



# PROGRESSION OF SKILLS

From exploration to confident application



| STRAND              | EYFS SKILL         | KS1 SKILL             | LKS2 SKILL                 | UKS2 SKILL             |
|---------------------|--------------------|-----------------------|----------------------------|------------------------|
| FMS                 | Secure control     | Refine & combine      | Apply under pressure       | Automatic & adapt      |
| Ball control        | Explore            | Accurate & controlled | Under movement             | Tactical selection     |
| Invasion            | Awareness of space | Simple passing        | Attacking & defending      | Transition & strategy  |
| Net/Wall            | Send & receive     | Short rally           | Sustained rally            | Tactical placement     |
| Striking & Fielding | Contact object     | Directional striking  | Placement decisions        | Tactical field setting |
| Athletics           | Run, jump & throw  | Technique basics      | Pace & Control             | Performance analysis   |
| Gymnastics          | Shapes & balance   | Link sequences        | Counter balance & rotation | Group composition      |
| Dance               | Movement & rhythm  | Structure             | Formation                  | Choreography           |
| OAA                 | Problem solving    | Team tasks            | Strategy                   | Leadership             |

BUILD: each phase revisits and strengthens prior learning.

APPLY: tasks become more complex, pressured and tactical over time.

ADAPT: teachers respond to starting points while keeping the intended progression clear.



**BE ACTIVE**

Move more. Live well.



**BUILD SKILLS**

Practise. Improve. Achieve.



**GROW CONFIDENCE**

Believe. Try. Progress.



**ENJOY TOGETHER**

Teamwork. Fun. Belong.