

# PE progression of fundamental movement skills at Southover

## Agility

### Ball Chasing

Ball Chasing			
EYFS & KS1	Lower KS2	Upper KS2	
<p><b>1.</b> Roll a ball, chase and collect it in balanced position facing opposite direction.</p> <p><b>2.</b> Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.</p>	<p><b>1.</b> Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction.</p> <p><b>2.</b> Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.</p>	<p><b>1.</b> Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction.</p> <p><b>2.</b> Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction.</p> <p><b>3.</b> Complete above challenges with tennis ball.</p>	<p><b>1.</b> Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position), facing opposite direction.</p> <p><b>2.</b> Perform above challenge with tennis ball.</p> <p><b>3.</b> Roll and chase large ball, stopping it with head in front support position facing opposite direction.</p>
			<p><b>1.</b> Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce.</p> <p><b>2.</b> Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce.</p>
			<p><b>1.</b> Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce.</p> <p><b>2.</b> Perform above challenge but catch ball on instep of foot and lower it to the ground.</p>

### Reaction and Response

Reaction and Response			
EYFS & KS1	Lower KS2	Upper KS2	
<p><b>From 1, 2 and 3 metres:</b></p> <p><b>1.</b> React and catch large ball dropped from shoulder height after 2 bounces.</p> <p><b>2.</b> React and catch large ball dropped from shoulder height after 1 bounce.</p>	<p><b>From 1, 2 and 3 metres:</b></p> <p><b>1.</b> React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p>	<p><b>From 1, 2 and 3 metres:</b></p> <p><b>1.</b> React and step across body, bring hand across body and catch tennis ball after 1 bounce.</p>	<p><b>From 1, 2 and 3 metres:</b></p> <p><b>1.</b> React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg.</p> <p><b>2.</b> Perform above challenge but react to sound of bounce rather than call.</p> <p><b>3.</b> Perform above challenges, but also step across body and bring hand across body to catch ball with one hand.</p>
			<p><b>From 1, 2 and 3 metres:</b></p> <p><b>1.</b> React to call from partner when they drop a ball, turn and catch it after 1 bounce.</p> <p><b>2.</b> Perform above challenge but react to sound of the bounce rather than call.</p>

## Balance

### Static Balance 1 Leg

Static Balance 1 Leg			
EYFS & KS1	Lower KS2	Upper KS2	
<p><b>On both legs:</b></p> <p><b>1.</b> Stand still for 10 seconds.</p>	<p><b>On both legs:</b></p> <p><b>1.</b> Stand still for 30 seconds with eyes closed.</p> <p><b>2.</b> Complete 5 squats.</p> <p><b>3.</b> Complete 5 ankle extensions.</p>	<p><b>On both legs:</b></p> <p><b>1.</b> Stand still on uneven surface for 30 seconds.</p> <p><b>2.</b> Stand still on uneven surface for 30 seconds with eyes closed.</p> <p><b>3.</b> Complete 10 squats into ankle extensions.</p> <p><b>4.</b> Complete 5 squats with eyes closed.</p>	<p><b>On both legs:</b></p> <p><b>1.</b> Complete 5 ankle extensions with eyes closed.</p> <p><b>2.</b> Complete 10 squats into ankle extensions with eyes closed.</p> <p><b>3.</b> Complete above 2 challenges on uneven surface with eyes open.</p> <p><b>4.</b> Complete first 2 challenges on uneven surface with eyes closed.</p>
			<p><b>On both legs:</b></p> <p><b>1.</b> Place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.</p> <p><b>2.</b> Perform above challenge with eyes closed.</p> <p><b>3.</b> Stand on uneven surface and place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.</p>

