

Invasion Games

		Progressions								
		Pro 1	Pro 2	Pro 3	Pro 4	Pro 5	Pro 6	Pro 7	Pro 8	Core Task
Year Group	Year 3	Chest pass, Bounce pass, Catching, Distances	Pass and move, Accuracy, Distances, Ready to receive	Pass and move, Awareness, Positioning, Communication	Move into space, Change direction, Change speed, Timing of pass	Create space, Accuracy, Distances, Timing of pass	Possession, Create space, Accuracy, Communication	Awareness, Communication, Accuracy, Move to receive	Create space, Move to receive, Accuracy, Communication	Create space, Move to receive, Accuracy, Timing of pass
	Year 4	Travel, Dribbling, Close control, Turn	Dribbling, Close control, Change Speed, Awareness	Dribbling, Attacker, Defender, Change speed	Attacker, Defender, Possession, Reduce space	Timing of runs, Reduce space, Track opponent, Communication	Close control, Pressure, Reduce space, Intercept	Awareness, Close control, Intercept, Tackle	Close control, Scoring, Possession, Communication	Close control, Possession, Reduce space, Communication
	Year 5	Dribbling, Pass and move, Accuracy, Possession	Move to receive, Find space, Possession, Anticipate	Marking, Interception Move to receive, Lose defender	Pass and move, Create space, Maintain possession, Tactics and strategies	Overload, Tactics and strategies, Marking, Zonal	Support, Reaction, Anticipate passes, Tactics and strategies	Support, Reaction, Anticipate passes, Tactics and strategies	Clear communication, Teamwork, Tactics and strategies, Scoring	Tactics and strategies, Positioning, Maintain possession, Scoring
	Year 6	Maintain control, Find space, Move to receive, Accuracy	Pass and move, Maintain possession, Regatin possession, Interception	Overload, Attacking tactics, Defensive tactics, Scoring	Attacking tactics, Defensive tactics, Blocking, Interception	Overload, Anticipate opponent, Team tactics, Positions	Clear communication, React to possession change, Team tactics, Adapt	Evaluate, Teamwork, Team tactics, Clear communication	Clear communication, Teamwork, Tactics and strategies, Scoring	Evaluate, Clear communication, Officiate, Team tactics

Striking and Fielding Games

		Progressions								
		Pro 1	Pro 2	Pro 3	Pro 4	Pro 5	Pro 6	Pro 7	Pro 8	Core Task
Year Group	Year 3	Fielders, Underarm throw, Catching, Short distance	Underarm throw, Catching, Power, Aim for space	Overarm throw, Catching, Aim for hands, Long distance	Bowler, Wicket keeper, wickets, Overarm bowl	Batter, Straight drive, V-Grips, Aim for space				Batters, Straight drive, Fielders, Overarm bowl
	Year 4	Fielders, Underarm throw, Overarm throw, Catching	Underarm throw, Overarm throw, Aim for target, Power	Bowler, Overarm bowl, Wickets, Wicket Keeper	Overarm bowl, Accuracy, Control, Batters	Batter, Straight Drive, Control, Consistency				Runs, Caught out, Bowled out, Boundary
	Year 5	Overarm bowl, Wickets, Figure of 6, Karate chop	Overarm bowl, Accuracy, Bowled out, Caught out	Straight Drive, Clear communication, Watch the ball, V-Grips	Ready position, Clear communication, Straight drive, Vary shots	Runs, Caught out, Bowled out, Watch the ball				Overs, Caught out, Bowled out, Runs
	Year 6	Overarm bowl, Watch the target, Figure of 6, Karate chop	Watch the target, Good line and length, One bounce, Accuracy	Straight Drive, Aim for spaces, Overs, Runs	Straight Drive, Aim for spaces, Overs, Runs	Clear communication, Batting, Bowling, Fielding				Runs, Boundary, Vary shots, Tactics

