dance.	Tell a story to an audience through contrasting actions.	Portray the idea of tension as part of a dance narrative.
Share what they enjoyed about a dance and listen to feedback	Identify why they enjoyed a dance and respond to feedback	Offer feedback and make some changes to their work in response to suggestions	Give feedback to an individual on their performance qualities in a large group dance.	Give feedback to a group about their performance qualities during a group dance.	Give detailed feedback on different sections of a group dance based on a range of performance qualities.	Give detailed feedback to individuals and whole groups on different sections of a group dance based on various performance qualities.

Football

EYFS	1	2	3	4	5	6
Kick a ball using feet with some control.	Kick a ball to a partner over a short distance with some accuracy.	Use harder and softer kicks to send a ball over varying distances with some control and accuracy.	Use the foot's instep to send a ball over shorter distances accurately and unchallenged.	Send the ball over longer distances with accuracy and control, starting to pass the ball whilst moving.	Pass the ball accurately in small group situations over longer distances whilst on the move.	Pass the ball accurately to a teammate under pressure to create a shooting opportunity.
Travel with some control and coordination, demonstrating some agile movements.	Travel with a ball with some control and coordination.	Travel with a ball at different speeds showing some control and coordination.	Dribble the ball using the outside of the foot with control.	Dribble the ball up the pitch with control.	Dribble quickly, attempting skills like a stepover to turn, change direction, and beat a defender.	Use a broader range of skills while under pressure to outwit a defender.
Send a ball towards a target.	Aim and throw objects at a target to score points.	Score points by aiming at a target with some consistency.	Use a basic shooting technique (laces) to aim at a target with power.	Set up a teammate to shoot.	Use the One, Two shooting technique in isolation and attempt in a game.	Use power and accuracy to shoot a penalty kick against a goalkeeper.
	Start recognising and moving into a space to receive a pass.	Move quickly into a space after passing a ball to be able to receive it back.	Identify and move into a space in a small-sided game to be ready to receive a pass.	Move towards the player with the ball to receive a pass.	Move around a pitch to create space during a game.	Work with teammates to create space for scoring opportunities.
	Start to use a basic defensive position to intercept a pass or block a shot.	Work with others to try and stop an attacking team from scoring.	Work collaboratively to intercept a pass in small-sided games.	Take possession from an opponent by using front and goal-side marking or a standing tackle.	Use goal-side and front marking and a standing tackle in small-sided games with consistent success.	Play the role of the covering defender with some success in isolation and a game situation.
Play a simple game with a partner, following basic rules, guided by an adult.	Play in a small-sided game in small following simple rules.	Play in a defined area of a pitch.	Play showing good sportsmanship throughout.	Play following more complex rules.	Play implementing knowledge of the rules throughout.	Referee a small-sided game following a set of rules.
Cooperate with others in small group activities.	Cooperate and communicate with a partner to attack and defend during a game.	Work as part of a team to keep possession of a ball during a small-sided game.	Work as part of a team to move the ball forward to attack the opponent's goal.	Start to discuss and implement basic tactics for building an attack as a team.	Discuss, create, and implement a team formation to use when playing competitive games.	Evaluate the success of attacking and defensive tactics during small-sided games.