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Static Balance Seated			
EYFS & KS1		Lower KS2	Upper KS2
<ol style="list-style-type: none"> <li>Balance with both hands/ feet down.</li> <li>Balance with 1 hand/ 2 feet down.</li> <li>Balance with 2 hands/ 1 foot down.</li> <li>Balance with 1 hand/ 1 foot down.</li> <li>Balance with 1 hand or 1 foot down.</li> <li>Balance with no hands or feet down.</li> </ol>	<ol style="list-style-type: none"> <li>Pick up a cone from one side, swap hands and place it on the other side.</li> <li>Return the cone to the opposite side.</li> </ol>	<ol style="list-style-type: none"> <li>Pick up a cone from one side and place it on the other side with same hand.</li> <li>Return it to the opposite side using the other hand.</li> <li>Sit in a dish shape and hold it for 5 seconds.</li> </ol>	<ol style="list-style-type: none"> <li>Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions).</li> <li>Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).</li> <li>Hold a V-shape with straight arms and legs for 10 seconds.</li> </ol>
			<ol style="list-style-type: none"> <li>Reach and pick up cones from in front, to the side and from behind.</li> <li>Reach and pick up cones from in front, to the side and from behind with eyes closed.</li> <li>Reach and pick up cones from in front, to the side and from behind while a partner applies a force.</li> <li>Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.</li> </ol>
			<ol style="list-style-type: none"> <li>Reach and pick up cones on the floor whilst on a bench, without losing balance.</li> <li>Turn 360° in either direction, first on the floor then on a bench.</li> <li>Balance on an uneven surface, e.g. wobble cushion, for 10 seconds.</li> <li>Reach and pick up cones on the floor whilst on an uneven surface.</li> </ol>

Static Balance Floorwork			
EYFS & KS1		Lower KS2	Upper KS2
<ol style="list-style-type: none"> <li>Hold mini-front support position.</li> <li>Reach round and point to ceiling with either hand in mini-front support.</li> </ol>	<ol style="list-style-type: none"> <li>Place cone on back and take it off with other hand in mini-front support.</li> <li>Hold mini-back support position.</li> <li>Place cone on tummy and take it off with other hand in mini-back support.</li> </ol>	<ol style="list-style-type: none"> <li>Hold full front support position.</li> <li>Lift 1 arm and point to the ceiling with either hand in front support.</li> <li>Transfer cone on and off back in front support.</li> </ol>	<ol style="list-style-type: none"> <li>Transfer tennis ball on and off back in a front support.</li> <li>Transfer cone on and off tummy in back support.</li> <li>Transfer tennis ball on and off tummy in back support.</li> </ol>
			<ol style="list-style-type: none"> <li>Hold front support position with only 1 foot in contact with floor and transfer cone on and off back.</li> <li>Rotate fluently from front support to back support, and then continue rotating with fluency.</li> </ol>
			<ol style="list-style-type: none"> <li>Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back.</li> <li>Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back with eyes closed.</li> </ol>

Static Balance: Stance			
EYFS & KS1		Lower KS2	Upper KS2
<ol style="list-style-type: none"> <li>Stand on line with good stance for 10 seconds.</li> </ol>	<ol style="list-style-type: none"> <li>Stand on low beam with good stance for 10 seconds.</li> </ol>	<ol style="list-style-type: none"> <li>Receive a small force from various angles.</li> <li>Raise alternate feet 5 times.</li> <li>Raise alternate knees 5 times.</li> <li>Catch ball at chest height and throw it back.</li> </ol>	<ol style="list-style-type: none"> <li>Raise alternate knees to opposite elbow 5 times.</li> <li>Catch large ball thrown at knee height and above head.</li> <li>Catch large ball thrown away from body.</li> <li>Catch small ball thrown close to and away from body.</li> </ol>
			<ol style="list-style-type: none"> <li>Throw and catch 2 small balls alternately, using both hands, both close to and away from body.</li> <li>Strike small ball back to a partner with a racket.</li> <li>Strike a small ball back to a partner from across body with a racket.</li> </ol>
			<ol style="list-style-type: none"> <li>Throw and catch small ball, catching across body with either hand.</li> <li>Throw and catch 2 balls alternately, catching across body with either hand.</li> <li>Volley large ball back to a partner with either foot.</li> </ol>