Athletics

		Progressions								
		Pro 1	Pro 2	Pro 3	Pro 4	Pro 5	Pro 6	Pro 7	Pro 8	Core Task
Year Group	Year 3	Walk, jog, run, sprint, travelling, shuttles, head up, find space	Appropriate pace, jog, sprint start, technique, speed, endurance, head up, ball of foot, lift knees, swing arms, distance, start position	Sprint start, technique, relay, baton, baton change, arm out, hand ready	Sprint start, technique, relay, baton, baton change, arm out, hand ready, throwing for distance, overarm, pull, javelin throw, sling throw, upwards throw, upwards trajectory, aim, grip	Throwing for distance, technique, javelin throw, sling throw, upwards trajectory, aim, grip	Jumping, travel, technique, combinations, take off, landing, jumping for distance, standing long jump, flight, momentum	Jumping, travel, technique, combinations, take off, landing, jumping for distance, standing long jump, flight, momentum, hop step jump, triple jump	Hop step jump, triple jump, combination, technique, hurdling, smooth action, running action, control	Jog, sprint start, running technique, baton change, overarm/pull/javelin throw, standing long jump, sling throw, hurdles
	Year 4	Sprint start, technique, short distance, runner, starter, timer, start position	Travel, correct speed, pace, relay, baton, baton change, arm out, hand ready, takeover technique, down sweep	Triple jump, hop step jump, technique, travel, pathways, distance	Triple jump, hopt step jump, jumping for height, vertical jump, speed bounce, sideways jump, take off, landing, feedback	Triple jump, hopt step jump, jumping for height, vertical jump, speed bounce, sideways jump, take off, landing, rhythm, sprint	Throwing, technique, pull, sling, shot, push distance, javeline, quoits	Throwing, technique, pull, sling, shot, push distance, javeline, quoits, shot put, throwing area	Hurdling, smooth action, running action, control, take off foot, landing, clear, speed	Running, sprint start, relays, triple jump, vertical jump, speed bounce, throwing, sling throw, shot put relay, relay change
	Year 5	Sprint technique, evaluate, personal performance, walk, speed walk, jog, run, sprint, starter, timer	Run, sprint, personal performance, pace, speed, runner, timer, technique, short distance, overtake	Teamwork, relay, baton change, baton, sprint technique, communication, upsweep, downsweep	Throwing, technique, sling throw, chest push, feedback	Throwing, technique, pull throw, shot, feedback, throw for distance	Jumping, jump for distance, standing long jump, momentum, triple jump, hop-step-jump	Jumping, jump for height, vertical jump, feedback, speed bounce	hurdling, smooth action, running action, control, take off foot, landing, clear, speed, accelerate, stride pattern	Running, sprint start, middle distance, relay, triple jump, vertical jump, speed bounce, throwing, chest, pull, sling throw, shot put relay, relay change

Year 6	Sprint technique, sprint start, starter, timer, feedback, intervals	Long distance running, pace, breathing, fluency, technique	Relay, baton, baton change, upsweep, downsweep, short distance, middle distance	throwing, technique, pull throw, javeline, sling throw, quoit	throwing, technique, push throw, chest, shot,	Jumping, jump for height, jump for distance, standing long jump, triple jump, hop-step-jump vertical jump, feedback, speedbounce, counter, timer	Jumping, jump for height, jump for distance, standing long jump, triple jump, hop-step-jump vertical jump, feedback, speedbounce, counter, timer	Hurdling, speed, accelerate, control, coordination	Running, sprint start, middle distance, relay, triple jump, vertical jump, speed bounce, throwing, chest, pull, sling throw, shot put relay, relay change
--------	---	--	---	---	---	--	--	--	---

