

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

Key Stage 2	
LEARNING PROGRESSION	
Gymnastics	<p>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.</p>
Dance	<p>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.</p>
Games	<p>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.</p>
Athletics	<p>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</p>
Swimming	<p>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</p>
Swimming	<p>Shallow, deep, turning, rolling, metres, glide, front, back, style, horizontally, vertically, front crawl</p>