Gymnastics

EYFS	1	2	3	4	5	6
Travel with some control and coordination. Show some agility by changing direction at speed.	Travel on and off apparatus using different methods of travel, showing control and coordination.	Travel with control and balance by taking weights on hands.	Start to modify travelling actions using pathways, direction and shapes.	Include changes of direction and speed whilst travelling maintaining control throughout.	Travel at different levels, directions and speeds across creative pathways.	Use a wide range of travelling actions showing skill and consistency.
Attempt simple rolls, such as log and egg rolls, with some body tension and control.	Perform different rolls with body tension and control in isolation and sequence.	Perform a teddy roll with good form and body tension and control.	Link different rolls smoothly into a short sequence, showing extension and tension.	Perform a range of rolls in a sequence, changing directions and pathways whilst maintaining good control.	Perform an asymmetric roll, such as an over-the-shoulder roll, as part of a sequence with control.	Link different actions smoothly using a range of different rolls, showing excellent body control throughout.
Balance in some simple shapes, with some bodily control.	Balance in different shapes on large and small body parts with good body tension and control.	Perform a range of shapes in balance, showing flexibility and control.	Perform more challenging balance shapes with a greater range of flexibility and extension.	Perform a range of symmetrical and asymmetrical balances, showing tension and flexibility in isolation and sequence.	Work safely with a partner to perform a range of counterbalances.	Show strength, control and flexibility in a range of partner balances.
Jump and land safely using 'magic chair' technique.	Perform quarter and half-turn, show shape in jumps.	Use power and control in jumps.	Perform powerful jumps from low apparatus.	Apply compositional ideas to jumps.	Link half or full-turn jumps with a roll, creatively in a partner sequence.	Use jumps to safely create flight, both on and off a variety of apparatus.
Start to take some weight on hands for a short period of time.	Take and hold weight on hands with some control,; travel on hands.	Take weight on one hand, adding twisting actions.	Take weight on hands to mount different pieces of apparatus with control.	Perform weighted bunny hops with control.	Attempt a cartwheel or cartwheel progressions and show control.	Be able to take weight on hands when vaulting over apparatus.
Link some simple 'like' actions to create a short sequence as an individual.	Use compositional ideas such as canon and unison in a sequence.	Create a short sequence flow showing smooth transitions.	Create a group sequence on apparatus with contrasting actions.	Use a range of compositional ideas to create and perform a sequence with precision.	Create longer, more complex sequences using a range of dynamics and compositional ideas.	Create a group sequence that incorporates a wide range of more complex actions.
Give simple guided feedback on quality of actions in a whole class setting.	Give partner simple feedback on their sequence.	Give feedback on some basic performance qualities in a sequence.	Identify what went well and what could be improved in a sequence.	Start to judge others' performances using a simple judging system.	Judge and give specific, constructive feedback using positive language.	Develop and use their own set of judging standards to judge others.

Hockey

EYFS	1	2	3	4	5	6
Send an object, pushing with a baton.	Send and stop a ball sent by a partner over a short distance.	Send a ball over varying distances with some control and accuracy.	Using a stick, send a ball to a teammate in a space with accuracy.	Turn with the ball to then send the ball accurately using a push and slap pass.	Use a sweep hit to send the ball 'first time'.	Move the ball tactically from a long corner or hit out using a pass or self-pass
Stop a moving object using a baton.	Stop a ball moving towards them using different parts of the body.	Track and stop a ball with some consistency.	With a stick, consistently stop a moving ball, ready to shoot, pass or dribble.	Control a ball using the reverse stick.	Control the ball under pressure.	Stop a ball hit over a longer distance.
Travel with some control and coordination, showing some basic agility.	Travel with a ball with some control and coordination.	Travel with a ball at different speeds with some control and coordination.	Use the flat side of the stick to dribble the ball keeping close control.	Use a straight dribble to move the ball forward.	Drag the ball from left to right across the body whilst dribbling.	Use an Indian dribble to try and outwit a defender.
Send a ball towards a target.	Start to aim and send objects at a target to score points.	Score points by aiming into a target with some consistency.	Shoot with some accuracy at a target.	Attempt to shoot and score a goal in small-sided games.	Make a quick decision to attempt a shot on goal. Attempt a shot from a long corner.	Shoot from close range under pressure.
	Recognise and move into space to receive a pass.	In a small-sided game, recognise and move into space.	Identify and move into a space in a small-sided game to be ready to receive a pass.	Move with speed into space to receive a pass.	Move around the 'D' to create attacking space during small-sided games.	Create scoring opportunities as a team from set plays such as long corners.
	Start to use a basic defensive position to try and intercept a pass.	Start to work with others to try and stop an attacking team from scoring.	Use a defensive body position to be ready to tackle.	Work as part of a team to try and take possession from the opposing team.	Mark an attacker and use a block tackle to dispossess an opponent.	Use a 'banana' run to channel and attacker and force them away from the goal.
Play a simple game with a partner, following basic rules, guided by an adult.	Play a small-sided game in small following simple rules.	Play in a defined area of a pitch.	Play a small-sided game with basic rules, including using the no-contact-with-foot rule.	Play following more complex rules, such as no contact with the back of the stick.	Play implementing knowledge of the rules throughout.	Play a game with more complex rules, including long corners and hit outs.
Co-operate with others in small group activities.	Co-operate and communicate with a partner to attack and defend during a game.	Work as part of a team to keep possession of a ball during a small-sided game.	Work as part of a team to try to move the ball forward to attack the opponent's goal.	Use a range of passes to build an attack.	Discuss and implement tactics and set plays in competitive games.	Evaluate the success of attacking and defensive tactics during games.

