Athletics Progression Ladder

Games Unit 1 & 2
Fundamentals Unit 1 & 2
Ball Skills Unit 1 & 2

Year 6

Running
Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique..

Running
Hurdle with greater control and coordination.

Jumping
Develop take off position when jumping for height.

Jumping
Develop power, control and technique in the triple jump.

Throwing
Develop power, control and technique when throwing discus and javelin.

Year 5

Running
Apply fluency and coordination when running for speed in relay changeovers.

Running
Effectively apply speeds appropriate for the event.

Jumping
Develop power, control and consistency in jumping for distance.

Jumping
Explore technique and rhythm in the triple jump.

Throwing
Develop technique and power in javelin and shot put.

Year 4

Running
Develop an understanding of speed and pace in relation to distance.

Running
Develop power and speed in the sprinting technique.

Jumping
Develop technique when jumping for distance.

Jumping
Explore fluency and technique in the vertical jump.

Throwing
Explore power and technique when throwing for distance in a pull throw.

Year 3

Running
Develop the sprinting technique and apply it to relay events.

Running
Develop fluency and rhythm when running over obstacles.

Jumping
Develop technique in a range of approaches and take off positions.

Jumping
Develop jumping for height and safety on landing.

Throwing
Explore the technique for a pull throw.

Year 2

Running
- Develop the sprinting action.
- Explore rhythm when running over obstacles.

Running
- Explore running at different speeds.
- Explore running over obstacles.

Jumping
Develop jumping, hopping and skipping actions.

Jumping
Explore safely jumping for distance and height.

Throwing
Develop overarm throwing for distance.

Year 1

Jumping
Develop balance whilst jumping and landing.

Jumping
Explore hopping, jumping and leaping for distance.

Throwing
Explore throwing for distance and accuracy.

EYFS

Running
- Explore running and stopping.
- Explore running on the balls of their feet.

Jumping
Explore jumping and hopping safely.

Throwing
Explore throwing to a target.

Ball Skills Progression Ladder

Get Set 4 P.E.

All Y5 & 6 Games Units

Year 6

Sending
Show good technique when sending a ball with increasing control, accuracy and consistency under pressure.

Catching
Demonstrate increasing consistency of catching under pressure in a variety of game situations..

Tracking
Demonstrate a wider range of techniques when tracking a ball under pressure

Dribbling
Demonstrate a range of dribbling techniques with increasing control under pressure.

Year 5

Sending
Demonstrate clear technique when sending a ball under pressure.

Catching
Demonstrate good technique under pressure.

Tracking
Demonstrate a range of techniques when tracking and collecting a ball.

Dribbling
Dribble with some control under pressure.

Year 4

Sending
Accurately use a range of techniques to send a ball to a target.

Catching
Catch different sized objects with increasing consistency with one and two hands.

Tracking
Consistently track a ball sent directly and indirectly.

Dribbling
Dribble a ball with increasing control and co-ordination.

Year 3

Sending
Send a ball with accuracy and increasing consistency to a target.

Catching
Catch a range of objects with increasing consistency.

Tracking
Track a ball not sent directly.

Dribbling
Dribble a ball with hands and feet with control.

Year 2

Sending
Roll, throw and kick a ball to hit a target.

Catching
- Develop catching a range of objects with two hands.
- Catch with and without a bounce.

Tracking
Consistently track and collect a ball being sent directly.

Dribbling
Dribble a ball with hands and feet with some control.

Year 1

Sending
Roll and throw with some accuracy towards a target.

Catching
- Begin to catch with two hands.
- Catch after a bounce.

Tracking
Track a ball being sent directly.

Dribbling
Begin to dribble with hands and feet.

EYFS

Sending
Explore sending an object with hands and feet.

Catching
Explore catching using a variety of larger balls and beanbags.

Tracking
Explore stopping a ball with hands and feet.

Dribbling
Explore bouncing and catching.

Dance Progression Ladder

Get Set 4 P.E.

Year 6

Actions
Show controlled movements which express emotion and feeling.

Dynamics
Explore, improvise and combine movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group.

Space and Relationships
Use a variety of basic compositional principles when creating their own dances.

Performance
Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.

Year 5

Actions
Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.

Dynamics
Confidently use dynamics to express different dance styles.

Space
Use direction and patterning to express different dance styles.

Relationships
Confidently use formations, canon and unison to express a dance idea.

