

# Fundamentals Progression Ladder

## SKILLS

## Knowledge



<p><b>Running:</b> change direction with a fluent action. Transition smoothly between varying speeds.</p> <p><b>Balancing:</b> show fluency and control when travelling, landing, stopping and changing direction.</p> <p><b>Jumping and hopping:</b> demonstrate good technique when jumping and hopping for distance and height. Fluently link jumps together.</p> <p><b>Skipping:</b> consistently show a range of skills when skipping in a rope.</p>	<p><b>Year 6</b></p>	<p><b>Running:</b> know that running develops stamina and speed and both can be improved by training over time.</p> <p><b>Balancing:</b> know that balance underpins many skills in PE and everyday life and this feels different in different situations.</p> <p><b>Jumping and hopping:</b> understand when to jump for height or jump for distance in different activities and what to do to achieve this.</p> <p><b>Skipping:</b> understand that skipping helps to develop co-ordination, stamina and balance.</p>
<p><b>Running:</b> demonstrate improved body posture and balance when changing direction, accelerate and decelerate appropriately for the situation.</p> <p><b>Balancing:</b> consistently demonstrate good balance when performing other fundamental skills.</p> <p><b>Jumping and hopping:</b> demonstrate good technique and co-ordination when linking jumps.</p> <p><b>Skipping:</b> show a range of skills when skipping in a rope.</p>	<p><b>Year 5</b></p>	<p><b>Running:</b> understand that to change direction, I push off my outside foot and turn my hips.</p> <p><b>Balancing:</b> understand that balance is a skill used in many different activities and everyday life.</p> <p><b>Jumping and hopping:</b> understand that there are different techniques for different situations.</p> <p><b>Skipping:</b> understand that people will have varying levels of skipping ability and that I can get better with practice.</p> <p><b>All Y5 and Y6 activities:</b></p>
<p><b>Running:</b> change direction quickly under pressure. Demonstrate when and how to accelerate and decelerate.</p> <p><b>Balancing:</b> demonstrate good balance and control when performing other fundamental skills.</p> <p><b>Jumping and hopping:</b> link hopping and jumping actions with other fundamental skills.</p> <p><b>Skipping:</b> consistently skip in a rope.</p>	<p><b>Year 4</b></p>	<p><b>Running:</b> understand that a change of direction and speed can help to get past or away from an opponent.</p> <p><b>Balancing:</b> understand that I need to squeeze different muscles to help me to stay balanced in different activities.</p> <p><b>Jumping and hopping:</b> know that swinging my non-hopping foot helps to create momentum.</p> <p><b>Skipping:</b> understand that keeping my chest up helps me to stay balanced.</p>
<p><b>Running:</b> change direction. Show an increase and decrease in speed.</p> <p><b>Balancing:</b> demonstrate balance when performing other fundamental skills.</p> <p><b>Jumping and hopping:</b> link jumping and hopping actions.</p> <p><b>Skipping:</b> jump and turn a skipping rope.</p>	<p><b>Year 3</b></p>	<p><b>Running:</b> understand that leaning slightly forwards helps to increase speed (acceleration). Learning my body in the opposite direction to travel helps to slow down (deceleration).</p> <p><b>Balancing:</b> understand how balance helps us with everyday tasks.</p> <p><b>Jumping and hopping:</b> know that if I jump and land in quick succession, momentum will help me to jump further.</p> <p><b>Skipping:</b> understand that I should turn the rope from my wrists with wide hands to create a gap to step through.</p>
<p><b>Running:</b> demonstrate balance when changing direction. Clearly show different speeds when running.</p> <p><b>Balancing:</b> demonstrate balance when performing movements.</p> <p><b>Jumping:</b> demonstrate jumping for distance, height and in different directions.</p> <p><b>Hopping:</b> demonstrate hopping for distance, height and in different directions.</p> <p><b>Skipping:</b> explore single and double bounce when jumping in a rope.</p>	<p><b>Year 2</b></p>	<p><b>Running:</b> know that putting weight into the front of my feet helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.</p> <p><b>Balancing:</b> understand that squeezing my muscles helps me to balance.</p> <p><b>Jumping:</b> know that swinging my arms forwards will help me to jump further.</p> <p><b>Hopping:</b> know that if I look straight ahead it will stop me falling over when I land.</p> <p><b>Skipping:</b> know that I should swing opposite arm to leg to help me balance when skipping without a rope.</p>
<p><b>Running:</b> explore changing direction and dodging. Discover how the body moves at different speeds.</p> <p><b>Balancing:</b> move with some control and balance. Explore stability and landing safely.</p> <p><b>Jumping:</b> demonstrate control in take off and landing when jumping.</p> <p><b>Hopping:</b> begin to explore hopping in different directions.</p> <p><b>Skipping:</b> show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.</p>	<p><b>Year 1</b></p>	<p><b>Running:</b> understand that bending my knees will help me to change direction. Understand that if I swing my arms it will help me to run faster.</p> <p><b>Balancing:</b> know that looking ahead will help me to balance. Know that landing on my feet helps me to balance.</p> <p><b>Jumping:</b> know that landing on the balls of my feet helps me to land with control.</p> <p><b>Hopping:</b> know that I should hop with a soft bent knee.</p> <p><b>Skipping:</b> know that I should use the opposite arm to leg when I skip. Know that jumping on the balls of my feet helps me to keep a consistent rhythm.</p>
<p><b>Running:</b> explore running and stopping. Explore changing direction safely.</p> <p><b>Balancing:</b> explore balancing whilst stationary and on the move.</p> <p><b>Hopping:</b> begin to explore take off and landing safely.</p> <p><b>Hopping:</b> explore hopping on both feet.</p> <p><b>Skinniner:</b> explore skinniner as a travelling action</p>	<p><b>EYFS</b></p>	<p><b>Running:</b> know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe.</p> <p><b>Balancing:</b> know that I can hold my arms out to help me to balance.</p> <p><b>Jumping:</b> know that bending my knees will help me to land safely.</p> <p><b>Hopping:</b> understand that I use one foot to hop.</p>

