

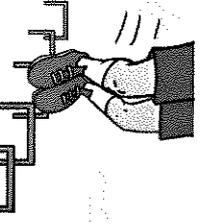
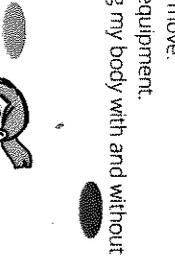
Skills

Fitness Progression Ladder

Knowledge



Get Set 4 PE

<p>gility: change direction with a fluent action and transition smoothly between varying speeds. alance: show fluency and control when travelling, landing, stopping and changing direction. o-ordination: co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge. peed: adapt running technique to meet the needs of the distance. rength: complete body weight exercises for increased repetitions with control and fluency. tamina: use my breath to increase my ability to move for sustained periods of time.</p>	
<p>gility: show balance when changing direction at speed. alance: show control whilst completing activities which challenge balance. o-ordination: explore increased speed when co-ordinating my body. peed: demonstrate improved sprinting technique. rength: develop building strength in different muscle groups. tamina: demonstrate using my breath to maintain my work rate.</p>	
<p>gility: show balance when changing direction. alance: explore more complex activities which challenge balance. o-ordination: co-ordinate my body with increased consistency in a variety of activities. peed: explore sprinting technique. rength: explore building strength in different muscle groups. tamina: explore using my breath to increase my ability to work for longer periods of time.</p>	
<p>gility: demonstrate improved technique when changing direction on the move. alance: demonstrate increased balance whilst travelling along and over equipment. o-ordination: perform actions with increased control when co-ordinating my body with and without equipment. peed: demonstrate running at different speeds. rength: demonstrate increased control in body weight exercises. tamina: show an ability to work for longer periods of time.</p>	
<p>gility: change direction whilst running. alance: explore balancing in more challenging activities with some success. o-ordination: explore co-ordination when using equipment. peed: explore running at different speeds. rength: explore exercises using my own body weight. tamina: explore moving for longer periods of time and identify how it makes me feel.</p>	

Year 6
Year 5
Year 4
Year 3
Year 2
Year 1

<p>Agility: understand that agility requires speed, strength, good balance and co-ordination. Balance: know where and when to apply force to maintain control and balance. Co-ordination: understand that co-ordination also requires good balance and know how to achieve this. Speed: know that speed can be improved by training and know which speed to select for the distance. Strength: understand that I can build up my strength by practicing in my own time. Stamina: know which exercises can develop stamina and understand that it can be improved by training over time.</p>	<p>Agility: understand that to change direction I push off my outside foot and turn my hips. Balance: understand that dynamic balances are harder than static balances as my centre of gravity change Co-ordination: understand that people will have varying levels of co-ordination and that I can get better with practice. Speed: understand that taking big consistent strides will help to create a rhythm that allows me to run faster Strength: know the muscles I am using by name. Stamina: understand that keeping a steady breath will help me to move for longer periods of time.</p>
<p>Agility: know that keeping my elbows bent when changing direction will help me to stay balanced. Balance: understand that I need to squeeze different muscles to help me to stay balanced in different activities. Co-ordination: understand that if I begin in a ready position I can react quicker. Speed: understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power. Strength: understand that strength comes from different muscles and know how I can improve my strength Stamina: understand that I need to pace myself when running further or for a long period of time.</p>	<p>Agility: understand how agility helps us with everyday tasks. Balance: understand how balance helps us with everyday tasks. Co-ordination: understand how co-ordination helps us with everyday tasks. Speed: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down. Strength: know that when completing strength activities they need to be performed slowly and with control to help me to stay safe. Stamina: understand how stamina helps us in other life activities.</p>
<p>Agility: know using small quick steps helps me to change direction. Balance: understand that I can squeeze my muscles to help me to balance. Co-ordination: understand that some skills require me to move body parts at different times such as skipping. Speed: know that I take shorter steps to jog and bigger steps to run. Strength: know that strength helps us with everyday tasks such as carrying our school bag. Stamina: know that I need to run slower if running for a long period of time.</p>	<p>Agility: understand that bending my knees will help me to change direction. Balance: know that looking ahead will help me to balance. Co-ordination: know that using the opposite arm to leg at the same time helps me to perform skills such as running and throwing. Speed: understand that if I swing my arms it will help me to run faster. Strength: understand that exercise helps me to become stronger. Stamina: understand that when I move for a long time it can make me feel hot and I breathe faster.</p>
<p>Agility: know that moving into space away from others helps to keep me safe. Balance: know that I can hold my arms out to help me to balance. Co-ordination: know that moving my arms and legs at the same time helps me to walk, run and jump. Speed: know that I use big steps to run and small steps to stop. Strength: understand that I can hold my weight on different parts of my body.</p>	