Performance
Perform dances expressively, using a range of performance skills, showing accuracy and fluency.

Year 4

Actions
Respond imaginatively to a range of stimuli related to character and narrative.

Dynamics
Change dynamics confidently within a performance to express changes in character.

Space
Confidently use changes in level, direction and pathway.

Relationships
Use action and reaction to represent an idea.

Performance
Perform complex dances that communicate narrative and character well, performing clearly and fluently.

Year 3

Actions
Create actions in response to a stimulus individually and in groups.

Dynamics
Use dynamics effectively to express an idea.

Space
Use directions to transition between formations.

Relationships
Develop an understanding of formations.

Performance
Perform short, self-choreographed phrases showing and awareness of timing.

Year 2

Actions
Accurately remember, repeat and link actions to express an idea.

Dynamics
Develop an understanding of dynamics.

Space
Develop the use of pathways and travelling actions to include levels.

Relationships
Explore working with a partner using unison, matching and mirroring.

Performance
Develop the use of facial expressions in their performance.

Year 1

Actions
Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme.

Dynamics
Explore varying speeds to represent an idea.

Space
Explore pathways within their performances.

Relationships
Begin to explore actions and pathways with a partner.

Performance
Begin to use counts within their performance.

EYFS

Actions
Explore how their body moves. Copy basic body actions and rhythms.

Dynamics
Explore actions in response to music and an idea.

Space
Explore pathways and the space around them and in relation to others.

Performance
Are given opportunities to perform in front of others.

Fitness Progression Ladder

Get Set 4 P.E.

Year 6

Agility
Change direction with a fluent action and can transition smoothly between varying speeds.

Balance
Show fluency and control when travelling, landing, stopping and changing direction.

Coordination
Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.

Speed
Can adapt running technique to meet the needs of the distance.

Strength
Can complete body weight exercises for increased repetitions, with control and fluency.

Stamina
Use their breath to increase their ability to move for sustained periods of time.

Year 5

Agility
Demonstrate improved body posture and speed when changing direction.

Balance
Change their body position to maintain a controlled centre of gravity.

Coordination
Demonstrate increased speed when coordinating their bodies.

Speed
Identify the best pace for a set distance or time.

Strength
Demonstrate increased technique in body weight exercises.

Stamina
Use their breath to increase their ability to move for sustained periods of time.

Year 4

Agility
Show balance when changing direction at speed.

Balance
Show control whilst completing activities which challenge balance.

Coordination
Explore increased speed when coordinating their bodies.

Speed
Demonstrate improved sprinting technique.

Strength
Identify activities which help to strengthen different muscle groups.

Stamina
Demonstrate using their breath to maintain their work rate.

Year 3

Agility
Show balance when changing direction.

Balance
Explore more complex activities which challenge balance.

Coordination
Can coordinate their bodies with increased consistency in a variety of activities.

Speed
Explore sprinting technique.

Strength
Explore building strength in different muscle groups.

Stamina
Explore using their breath to increase their ability to work for longer periods of time.

Year 2

Agility
Demonstrate improved technique when changing direction on the move.

Balance
Demonstrate increased balance whilst travelling along and over equipment.

Coordination
Perform actions with increased control when coordinating their body with and without equipment.

Speed
Can demonstrate running at different speeds.

Strength
Demonstrate increased control in body weight exercises.

Stamina
Show an ability to work for longer periods of time.

Year 1

Agility
Change direction whilst running.

Balance
Explore balancing in more challenging activities with some success.

Coordination
Explore coordination through the use of equipment.

Speed
Explore running at different speeds.

Strength
Explore exercises using their own body weight.

Stamina
Explore moving for longer periods of time and identify how it makes them feel.

EYFS

Agility
Explore changing direction safely.

Balance
Explore balancing whilst stationary and on the move.

Coordination
Explore moving different body parts together.

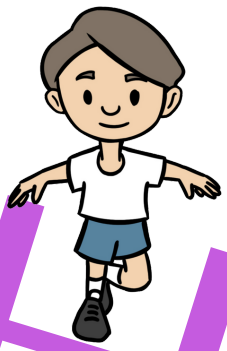
Speed
Explore moving and stopping with control.

Strength
Explore taking weight on different body parts.

Stamina
Explore moving for extended periods of time.

Gymnastics Unit 1 & 2 Fundamentals Unit 1 & 2

Fundamentals Progression Ladder



Get Set 4 P.E.