Handball

EYFS	1	2	3	4	5	6
Send and stop different objects with a partner.	Throw and catch a ball over a short distance.	Send and catch a ball using a consistent underarm, overarm, and bouncing throw.	Throw and catch a ball using the ready position under pressure in a game.	Catch and protect the ball and pass it accurately under pressure from a defender.	Use a pivot to create a space to send a pass or shoot.	Pass the ball quickly and accurately to a teammate under pressure to start a fast-break counterattack.
Travel with some control & coordination. Show some agile movements.	Travel with a bouncing ball, showing some control and coordination.	Travel and change direction while keeping a bouncing a ball under control.	Use a basic dribbling technique to move around a court using the 3-step rule.	Move the ball forward up the court by dribbling with control.	Dribble successfully using the double dribble fault rule.	Keep control of the ball when pressured by a defender.
Send a ball towards a target.	Start to aim and throw objects at a target to score points.	Score points by throwing and hitting a target with some consistency.	Score points by throwing a ball into a goal, opposed and unopposed.	Use an overarm shooting technique in a 7m-throw.	Shoot using the jump shot technique.	Have success using a variety of different shots under pressure in small-sided games.
Move to receive a ball.	In isolation, move into a space to receive a pass.	In a small-sided game, recognise and move into space.	Identify and move into a space in a small-sided game to be ready to receive a pass.	Move and catch a ball as a 'circle runner' to create space for a shot to be taken.	Pass and move around the 'D' to try and create a shooting opportunity.	Show patience passing the ball around the 'D' and keep possession.
Try to stop a rolling ball from getting past you.	Start to use a basic defensive position to try an intercept a pass.	Use the defensive position to intercept a pass in a small-sided game.	Use the defensive stance and work with teammates to regain possession.	React quickly to get into a defensive position when possession is lost.	Play as a goalkeeper, moving quickly to prevent goals from being scored.	Work with your team to defend the goal, preventing attackers from taking clear shots.
Play a simple game with a partner, following basic rules, guided by an adult.	Play a small-sided game following simple rules.	Play within a defined area of a court.	Play with the 3-second, 3-step and 3m rules.	Play with more complex rules, such as the ball can't hit below the knee and 7m-throws.	Play using the double dribble fault rule.	Play showing knowledge of the rules with competitiveness and refereeing their games throughout.
Co-operate with others in small group activities.	Co-operate and communicate with a partner to attack and defend during a game.	Work as part of a team to keep possession of a ball during a small-sided game.	Keep possession of a ball using short passes and to move the ball forward to build an attack.	Use the three-man weave to build an attack.	Discuss, create, and implement set plays when attacking.	Work as part of a team to create, implement and evaluate the success of attacking and defensive tactics such as screening.