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Dynamic Balance: On a Line					
EYFS & KS1		Lower KS2	Upper KS2		
<ol style="list-style-type: none"> <li>Walk forwards with fluidity and minimum wobble.</li> <li>Walk backwards with fluidity and minimum wobble.</li> </ol>	<ol style="list-style-type: none"> <li>Walk fluidly, lifting knees to 90°.</li> <li>Walk fluidly, lifting heels to bottom.</li> </ol>	<ol style="list-style-type: none"> <li>March, lifting knees and elbows up to a 90° angle.</li> <li>Walk fluidly with heel to toe landing.</li> <li>Walk fluidly, lifting knees and using heel to toe landing. Walk fluidly, lifting heels to bottom and using heel to toe landing.</li> </ol>	<ol style="list-style-type: none"> <li>Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing.</li> <li>Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing).</li> <li>Lunge walk forwards, bringing opposite elbow up to a 90° angle.</li> <li>Complete all red challenges with eyes closed.</li> </ol>	<ol style="list-style-type: none"> <li>Sidestep in both directions.</li> <li>Stand sideways and complete continuous 180° front pivots. Then with 180° reverse pivots</li> <li>Move sideways, stepping across body (lateral step-over).</li> <li>Perform 'grapevines' (step-over, sidestep, step-behind, repeat).</li> <li>Complete blue challenges then above challenges with eyes closed.</li> </ol>	<ol style="list-style-type: none"> <li>Lunge walk backwards.</li> <li>Lunge walk backwards with opposite elbow at 90°.</li> <li>Lunge walk along curved pathway, forwards then backwards, with opposite elbow at 90°.</li> <li>Perform above challenges with eyes closed.</li> </ol>

Dynamic Balance: Jumping and Landing					
EYFS & KS1		Lower KS2	Upper KS2		
<ol style="list-style-type: none"> <li>Jump from 2 feet to 2 feet forwards, backwards and side-to-side.</li> </ol>	<ol style="list-style-type: none"> <li>Jump from 2 feet to 2 feet with quarter turn in both directions.</li> <li>Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).</li> </ol>	<ol style="list-style-type: none"> <li>Jump from 2 feet to 2 feet with 180° turn in either direction.</li> <li>Complete a tucked jump.</li> <li>Complete a tucked jump with 180° turn in either direction.</li> </ol>	<ol style="list-style-type: none"> <li>Jump 2 feet to 2 feet forwards, backwards and side-to-side.</li> <li>Hop forward and backwards, freezing on landing.</li> <li>Jump 1 foot to other forwards and backwards, freezing on landing.</li> <li>Hop sideways, raising knee and freezing on landing.</li> <li>Jump 1 foot to other sideways, raising knee and freeze on landing.</li> </ol>	<ol style="list-style-type: none"> <li>Jump 2 feet to 2 feet with a 180° turn in the middle (both directions).</li> <li>Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions).</li> <li>Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides).</li> </ol>	<ol style="list-style-type: none"> <li>Jump from vertical stance forwards into lunge position while holding ball off centre (both sides).</li> <li>Jump from vertical stance backwards into lunge position while holding medicine ball off centre (both sides).</li> <li>Jump 2 feet to 2 feet with 360° turn (in both directions).</li> </ol>

Counter Balance					
EYFS & KS1		Lower KS2	Upper KS2		
<ol style="list-style-type: none"> <li>Sit holding hands with toes touching, lean in together then apart.</li> <li>Sit holding 1 hand with toes touching, lean in together then apart.</li> <li>Sit holding hands with toes touching and rock forwards, backwards and side-to-side.</li> </ol>	<ol style="list-style-type: none"> <li>Hold on and, with a long base, lean back, hold balance and then move back together.</li> <li>Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.</li> </ol>	<ol style="list-style-type: none"> <li>Hold on and, with a short base, lean back, hold balance and then move back together.</li> <li>Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together.</li> <li>Perform above challenges with eyes closed.</li> </ol>	<ol style="list-style-type: none"> <li>Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together.</li> <li>Stand on 1 leg while holding on to partner's opposite foot.</li> </ol>	<ol style="list-style-type: none"> <li>Complete all blue challenges with eyes closed.</li> <li>Step onto bench facing partner, hold with both hands with feet side by side, lean back, hold and then move back together.</li> <li>Step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms.</li> </ol>	<ol style="list-style-type: none"> <li>Stand on a line facing partner, hold with both hands, lean back and then swap places whilst maintaining counter balance position.</li> <li>Stand on a low beam facing partner, hold with both hands then swap places whilst maintaining counter balance position.</li> </ol>