Year 6

Running
- Change direction with a fluent action.
- Can transition smoothly between varying speeds.

Balance
Show fluency and control when travelling, landing, stopping and changing direction.

All Y5 and Y6 activities

Jumping and hopping
- Demonstrate good technique when jumping and hopping for distance and height.
- Fluently link jumps together.

Skipping
Consistently show a range of skills when skipping in a rope.

Year 5

Running
- Demonstrate improved body posture and balance when changing direction.
- Accelerate and decelerate appropriately for the situation.

Balance
Consistently demonstrate good balance when performing other fundamental skills.

Jumping and hopping
Demonstrate good technique and co-ordination when linking jumps.

Skipping
Show a range of skills when skipping in a rope.

Year 4

Running
- Change direction quickly under pressure.
- Demonstrate when and how to accelerate and decelerate.

Balance
Demonstrate good balance and control when performing other fundamental skills.

Jumping and hopping
Link hopping and jumping actions with other fundamental skills.

Skipping
Consistently skip in a rope.

Year 3

Running
- Change direction quickly.
- Understand and show how the body moves at different speeds.

Balance
Demonstrate balance when performing other fundamental skills.

Jumping and hopping
Link jumping and hopping actions.

Skipping
Jump and turn a skipping rope.

Year 2

Running
- Demonstrate balance when changing direction.
- Clearly show different speeds when running.

Balance
Demonstrate balance when performing movements.

Jumping
Demonstrate jumping for distance, height and in different directions.

Hopping
Demonstrate hopping for distance, height and in different directions.

Skipping
Explore single and double bounce when jumping in a rope.

Year 1

Running
- Explore changing direction and dodging.
- Discover how the body moves at different speeds.

Balance
- Move with some control and balance.
- Explore stability and landing safely.

Jumping
Demonstrate control in take off and landing when jumping.

Hopping
Begin to explore hopping in different directions.

Skipping
- Show co-ordination when turning a rope.
- Use rhythm to jump continuously in a French rope.

EYFS

Running
- Explore running and stopping.
- Explore changing direction safely.

Balance
Explore balancing whilst stationary and on the move.

Jumping
Begin to explore take off and landing safely.

Hopping
Explore hopping on both feet.

Skipping
Explore skipping as a travelling action.

Gymnastics Progression Ladder

Get Set 4 P.E.

Year 6

Shapes
Combine and perform gymnastic shapes more fluently and effectively.

Inverted movements
Develop control in progressions of a cartwheel and a headstand.

Balances
Explore counter balances and counter tension balances.

Rolls
Develop fluency and consistency in the straddle, forward and backward roll.

Jumps
Combine and perform a range of gymnastic jumps more fluently and effectively,.

Year 5

Shapes
Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions.

Inverted movements
Explore progressions of a cartwheel and a handstand.

Balances
Explore symmetrical and asymmetrical balances.

Rolls
Develop control and fluency in the straight, barrel, forward, straddle and backward roll.

Jumps
Select a range of jumps to include in sequence work.

Year 4

Shapes
Develop the range of shapes they use in their sequences.

Inverted movements
Develop strength in bridge and shoulder stand.

Balances
Develop control and fluency in individual and partner balances.

Rolls
Develop the straight, barrel, forward and straddle roll and perform with increased control.

Jumps
Develop control in performing and landing rotation jumps.

Year 3

Shapes
Explore matching and contrasting shapes.

Balances
Explore point and patch balances and transition smoothly into and out of them.

Rolls
Develop the straight, barrel, and forward roll.

Jumps
Develop stepping into shape jumps with control.

Year 2

Shapes
Explore using shapes in different gymnastic balances.

Balances
Remember, repeat and link combinations of gymnastic balances.

Rolls
Explore barrel, straight and forward roll and put into sequence work.

Jumps
Explore shape jumps and take off combinations.

Year 1

Shapes
Explore basic and still shapes straight, tuck, straddle, pike.

Balances
Perform balances making their body tense, stretched and curled.

Rolls
Explore barrel, straight and forward roll progressions.

Jumps
Explore shape jumps including jumping off low apparatus.

EYFS

Shapes
Show contrast with their bodies including wide/narrow, straight/curved.

Balances
Explore shapes in stillness using different parts of their bodies.

Rolls
Explore rocking and rolling.

Jumps
Explore jumping safely.

Invasion Games Progression Ladder

Get Set 4 P.E.