Lacrosse

EYFS	1	2	3	4
Send an object, pushing with a baton.	Send and stop a ball sent by a partner over a short distance.	Send a ball over varying distances with some control and accuracy.	Throw and catch underarm and pass over longer distances.	Follow a pass to create space for teammates.
Stop a moving object using a baton.	Stop a ball moving towards them using different parts of the body.	Track and stop a ball with some consistency.	Consistently catch a ball to be ready to pass, shoot or run.	Catch a ball and turn quickly into a space.
Travel with some control and coordination, showing some basic agility.	Travel with a ball with some control and coordination.	Travel with a ball at different speeds with some control and coordination.	Run with the ball.	Run with the ball under pressure.
Send a ball towards a target.	Start to aim and send objects at a target to score points.	Score points by aiming into a target with some consistency.	Thinking quickly always looking to shoot first, pass then run with the ball.	Shoot from close range with power and accuracy.
	Recognise and move into space to receive a pass.	In a small-sided game, recognise and move into space.	Communicate with teammates to receive the ball in space to build an attack.	Receive the ball and turn into space to get free from pressure.
	Start to use a basic defensive position to try and intercept a pass.	Start to work with others to try and stop an attacking team from scoring.	Start to get into good defensive positions to intercept a pass.	Work as part of a team to try and take possession from the opposing team.
Play a simple game with a partner, following basic rules, guided by an adult.	Play a small-sided game in small following simple rules.	Play in a defined area of a pitch.	Play a small-sided game with basic rules, including using the no tackling rule.	Play following more complex rules, such as allowing players behind a goal.
Co-operate with others in small group activities.	Co-operate and communicate with a partner to attack and defend during a game.	Work as part of a team to keep possession of a ball during a small-sided game.	Work as part of a team to use a variety of passes to build an attack on the opponent's goal.	Use the correct throw to maintain possession and build an attack.

Netball

EYFS	1	2	3	4	5	6
Start to send and stop different objects with a partner.	Send and catch a ball sent by a partner over a short distance.	Send and catch a ball using a consistent underarm, overarm, and bouncing throw.	Send and catch a ball under pressure in small-sided games.	Protect the ball and send it accurately under pressure from a defender.	Choose the best pass to send the ball most efficiently.	Pass the ball accurately to a teammate under pressure to start a counterattack.
Travel with some control and coordination.	Change direction quickly when in possession of the ball.	Change direction to find an open player to pass to.	Show awareness of the footwork rules when in possession of the ball.	As the ball carrier, implement a pivot to distribute the ball.	Use a pivot to change direction and pass the ball quickly.	Use pivoting effectively in a game to maintain possession, staying within the footwork rules.
Send a ball towards a target.	Start to aim and throw objects at a target to score points.	Score points by throwing into a target with some consistency.	Send the ball effectively to the goal shooter.	Use basic shooting techniques in the correct area.	Select and apply strategies for the best position to shoot.	Use organisation around the semi-circle to support shooting.
Move to receive a ball.	In isolation, move into a space to receive a pass.	In a small-sided game, recognise and move into space.	Begin to use basic dodging to get free from a marker.	Use quick feet to get away from the opposition and show readiness to receive a pass.	Use a variety of dodging techniques to get away from opposition in isolation and games.	Use speed and agility to take attacking positions inside the semi-circle.
Try to stop a rolling ball from getting past you.	Start to use a basic defensive position to intercept/deflect a pass.	Use the defensive position to intercept a pass in a small-sided game.	Can use defensive positioning to attempt to intercept a pass and win possession.	Explore one-to-one marking technique.	Mark a shooter tightly in the shooting 'D' to make it more difficult to score.	Mark a pass or shot to make it difficult for an attacker.
Play a simple game with a partner, following simple rules, guided by an adult.	Play a small-sided game following simple rules.	Play within a defined area of a court/pitch.	Play following simple rules, such as not running whilst holding the ball.	Play following more complex rules such as the 0.9m rule.	Play implementing some of the high-five rules.	Play showing knowledge of the rules, such as the offside rule, and refereeing to their own games throughout.
Co-operate with others in small group activities.	Co-operate and communicate with a partner to attack and defend during a game.	Work as part of a team to keep possession of a ball during a small-sided game.	Keep possession of a ball using short passes and trying to move the ball forward to build an attack.	Start to discuss and implement basic tactics in defence, such as one-to-one marking.	Discuss, refine, and implement tactics when attacking and defending, including using quick forward passes to exploit space on the wings of the court.	Work as a team to refine, implement and evaluate the success of attacking and defensive tactics during small-sided games.