OAA

		Progressions										Core Task	Comp Week
		Pro 1	Pro 2	Pro 3	Pro 4	Pro 5	Pro 6	Pro 7	Pro 8	Pro 9	Pro 10		
Year Group	Year 3	Shapes, Body position, Teamwork, Take care	Teamwork, Look after each other, Control sheet, Explore	Build, Dens, Design, Shelter from elements	Teamwork, Strategy, Communication, Balance	Communication, Guide, Instructions, Boundaries	Hazards, Map symbols, Map key, Control points	Detailed instructions, Boundaries, Guide, Trust	Communication, Control points, Orienteering, Hazards	Problem solve, Planning, Communication, Guide			
	Year 4	Compass point, Direction, Scale, Map orientation	Scavenger hunt, Exploration, Puzzle, Location	Scale, Map orientation, Control point, location	Map symbols, Map legend/key, Landmark, Map orientation	Control punch, Control sheet, Relay, Control marker,	Strategy, Teamwork, Look after each other, Problem solving	Design, Build, Den, Teamwork	Control punch, Control sheet, Map orientation	Control points, Planning, Route,			Teamwork, Control points, Den, Team role
	Year 5	Scale, Map orientation, Control point, Decision making	Map features, Routes, Birds eye view, Tactics	Safety, Communication, Team roles, Man-made objects	Map orientation, Control point, Plan route, Decision making	Grid reference, Along the corridor, Up the strairs, Grid lines	Grid reference, Along the corridor, Up the stairs, Control point	Body position, Equipment positioning, Design/Planning, Communication	Natural resources, Line of sight, Plan routes, Relay	Compass points, Map orientation, Direction, Control points			Orienteering, Teamwork, Control points, Den, Team role
	Year 6	Team roles, Organisation, Acurately punch sheet, Team tactics	Fitness, H.A.L.F technique (Head, Arms, Legs, Feet), Control points, Plan route	Disoriented, Stability, Structure, Free standing	Designated route, Individual strengths, Leadership roles, Teamwork	Strict boundaries, Code words, Detailed instructions, Non-verbal communication	Map symbol, Map key/legend, Orienteering, Competetion	Square lashing knot, Bight, Stable structures, Resources available	Group discussion, Sharing responsibilities, Competition, Orienteering	Overhand knot, Bight, Square lashing knot, Stable structure			Control point, Control punch, Plan route, Map reading
											Control point Rescue, Stretcher, Shelter, Appropriate knot selection		

Gymnastics

		Progressions								Core Task
		Pro 1	Pro 2	Pro 3	Pro 4	Pro 5	Pro 6	Pro 7	Pro 8	
Group	Reception	Travel, speed, level, direction, animals, balance, coordination, control	Travel, speed, level, direction, animals, balance, coordination, control	Balance, tension, control, small body parts, large body parts	Balance, tension, control, small body parts, large body parts, floor, apparatus	Jump, shape, straight, tuck, star, vertical, landing, turn, control, sharp	Rolling, shapes, pencil roll, egg roll, rock and roll, control, technique, smooth transition,	Travel, balance, jump, sequence, perform	Travel, balance, jump, sequence, perform, competition	
	Year 1	Travel, speed, level, direction, animals, balance, space, fluency, pathways	Travel, speed, level, direction, shapes, animals, balance, space, fluency, pathways, safe	Travel, animals, balance, tension, control, coordination, small body parts, large body parts	Jump, shape, straight, tuck, star, vertical, landing, turn, control, sharp, flight	Rolling, shapes, pencil roll, egg roll, rock and roll, control, technique, smooth transition	Travel, balance, roll, jump, sequence, perform, smooth transition	Travel, balance, roll, jump, apparatus, sequence, perform, smooth transition	Travel, balance, roll, jump, apparatus, sequence, perform, audience, smooth transition, competition	Travel, balance, roll, jump, floor, apparatus, sequence, perform, audience, smooth transition, competition
	Year 2	Travel, speed, level, direction, animals, balance, small body parts, large body parts, space, fluency, pathways, performance	Travel, speed, level, direction, animals, balance, small body parts, large body parts, space, fluency, pathways, performance	Travel, balance, jump, shape, straight, tuck, star, half turn, ski position, vertical, landing, turn, control, sharp, flight, tight	Roll, jump, balance, pencil roll, egg roll, rock and roll, sequence, smooth transition, fluency, control	Roll, jump, balance, pencil roll, egg roll, rock and roll, sequence, smooth transition, fluency, control	Equipment, apparatus, balance, jump, travel, vault, control	Sequence, 5 element, apparatus, travel, balance, jump, roll, control, flow, smooth transition	Sequence, 5 element, apparatus, travel, balance, jump, roll, control, flow, smooth transition, levels, speed	Sequence, 5 element, perform, apparatus, travel, balance, jump, roll, shape, control, flow, smooth transition, levels, speed
	Year 3	Travel, speed, level, direction, animals, pathway, balance, small body parts, coordination, control, tension	Jump, shape, straight, tuck, star, ski position, half turn, full turn, control, tight	Roll, shapes, pencil roll, egg roll, rock and roll, control, technique, sequence	Roll, travel, balance, jump, shapes, pencil roll, egg roll, rock and roll, control, technique, smooth transition, sequence	Equipment, apparatus, balance, jump, travel, roll, vault, control	Equipment, apparatus, balance, jump, travel, roll, vault, control	Sequence, 6 element, apparatus, travel, balance, jump, roll, control, flow, smooth transition	Sequence, 6 element, perform, competition, apparatus, travel, balance, jump, roll, control, flow, smooth transition, level, speed	Sequence, 6 element, perform, competition, apparatus, floor, travel, balance, jump, roll, control, flow, smooth transition, level, speed, direction