Ball Skills Unit 1 & 2
Games Unit 1 & 2

Year 6

Sending & receiving
Develop making quick decisions about when, how and who to pass to.

Dribbling
Dribble consistently using a range of techniques with increasing control under pressure.

Attacking
Explore creating attacking tactics with others in response to the game.

Defending
Explore creating and applying defending tactics with others in response to the game.

Space
Move to the correct space when transitioning from attack to defence.

Year 5

Sending & receiving
Develop control when S&R under pressure.

Dribbling
Select and apply a variety of dribbling techniques to game situations.

Attacking
Explore creating tactics with others and applying them to game situations.

Defending
Develop tracking and marking with a variety of techniques and increased success.

Space
Move to create space for themselves and others in their team.

Year 4

Sending & receiving
Develop passing to a teammate using a variety of techniques appropriate to the game.

Dribbling
Develop control whilst dribbling under pressure.

Attacking
Develop decision making around when to pass and when to shoot.

Defending
Develop defending one on one and know when to win the ball.

Space
Move into space to help their team keep possession and score goals.

Year 3

Sending & receiving
Explore S&R abiding by the rules of the game.

Dribbling
Explore dribbling the ball abiding by the rules of the game under some pressure.

Attacking
Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.

Defending
Track opponents to limit their scoring opportunities.

Space
Develop moving with a ball towards goal with some control.

Year 2

Sending & receiving
Developing S&R with increased control.

Dribbling
Explore dribbling with hands and feet with increasing control on the move.

Attacking
Developing moving into space away from defenders.

Defending
Explore staying close to other players to try and stop them getting the ball.

Space
Explore moving with a ball towards goal.

Year 1

Sending & receiving
Explore S&R with hands and feet to a partner.

Dribbling
Explore dribbling with hands and feet.

Attacking
Explore changing direction to move away from a partner.

Defending
Explore tracking and move to stay with a partner.

Space
Recognise good space when playing games.

EYFS

Sending & receiving
Explore S&R with hands and feet using a variety of equipment.

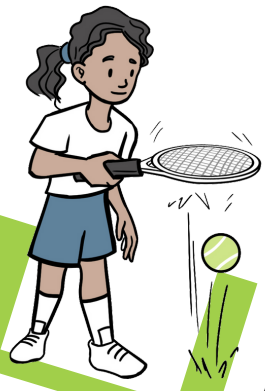
Dribbling
Explore dropping and catching with two hands and moving a ball with their feet.

Attacking & defending
Explore changing direction and tagging games.

Space
Recognise their own space.

Net and Wall Games Progression Ladder

Get Set 4 P.E.



Ball Skills Unit 1 & 2
Games Unit 1 & 2

Year 6

Shots
Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.

Serving
Serve accurately and consistently. Beginning to apply tactics to their serve.

Rallying
Successfully apply a variety of shots to keep a continuous rally.

Footwork
Demonstrate a variety of footwork patterns relevant to the game they are playing e.g. a split step and a chasse.

Year 5

Shots
Develop the range of shots used in the games they play.

Serving
Develop their range of serving techniques appropriate to the game they are playing.

Rallying
Use a variety of shots to keep a continuous rally.

Footwork
Demonstrate effective footwork patterns to move around the court.

Year 4

Shots
Demonstrate increased technique when using shots both cooperatively and competitively.

Serving
Develop technique in serving underarm with increased consistency.

Rallying
Develop rallying using both forehand and backhand with increased technique.

Footwork
Begin to use appropriate footwork patterns to move around the court.

Year 3

Shots
Explore returning a ball using focus shots such as the forehand and backhand.

Serving
Explore serving from an underarm serve.

Rallying
Explore rallying with a forehand.

Footwork
Consistently use and return to the ready position in between shots.

Year 2

Hitting
Develop hitting a dropped ball over a net.

Feeding
Accurately underarm throw over a net to a partner.

Rallying
Explore underarm rallying with a partner catching after one bounce.

Footwork
Consistently use the ready position to move towards a ball.

Year 1

Hitting
Explore hitting a dropped ball with a racket.

Feeding
Throw a ball over a net to land into the court area.

Rallying
Explore underarm rallying with a partner.

Footwork
Use the ready position to move towards a ball.

EYFS

Hitting
Explore hitting a ball with their hands.

Feeding and Rallying
Explore sending a ball to a partner.

Footwork
Explore changing direction, running and stopping.