OAA

	1	2	3	4	5	6
Trails and orienteering	Begin to identify, recognise and then match symbols.	Create and follow a simple map of a small area.	Identify what symbols on a map represent and follow a route using a map.	Recall and recognise symbols on a map and use compass points. Use a compass and map to navigate.	Use control cards to navigate a route.	Use a map to navigate a trail as quickly as possible, correctly orienting the map before starting.
Problem solving	Begin to make simple decisions on the best way to complete a task.	Take on the role of leader in partner work to decide how best to complete a task.	Independently identify factors that are important when completing a task.	Discuss with others in a group what factors will affect a task and plan a strategy to complete it quickly.	Use ingenuity and imagination to solve problems and complete a task.	Use problem-solving skills to solve more complex tasks in time-pressured scenarios.
Communication	Work in small groups to listen, discuss and follow simple instructions to complete a task.	Use verbal and tactile cues to communicate with others during tasks.	Discuss and describe a strategy that could be used by a group to complete a task.	Communicate clearly in groups to assign different roles, ensuring everyone is clear on their part to complete the task.	Use different forms of communication during a task, such as verbal, nonverbal, tactile, and code, and decide which method is most effective.	Discuss and assign different roles for members of a group to take on during a task based on their suitability for the role.
Trust	Take part in challenges with a partner.	Lead a partner and be led while blindfolded.	Lead a group while they are blindfolded and be led while blindfolded.	Place clues back where they were found, and report results accurately to the group.	Pass on a message accurately and without changing it to ensure the group's success.	Use safety points to work as a group to bear each other's weight in complex group balance tasks.
Evaluation	Begin to talk with others about what went well during a task.	Begin to identify with others what did not work during a task.	Identify what went well and what needs to be improved when completing different tasks.	Reflect with others to refine the method used to complete a task, discussing what went well and what could be improved.	Justify the method used to complete a task, explaining why certain choices were made and if any changes would be needed next time.	Take part in a group discussion about how a team performed, reflecting on their own performance with honesty.

Rounders

EYFS	1	2	3	4	5	6
Send an object by pushing with a baton.	Use a self-feed to hit a ball using the hand.	Send a ball into a space using various means such as hands, feet and bats.	Use a one-handed hit with a bat showing some power and accuracy.	Direct a hit to different parts of the field with power and accuracy.	Recognise where the gaps in the field are and direct a hit into those gaps to maximise scoring chances.	Identify what type of field has been set and adjust their hit accordingly.
Start to send and stop different objects with a partner.	Begin to use an underarm throwing action to feed the ball to a batter.	Bowl a ball underarm with some accuracy for a batter to hit.	Bowl a ball underarm with accuracy to try and get a batter out.	Know what makes a legal bowl and be able to deliver them consistently with power.	Bowl to try and get a better out based on their strengths and weaknesses.	Bowl a fast ball to make it harder for a batter to hit a ball.
	Be able to throw and catch a ball with some consistency over a short distance using underarm throws.	Throw a ball quickly towards a base to try and prevent a batter from scoring.	Throw a ball over longer distances with power and control using an overarm throw.	Accurately throw the ball overarm at a fielder near a base to stop batters from running.	Throw the ball quickly and accurately over short distances to get a batter out.	Consistently catch a ball that is hit high when fielding.
Try to stop a rolling ball from getting past you.	Begin to track balls and move into position to try and stop them.	Stop a ball in the backstop position with some consistency.	Use a long barrier technique to consistently stop a ball travelling along the ground.	Stop a rolling ball using a one-handed pick-up to be able to throw it more quickly.	Track and field a rolling ball from different fielding to try and prevent batters from scoring.	Work with a partner to field a ball quickly back towards bases or bowler to limit rounders scored.
Start to run quickly with some control.	Run quickly between bases to score points.	Run quickly to score as many points as possible after each hit.	Run with speed and control around bases to try and score points.	Start to judge whether to run to the next base, avoiding getting run out.	Judge how many bases to run around after a hit without being run out.	Be aware of teammates when running, avoiding overtaking and running them out.
Play a simple game with a partner, following simple rules, guided by an adult.	Play small-sided games using simple rules.	Play a modified game, tracking points scored and lost during a game.	Play a game implementing some basic rounders rules.	Play a game of rounders using the correct scoring system for rounders and half-rounders.	Play a game of rounders using simplified rules, including the backwards hot rule.	Play and umpire games of rounders, implementing the overtaking rule.
Co-operate with others in small group activities.	Start to make choices where to send a ball to maximise points scored.	Work as a team to try and prevent batters from scoring points.	Implement simple tactics when fielding to try and limit points scored.	Discuss the best place for fielders to position themselves to try and reduce rounders scored.	Set a field for each batter to try and reduce their chance of scoring.	Set different fields based on batters' strengths to try and limit scoring, including a defensive and an attacking field.