Year	Year 4	Travel, perform, animals, space, speed, direction, levels, pathway, control, fluency, coordination	Balance, tension, control, small body parts, large body parts, presentation, performance, travel, sequence	Jump, shape, straight, tuck, star, ski position, half turn, full turn, control, tight, apparatus	Roll, shapes, pencil roll, egg roll, rock and roll, teddy bear roll, control, technique, smooth transition, fluency	Roll, balance, travel, jump shapes, pencil roll, egg roll, rock and roll, teddy bear roll, control, technique, smooth transition, sequence, fluency	Equipment, apparatus, balance, jump, travel, roll, vault, control, technique, body tension	Sequence, 6 element, apparatus, travel, balance, jump, roll, control, flow, smooth transition	Sequence, 6 element, perform, competition, apparatus, travel, balance, jump, roll, control, flow, smooth transition, level, speed	Sequence, 6 element, perform, competition, apparatus, travel, balance, jump, roll, control, flow, smooth, power, transition, level, speed, direction
	Year 5	Travel, jump, balance, roll, control, body tension, presentation, quality	Balance, counter tension, pull, counter balance, push, matched, mirror, shapes, large body parts, small body parts, levels, unison, sequence	Balance, counter tension, pull, counter balance, push, matched, mirror, shapes, large body parts, small body parts, levels, unison, sequence	Equipment, apparatus, balance, jump, travel, roll, vault, control, technique, body tension, sequence	Gesture, swing, jump for height, length, turning, leaps, sequence, presentation, posture	Acrobatic gymnastics, partner sequence, balances, counter tension, counter balance, travel, roll, jump, unison, quality	Acrobatic gymnastics, partner sequence, balances, counter tension, counter balance, travel, roll, jump, unison, quality, feedback	Acrobatic gymnastics, partner sequence, balances, counter tension, counter balance, travel, roll, jump, unison, quality, competition, performance, judge	Sequence, 8 element, floor, apparatus, travel, balance, roll, jump, shapes, consistency, fluent, body tension, control, levels, speed, evaluate
	Year 6	Travel, jump, balance, roll, leaps, control, body tension, presentation, quality	Balance, small body parts, large body parts, Roll, pencil roll, egg roll, rock and roll, teddy bear roll, control, smooth, body tension	Balance, counter tension, pull, counter balance, push, matched, mirror, shapes, large body parts, small body parts, levels, unison, partner sequence, timing	Balance, counter tension, pull, counter balance, push, matched, mirror, shapes, large body parts, small body parts, travel, jump, levels, unison, partner sequence, timing	Equipment, apparatus, balance, jump, travel, roll, vault, control, technique, body tension, sequence	Acrobatic gymnastics, group sequence, partner balance, group balance, travel, roll, jump, unison, cannon, feedback, evaluate	Acrobatic gymnastics, group sequence, partner balance, group balance, travel, roll, jump, unison, cannon, perform	Acrobatic gymnastics, group sequence, partner balance, group balance, travel, roll, jump, unison, cannon, perform, competition, judge, tension, smooth transition	Sequence, 10 element, apparatus, music, travel, balance, roll, jump, shapes, strong, expressive, timing, speed, direction, pathways