OAA Progression Ladder

Get Set 4 P.E.

Intro to PE Unit 1 & 2
Games Unit 1 & 2

Year 6

Problem Solving
Pool ideas within a group, selecting and applying the best method to solve a problem.

Navigational Skills
Orientate a map efficiently to navigate around a course.

Communication
Inclusively communicate with others, share job roles and lead when necessary.

Reflection
With increasing accuracy they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.

Year 5

Problem Solving
Explore tactical planning within a team to overcome increasingly challenging tasks.

Navigational Skills
Develop navigational skills and map reading in increasingly challenging tasks including map orientation.

Communication
Explore a variety of communication methods with increasing success.

Reflection
Reflect on when they were successful at solving challenges and alter their methods in order to improve.

Year 4

Problem Solving
Plan independently and in small groups, implementing a strategy with increased success.

Navigational Skills
Identify key symbols on a map and use a key to help navigate around a grid.

Communication
Confidently communicate ideas and listen to others.

Reflection
With increased accuracy, critically reflect on when and why they were successful at solving challenges.

Year 3

Problem Solving
Can plan and implement strategies to solve problems.

Navigational Skills
Developing map reading skills.

Communication
Can follow and give instructions and are accepting of other peoples' ideas.

Reflection
Can reflect on when and why they were successful at solving challenges.

Year 2

Problem Solving
Begin to plan, and with some success, apply strategies to overcome a challenge.

Navigational Skills
Understand how to use, follow and create a simple diagram/map.

Communication
Work cooperatively with a partner and a small group.

Reflection
Verbalise when they were successful and areas that they could improve.

Year 1

Problem Solving
Suggest ideas in response to a task.

Navigational Skills
Follow a simple diagram/map.

Communication
Communicate simple instructions and listen to others.

Reflection
Identify when they were successful and make basic observations about how to improve.

EYFS

Problem Solving
Explore activities in which they make their own decisions in response to a task.

Navigational Skills
Make decisions about where to move in space.

Communication
Develop their confidence in expressing themselves.

Reflection
Begin to identify when they were successful.

Striking and Fielding Progression Ladder

Get Set 4 P.E.

Games Unit 1 & 2
Ball Skills Unit 1 & 2

Year 6

Striking
Strike a bowled ball with increasing accuracy and consistency.

Fielding
Consistently select and apply the appropriate fielding action for the situation.

Throwing
Consistently make good decisions on who and when to pass to in order to get batters out.

Catching
Consistently demonstrate good technique in catching skills under pressure.

Year 5

Striking
Explore defensive and driving hitting techniques and directional batting.

Fielding
Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation.

Throwing
Demonstrate clear technique when using a variety of throws under pressure.

Catching
Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.

Year 4

Striking
Develop batting technique consistent with the rules of the game.

Fielding
Develop bowling with some consistency, abiding by the rules of the game.

Throwing
Use overarm and underarm throwing with increased consistency in game situations.

Catching
Beginning to catch with one and two hands with some consistency in game situations.

Year 3

Striking
Begin to strike a bowled ball using different equipment.

Fielding
Explore bowling and fielding skills to include a two-handed pick up and long and short barriers.

Throwing
Use overarm and underarm throwing in game situations.

Catching
Catch with some consistency in game situations.

Year 2

Striking
Develop striking a ball with their hand and equipment with some consistency.

Fielding
Understand that there are different roles within a fielding team.

Throwing
Develop coordination and technique when throwing over and underarm.

Catching
Catch with two hands with some coordination and technique.

Year 1

Striking
Explore striking a ball with their hand and equipment.

Fielding
Develop tracking and retrieving a ball for their team.

Throwing
Explore technique when throwing over and underarm.

Catching
Develop coordination and technique when catching.

EYFS

Striking
Explore sending a ball to a partner.

Fielding
Explore tracking and stopping a rolling ball.

Throwing and Catching
Explore rolling, throwing and catching using a variety of equipment.

Swimming Progression Ladder

Get Set 4 P.E.

Year 6

Strokes
Identify their personal best in a range of strokes. Successfully select and apply their fastest stroke over a distance of 25m.

Breathing
Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m.

Water Safety
Can select and apply the appropriate survival technique for the situation.

Year 5

Strokes
Demonstrate increased technique in a range of stokes, swimming over a distance of 25m.

Breathing
Explore underwater breaststroke breathing technique over a distance of 25m.