Tag Rugby

EYFS	1	2	3	4	5	6
Start to send and stop different objects with a partner.	Send and catch a ball sent by a partner over a short distance.	Send and catch a ball using a consistent underarm, overarm, and bouncing throw.	Send a ball backwards to a teammate over a short distance.	Consistently send and catch a ball over a range of distances.	Pass a ball consistently whilst on the run.	Accurately use a range of passes during attacking set plays.
Travel with some control and coordination.	Change direction quickly when in possession of the ball.	Change direction to find an open player to pass to.	Start to use quick changes of directions and agility to evade a defender.	Use the correct technique to run into a space when in possession.	Use quick feet to try and create space when running at the defence.	As the ball carrier, identify and run quickly into any gaps in the defence.
Move to receive a ball.	In isolation, move into a space to receive a pass.	In a small-sided game, recognise and move into space.	Move into a free space to be in position to receive a pass.	Time the run onto the ball as a receiver.	Support the ball carrier through the 'magic diamond' formation.	Support the ball carrier at speed using the 'magic diamond' formation.
Try to stop a rolling ball from getting past you.	Start to use a basic defensive position to intercept/deflect a pass.	Use the defensive position to intercept a pass in a small-sided game.	Close down an attacker's space to tag them using the correct tag protocol.	Start to work as a team to close down the attackers space.	Be part of a defensive line to close down the oppositions space.	If possession is lost, transition quickly from an attacking formation to a defensive line.
Play a simple game with a partner, following simple rules, guided by an adult.	Play a small-sided game following simple rules.	Play within a defined area of a court/pitch.	Play following simple rules, such as passing the ball within 3 seconds of being tagged.	Play following more complex rules, such as the sideways and backwards passing only.	Play using the 3 step rule.	Play, showing knowledge of the rules, such as the offside rule, competitiveness, and refereeing their own games throughout.
Co-operate with others in small group activities.	Co-operate and communicate with a partner to attack and defend during a game.	Work as part of a team to keep possession of a ball during a small-sided game.	Keep possession of a ball using short passes and trying to move the ball forward to build an attack.	Keep possession of a ball using a range of passes and running patterns, trying to move the ball forward to build an attack.	Use the 3 step and pass rule to build momentum in an attack.	Be part of attacking set plays to try and outwit the defensive line.

