Fundamentals Progression Ladder

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	Skills	Knowledge
Year 6	**Running:** change direction with a fluent action. Transition smoothly between varying speeds. **Balancing:** show fluency and control when travelling, landing, stopping and changing direction. **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.	**Running:** know that running develops stamina and speed and both can be improved with practice over time. Understand that agility requires speed, strength, good balance and co-ordination. **Balancing:** know that balance underpins many skills in PE and everyday life and this feels different in different situations. **Jumping and hopping:** understand when to jump for height or jump for distance in different activities and what to do to achieve this. **Skipping:** understand that skipping helps to develop co-ordination, stamina and balance.
Year 5	**Running:** demonstrate improved body posture and balance when changing direction. Accelerate and decelerate appropriately for the situation. **Balancing:** 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.	**Running:** understand that to change direction, I push off my outside foot and turn my hips. **Balancing:** understand that balance is a skill used in many different activities and everyday life. **Jumping and hopping:** understand that there are different techniques for different situations. **Skipping:** understand that people will have varying levels of skipping ability and that I can get better with practice. **All Y5 and Y6 activities**
Year 4	**Running:** change direction quickly under pressure. Demonstrate when and how to accelerate and decelerate. **Balancing:** 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.	**Running:** know that keeping my elbows bent when changing direction will help me to stay balanced. **Balancing:** understand that I need to squeeze different muscles to help me to stay balanced in different activities. **Jumping and hopping:** know that swinging my non-hopping foot helps to create momentum. **Skipping:** understand that keeping my chest up helps me to stay balanced.
Year 3	**Running:** change direction. Show an increase and decrease in speed. **Balancing:** demonstrate balance when performing other fundamental skills. **Jumping and hopping:** link jumping and hopping actions. **Skipping:** jump and turn a skipping rope.	**Running:** understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down. Understand how agility helps us with everyday tasks. **Balancing:** understand how balance helps us with everyday tasks. **Jumping and hopping:** know that if I jump and land quickly, it will help me to jump further. **Skipping:** understand that I should turn the rope from my wrists with wide hands to create a gap to step through.
Year 2	**Running:** demonstrate balance when changing direction. Clearly show different speeds when running. **Balancing:** 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.	**Running:** know that bending my knees 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. **Balancing:** understand that squeezing my muscles helps me to balance. **Jumping:** know that swinging my arms forwards will help me to jump further. **Hopping:** know that if I look straight ahead it will stop me falling over when I land. **Skipping:** know that I should swing opposite arm to leg to help me balance when skipping without a rope.
Year 1	**Running:** explore changing direction and dodging. Discover how the body moves at different speeds. **Balancing:** 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.	**Running:** 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. **Balancing:** know that looking ahead will help me to balance. Know that landing on my feet helps me to balance. **Jumping:** know that landing on the balls of my feet helps me to land with control. **Hopping:** know that I should hop with a soft bent knee. **Skipping**: 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.
EYFS	**Running:** explore running and stopping. Explore changing direction safely. **Balancing:** 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.	**Running:** 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. **Balancing:** know that I can hold my arms out to help me to balance. **Jumping:** know that bending my knees will help me to land safely. **Hopping:** understand that I use one foot to hop. **Skipping:** know that if I hop then step that will help me to skip.

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