Water Safety
Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.LP and huddle positions.

Year 4

Strokes
Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.

Breathing
Demonstrate improved breathing technique in front crawl.

Water Safety
Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.

Year 3

Strokes
Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.

Breathing
Begin to explore front crawl breathing technique.

Water Safety
Explore techniques for personal survival to include survival strokes such as sculling and treading water.

Year 2

Strokes
Begin to use arms and legs together, more effectively across the water unaided.

Breathing
Begin to explore breathing in sync with their kicking action.

Water Safety
Demonstrate an awareness of water safety and float on their front and on their back.

Year 1

Strokes
Can swim over a 10m distance with a buoyancy aid.

Breathing
Can submerge confidently in the water.

Water Safety
Become aware of water safety and explore floating on their front and back.

Target Games Progression Ladder

Get Set 4 P.E.

Fundamentals Unit 1 & 2
Games Unit 1 & 2
Ball Skills Unit 1 & 2

Year 6

Striking
Successfully select and apply a wider range of striking techniques appropriate to the situation.

Throwing
Consistently make good decisions on who and when to throw at in order to get opponents out.

(Dodgeball) Catching
Make quick decisions on when to catch and when to dodge.

Year 5

Striking
Develop a wider range of striking techniques and begin to use them under pressure.

Throwing
Demonstrate clear technique when throwing under pressure.

(Dodgeball) Catching
Demonstrate good technique and consistency in catching skills under pressure.

Year 4

Striking
Explore striking techniques appropriate to the situation.

Throwing
Throw with increasing accuracy and success in game situations.

(Dodgeball) Catching
Catch with increasing consistency in game situations.

Year 3

Striking
Begin to explore striking a ball with sport specific equipment.

Throwing
Explore throwing at a moving target.

(Dodgeball) Catching
Build the confidence to attempt catching in game situations.

Year 2

Striking
Develop striking a ball with their hand and equipment with some consistency.

Throwing Underarm
Develop co-ordination and technique when throwing underarm at a target.

Throwing Overarm
Develop co-ordination and technique when throwing overarm at a target.

Year 1

Striking
Explore striking a ball with their hand and equipment.

Throwing Underarm
Explore technique when throwing underarm towards a target.

Throwing Overarm
Explore technique when throwing overarm towards a target.

EYFS

Striking
Explore sending a ball to a partner.

Catching
Explore catching using a variety of equipment.

Throwing
Explore throwing using a variety of equipment.

Yoga Progression Ladder

Get Set 4 P.E.

Fundamentals Unit 1 & 2
Gymnastics Unit 1 & 2

Year 6

Balance
Link combinations of poses for balance with increased control in transition.

Flexibility
Confidently transition from one pose to another showing extension connected to their breath.

Strength
Explore poses that challenge their strength and work to maintain increased control and strength when in and transitioning between poses.

Mindfulness
Explore methods they can use to control how they feel with some success.

Year 5

Balance
Use their breath to maintain balance within a pose.

Flexibility
Develop flexibility by connecting their movement with their breath.

Strength
Demonstrate increased control and strength when in and transitioning between poses.

Mindfulness
Understand that there are methods they can use to control how they feel.

Year 4

Balance
Explore using their breath to maintain balance within a pose.

Flexibility
Demonstrate increased extension in their poses.

Strength
Demonstrate increased control and strength when in a pose.

Mindfulness
Can engage with mindfulness activities with increased focus.

Year 3

Balance
Demonstrate increased control when in poses and explore control in paired poses.

Flexibility
Explore poses and movement in relation to their breath.

Strength
Explore arm balances with some control.

Mindfulness
Develop their ability to stay still and keep their focus.

Year 2

Balance
Remember, copy, and repeat sequences of linked poses.

Flexibility
Show increased awareness of extension in poses.

Strength
Demonstrate increased control in performing poses.

Mindfulness
Explore controlling their focus and sense of calm.

Year 1

Balance
Perform balances and poses making their body tense, stretched and curled.

Flexibility
Explore poses and movements that challenge their flexibility.

Strength
Explore strength whilst transitioning from one pose to another.

Mindfulness
Recognise their own feelings in response to a task or activity.

EYFS

Balance
Explore shapes in stillness using different parts of their bodies.

Flexibility
Explore shapes and actions to stretch their bodies.

Strength
Explore taking weight on different body parts.

Mindfulness
Explore their own feelings in response to an activity or task.