Tennis

EYFS	1	2	3	4	5	6
Start to hit different objects using the hand. Use bilateral movements.	Use a self-feed to hit a ball with the hand.	Hit an object on both sides of the body.	Hit to targets using a forehand hit.	Use a forehand and backhand hit to different parts of the court.	Hit an overhead shot and a volley with consistency to score points.	Hit a lob shot over an opponent's head to force them to the back of the court.
Slide a beanbag to an opponent.	Feed a ball for a partner to hit.	Use a range of sending skills to serve a ball.	Serve a ball underarm.	Receive a serve in the ready position.	Serve diagonally across the court to opponent(s) (into a service box).	Serve using the service line in a doubles games.
Travel with some control and coordination, showing some agility by changing direction.	Move into position behind a ball to hit.	Use agility to change direction quickly when moving about a court.	Move towards a ball to return a hit.	Move back to the centre of the court after each shot.	React and move between different doubles formations during a point.	Switch between different doubles formations during a point based on how the point is being played.
Play using restrictions such as markers or cones.	Play within a defined grid.	Play in a modified game using basic boundary lines.	Play on a basic court with side and back line.	Play on a basic court with a net, side and back line.	Play as a pair, recognising your partner's side of the court.	Play using side, backlines and a service line.
Play a simple game with a partner, following simple rules, guided by an adult.	Use simple rules to play a modified game.	Use basic serving rules to start a rally.	Play a game with basic rules using specified court boundaries.	Play a game using rules, such as the ball cannot bounce twice.	Play and start to umpire a game using the service rules of tennis.	Play and start to umpire a game, including keeping track of the score using the scoring system.
Begin to play in small group games.	Select where to hit an object to try and win a point.	Hit an object to different parts of a court to make it hard for an opponent to return.	Use both hard and soft hits to hit to different parts of the court.	Use the best doubles position strategy to score points.	Select the best type of shot to hit the ball to different parts of the court to score points..	Discuss and implement different tactics when playing a doubles game.

Volleyball

EYFS	1	2	3	4
Start to hit a balloon or ball using your hand.	Use a self-feed to hit a balloon or ball with the hand.	Throw and catch a ball to a teammate in a seated position.	With some consistency, send and receive a ball overhead in a seated position.	Play a ball accurately to a teammate, giving them time to react and adjust to catch the ball.
Slide a beanbag to an opponent.	Feed a ball for a partner to hit.	Use a range of sending skills to serve a ball.	Start a game with an overarm serve.	Serve underarm, using proper technique to start a point.
Travel in different ways including jumping, sliding and rolling, changing direction	Move into position behind an object to hit.	Move around the court, trying to stay in a seated position.	Move around a court quickly whilst staying seated	React quickly to move around the court and get into position to play the ball.
Co-operate with others in small group activities.	Send the ball to teammates from different positions, e.g. kneeling or sitting.	Work with others to pass the ball around a court with some consistency.	Work with a partner to take part in a rally.	When in the role of the non-receiver, move to the net to support the attack.
Play a simple game with a partner, following simple rules, guided by an adult.	Use simple rules to play a modified game.	Use basic rules to play a game, such as scoring if it bounces twice.	Play a sitting volleyball game implementing basic rules including service rotation.	Play a game using the '3-contact' rules.
Use simple tactics in small group games.	Select where to hit an object to try and win a point.	Try to send a ball to make it harder for an opponent to return it.	Work as a team to move towards the balloon/ball, while still covering their area.	Tactically use 'switching' to try and play to your opponent's strengths and weaknesses.

Swimming

	Beginners	Intermediate	Advanced
Entering water	Can enter the water using the steps	Jump into and submerge in deeper water	Use ‘head up’ entry into the water and crouch dive.
Floating	Regain to feet after floating on front and back.	Transition from one floating shape to another without feet touching the ground.	'Mushroom’ float for a sustained period of time.
Strokes	Swim a short distance with a float on back and ‘doggy paddle’ on front.	Use front crawl and breastroke leg action. Swim as far as possible without a swimming aid.	Show correct body position for backstroke and swim with some fluency in breastroke.
Face in water	Splash water onto the face and submerge the face for a short period.	Move forward with your face in the water using the sculling action.	Surface dive and submerge.
Gliding	Push and glide from the side of the pool.	Move smoothly though the water and transition from front to back.	Push and glide from tumble turn.
Submersion	Submerge face and hold breath for several seconds, some enter water and submerge.	Somersault and handstand under water.	Link lengths attempting tumble turns to do so.
Distance	Using a swimming aid move forward over 5-10 metres. Attempt max distance on front and back.	Swim as quickly as possible over 5, 10 and 15 metres using a variety of techniques.	Swim 25m without stopping or putting feet down.