Dance

		Progressions								
		Pro 1	Pro 2	Pro 3	Pro 4	Pro 5	Pro 6	Pro 7	Pro 8	Core Task
Year Group	Reception	Travel, levels, space, 8 counts, routine	Travel, levels, space, 8 counts, circle gallop, routine	Travel, levels, space, 8 counts, circle, routine, balance, canon, unison	Travel, levels, space, 8 counts, circle, routine, balance, canon, unison	Jump, turn, balance, pencil jump, stillness, 4 counts, formation	Gesture, travel, jump, turn, stillness, balance, 8 counts, formation, space	Gesture, travel, jump, turn, stillness, balance, 8 counts, formation, space, perform, feedback, canon, unison, levels		
	Year 1	Formation, sequence, leader, perform, counts, jump, travel, turn, gesture, stillness	Travel, formation, counts of 8, unison, clump, canon, sequence	Travel, turn, jump, stillness, gesture, formation, counts of 8, sequence	Travel, turn, jump, stillness, gesture, formation, counts of 8, sequence	Unison, canon, counts of 8, formation	Unison, canon, counts of 8, formation, performance	Travel, turn, jump, stillness, gesture, formation, counts of 8, sequence, unison, canon, performance, competition, feedback		Travel, turn, jump, stillness, gesture, formation, counts of 8, sequence, unison, canon, performance, competition, feedback
	Year 2	Unison, counts of 8, sequence, dynamics, performance, character, jump, travel, turn, gesture, stillness	Unison, counts of 8, sequence, dynamics, sharp, soft, slow, fast, performance, feedback, character	Formation, clump/triangle, counts of 8, travel, movements, space, character	Formation, clump/triangle, counts of 8, travel, movements, space, leader, character	Formation, unison, canon, counts of 8, character, travel, space, perform	Formation, unison, canon, counts of 8, character, travel, space, perform, dynamics	Travel, turn, jump, stillness, gesture, formation, counts of 8, sequence, unison, canon, dynamics, performance, competition, feedback		Travel, turn, jump, stillness, gesture, formation, counts of 8, sequence, unison, canon, dynamics, performance, competition, feedback
	Year 3	Travel, jump, turn, stillness, gesture, formation, counts of 8, poses, sequence, unison, canon, dynamics, character	Travel, jump, turn, stillness, gesture, formation, counts of 8, sequence, feedback	Travel, jump, turn, stillness, gesture, unison, formation, counts of 16, dynamics, canon	Travel, jump, turn, stillness, gesture, canon, unison, group sequence, formation, counts of 16, dynamics, perform	Travel, jump, turn, stillness, gesture, canon, unison, formation, counts of 16, dynamics, perform	Travel, jump, turn, stillness, gesture, canon, unison, formation, group sequence, counts of 16, dynamics, perform	Travel, jump, turn, stillness, gesture, canon, unison, formation, group sequence, counts of 16, dynamics, perform, competition, feedback		Travel, turn, jump, stillness, gesture, formation, counts of 8/16, group sequence, unison, canon, dynamics, performance, competition, feedback

Year 4	Travel, jump, turn, stillness, gesture, dynamics, canon, unison, pose, sequence, count of 8, formation, competition, performance	Travel, jump, turn, stillness, gesture, formation, unison, canon, counts of 8, choreography, dynamics	Formation, canon, clump, counts of 8, perform, facial expressions	Competition, performance, unison, levels, travel, dynamics	Performance, formation, choreography, canon, unison, rhythm, dynamics, facial expressions	Performance, formation, choreography, canon, unison, rhythm, dynamics, facial expressions	Travel, turn, jump, stillness, gesture, formation, counts of 8/16, group sequence, unison, canon, dynamics, performance, competition, feedback, rhythm, facial expressions		Travel, turn, jump, stillness, gesture, formation, counts of 8/16, group sequence, unison, canon, dynamics, performance, competition, feedback, rhythm, facial expressions
Year 5	Travel, jump, turn, stillness, gesture, dynamics, unison, pose, sequence, count of 8, formation, competition, performance, feedback	Travel, jump, turn, stillness, gesture, sequence, theme, levels, choreography, counts of 8	Travel, jump, turn, stillness, gesture, sequence, theme, levels, choreography, counts of 8	Travel, jump, turn, stillness, gesture, sequence, theme, levels, choreography, counts of 8, perform	Motif, travel, jump, turn, stillness, gesture, formation, theme, levels	Motif, travel, jump, turn, stillness, gesture, performance	Travel, jump, turn, stillness, gesture, performance, competition, counts of 8, sequence, motif, theme, feedback		Travel, jump, turn, stillness, gesture, performance, competition, counts of 8, sequence, motif, theme, feedback
Year 6	Travel, jump, turn, stillness, gesture, dynamics, unison, facial expressions, sequence, count of 8/16, character, theme	Competition, travel, jump, turn, stillness, gesture, unison, sequence, counts of 8/16, perform, dynamics	Canon, clump, formation, counts of 8/16, travel, jump, turn, stillness, gesture, unison	Canon, unison, counts of 8/16, perform, travel, jump, turn, stillness, gesture, formation	Travel, jump, turn, stillness, gesture, canon, unison, clump, formation, counts of 8/16, sequence dynamics, facial expressions	Travel, jump, turn, stillness, gesture, feedback, facial expressions, performance	Travel, jump, turn, stillness, gesture, counts of 8/16, muscle memory, performance	Competition, travel, jump, turn, stillness, gesture, canon, unison, formation, counts of 8/16, sequence, dynamics, performance	Competition, travel, jump, turn, stillness, gesture, canon, unison, formation, counts of 8/16, sequence, dynamics, performance

