Fitness Progression Ladder

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Skills		Knowledge
Agility: change direction with a fluent action and transition smoothly between varying speeds. **Balance:** show fluency and control when travelling, landing, stopping and changing direction. **Co-ordination:** co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge. **Speed:** adapt running technique to meet the needs of the distance. **Strength:** complete body weight exercises for increased repetitions with control and fluency. **Stamina:** use my breath to increase my ability to move for sustained periods of time.	Year 6	**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.
Agility: demonstrate improved body posture and speed when changing direction. **Balance:** change my body position to maintain a controlled centre of gravity. **Co-ordination:** demonstrate increased speed when co-ordinating my body. **Speed:** apply the best pace for a set distance or time. **Strength:** demonstrate application of explosive strength to other skills. **Stamina:** use a steady pace to be able to move for sustained periods of time.	Year 5	**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 changes. **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:** moving quickly with the maximum force will get the maximum amount of power, distance or speed. **Stamina:** understand that keeping a steady breath will help me to move for longer periods of time.
Agility: show balance when changing direction at speed. **Balance:** show control whilst completing activities which challenge balance. **Co-ordination:** explore increased speed when co-ordinating my body. **Speed:** demonstrate improved sprinting technique. **Strength:** develop building strength in different muscle groups. **Stamina:** demonstrate using my breath to maintain my work rate.	Year 4	**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.
Agility: show balance when changing direction. **Balance:** explore more complex activities which challenge balance. **Co-ordination:** co-ordinate my body with increased consistency in a variety of activities. **Speed:** explore sprinting technique. **Strength:** explore building strength in different muscle groups. **Stamina:** explore using my breath to increase my ability to work for longer periods of time.	Year 3	**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.
Agility: demonstrate improved technique when changing direction on the move. **Balance:** demonstrate increased balance whilst travelling along and over equipment. **Co-ordination:** perform actions with increased control when co-ordinating my body with and without equipment. **Speed:** 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 2	**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.
Agility: change direction whilst running. **Balance:** explore balancing in more challenging activities with some success. **Co-ordination:** explore co-ordination when using equipment. **Speed:** explore running at different speeds. **Strength:** explore exercises using my own body weight. **Stamina:** explore moving for longer periods of time and identify how it makes me feel.	Year 1	**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.
Agility: explore changing direction safely. **Balance:** explore balancing whilst stationary and on the move. **Co-ordination:** 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. Fundamentals Unit 1 & 2 Gymnastics Unit 1 & 2	EYFS	**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. **Stamina:** understand that moving for a long time can make me feel tired.

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