FMS

Block 1:

Year	Pro 1	Pro 2	Pro 3	Pro 4	Pro 5	Pro 6	Pro 7	Pro 8	Pro 9	Pro 10	Pro 11	Pro 12	Core Task 1	Core Task 2
KS1	Speed, Looking forwards, Opposite arms and legs, On your toes	Looking forwards, Opposite arms and legs, Change speed, Bend elbows and knees	Take off, Landing, Bend knees, Swing arms	Bend knees, Feet together, Take off, Landing	Still, static, statue, control, extend, stability, focus	Still, Feet flat, Extended arms, Head straight	Hopping leg, Non-hopping leg, Balls of feet/Tip toes, Bent leg behind	Take off, Landing, Balls of feet/Tip toes, Bent leg behind	Balls of feet/Tip toes, Step-hop, Swap legs	Balls of feet/Tip toes, Step-hop, Swap legs on landing	Sideways, Leading foot, Change direction, Control	Sideways, Leading foot, Change direction, Control	Run, travel, straight line, opposite arms and legs, jump, bend knees, both feet, balance, support leg, arms extended	Hopping, take off, same foot, leg bent behind, skipping, balls of feet, alternate legs, sidestep, leading foot, opposite foot follows

Block 2:

Year	Pro 13	Pro 14	Pro 15	Pro 16	Pro 17	Pro 18	Pro 19	Pro 20	Pro 21	Pro 22	Pro 23	Pro 24	Core Task 1	Core Task 2
KS1	Smooth roll, Along the floor, Aim at target, Release/Let go	Aim at target, Opposite leg forward, Bend knees, Swing arm	Aim at target, Opposite foot forward, Non-throwing arm, short distance	Aim at target, Opposite foot forward, Throwing arm swings back, Swing in a straight line	Aim at target, Stand side on, Elbow bent, Starting position	Aim at target, Long distance, Starting position, Pushing action	Feet shoulder width apart, Bend in knees, Eyes on the ball, Hands out together	Pull the ball into body, Adjust body Move body in line with the ball, Eyes on the ball	Eyes on the ball, Kicking leg bends back, Top of foot, Follow through the ball	Moving ball, Aim for target, Aim for space, Top of foot			Roll, face target, aiming arm, swing, underarm throw, aim opposite arm, opposite foot forward, overarm throw, side on, elbow bent, forwards, upwards	Catch, eyes on the ball, hands make target, Kick, kicking leg bent, contact, strike, stand sideways, horizontal bat swing

Target Games

		Progressions								Core Task
		Pro 1	Pro 2	Pro 3	Pro 4	Pro 5	Pro 6	Pro 7	Pro 8	Core Task
oup	Year 3/4	Chip, target, safe zone, tick-tock swing, grip, putting, pendulum, stance, power, weight	Putting, tick-tock swing, stance, grip, direction, speed, power, weight, pedulum	Chip, tick-tock swing, target, direction, speed, power, weight, grip, stance	Tick-tock motion, putter, grip, out of bounds, stance, power, weight, target	Chip, put, power, distance, grip, speed, target, angle				

Year Gr

Year 5/6	Over arm throw, grip, target, roll, force, power, speed, accuracy, dodge	Dodge, dexterity, tactics, speed of play, target, elbow over shoulder technique, stance, safety zone	Speed of play, agility, moving target, blocker, dodge, tactics, elbow over shoulder technique, stance	Tactics, dodge, blocker, possession, stance, speed of play, decision making	Dodge, moving target, static target, anticipate, tactics, outwit, possession, blocker				
----------	--	--	---	---	---	--	--	--	--