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## Coordination

Sending and Receiving			
EYFS & KS1	Lower KS2	Upper KS2	
<ul style="list-style-type: none"> <li>1. Roll large ball and collect the rebound.</li> <li>2. Roll small ball and collect the rebound.</li> <li>3. Throw large ball and catch the rebound with 2 hands.</li> </ul>	<ul style="list-style-type: none"> <li>1. Throw tennis ball, catch rebound with same hand after 1 bounce.</li> <li>2. Throw tennis ball, catch rebound with same hand without a bounce.</li> <li>3. Throw tennis ball, catch rebound with other hand after 1 bounce.</li> <li>4. Throw tennis ball, catch rebound with other hand without a bounce.</li> <li>5. Strike large, soft ball along ground with hand 5 times in a rally.</li> </ul>	<ul style="list-style-type: none"> <li>1. Strike a ball with alternate hands in a rally.</li> <li>2. Kick a ball with the same foot.</li> <li>3. Kick a ball with alternate feet</li> </ul> <p>Roll 2 balls alternately using both hands, sending 1 as the other is returning.</p>	<ul style="list-style-type: none"> <li>1. Alternately throw and catch 2 tennis balls against a wall.</li> <li>2. Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over).</li> <li>3. Throw 2 tennis balls against a wall in a circuit, in both directions.</li> </ul>
			<ul style="list-style-type: none"> <li>1. With a partner, simultaneously pass large ball along the floor with feet and throw tennis ball for 10 continuous passes.</li> <li>2. With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds.</li> </ul>
			<ul style="list-style-type: none"> <li>1. Working with a partner, simultaneously pass ball along the floor with feet and throw 2 tennis balls continuously.</li> <li>2. Working with a partner, simultaneously volley tennis ball with racket and pass ball along the ground continuously.</li> </ul>

Ball Skills			
EYFS & KS1	Lower KS2	Upper KS2	
<ul style="list-style-type: none"> <li>1. Sit and roll a ball along the floor around body using 2 hands.</li> <li>2. Sit and roll a ball along the floor around body using 1 hand (right and left).</li> <li>3. Sit and roll a ball down legs and around upper body using 2 hands.</li> <li>4. Stand and roll a ball up and down legs and round upper body using 2 hands.</li> </ul>	<ul style="list-style-type: none"> <li>1. Sit and roll a ball up and down legs and round upper body using 1 hand.</li> <li>2. Stand and roll a ball up and down legs and round upper body using 1 hand.</li> </ul>	<p><b>In 20 seconds or less:</b></p> <ul style="list-style-type: none"> <li>1. Stand with legs apart and move a ball around 1 leg 16 times (right and left leg).</li> <li>2. Move a ball round waist 17 times.</li> <li>3. Stand with legs apart and move a ball around alternate legs 16 times.</li> </ul>	<p><b>In 20 seconds or less:</b></p> <ul style="list-style-type: none"> <li>1. Stand with legs apart and complete 20 front to back catches with a bounce in between.</li> <li>2. Perform above 30 times without ball bouncing in between.</li> <li>3. Complete above tasks with head up throughout.</li> <li>4. Complete 11 overhead throw and catches.</li> </ul>
			<p><b>In 20 seconds or less:</b></p> <ul style="list-style-type: none"> <li>1. Complete 12 long circle (forwards and then backwards).</li> <li>2. Complete 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions).</li> </ul>

Footwork			
EYFS & KS1	Lower KS2	Upper KS2	
<ul style="list-style-type: none"> <li>1. Side-step in both directions.</li> <li>2. Gallop, leading with either foot.</li> <li>3. Hop on either foot.</li> <li>4. Skip.</li> </ul>	<ul style="list-style-type: none"> <li>1. Combine side-steps with 180° front pivots off either foot.</li> <li>2. Combine side-steps with 180° reverse pivots off either foot.</li> <li>3. Skip with knee and opposite elbow at 90° angle.</li> <li>4. Hopscotch forwards and backwards, hopping on the same leg (right and left).</li> </ul>	<ul style="list-style-type: none"> <li>1. Hopscotch forwards and backwards, alternating hopping leg each time.</li> <li>2. Move in a 3-step zigzag pattern forwards.</li> <li>3. Move in a 3-step zigzag pattern backwards.</li> </ul>	<ul style="list-style-type: none"> <li>1. Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg.</li> <li>2. Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction.</li> <li>3. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.</li> </ul>
			<ul style="list-style-type: none"> <li>1. Move in 3-step zigzag pattern while alternating knee raise and foot behind.</li> <li>2. Move backwards in 3-step zigzag pattern with cross-over (swerve).</li> <li>3. Move backwards in 3-step zigzag pattern with knee raise across body.</li> </ul>
			<ul style="list-style-type: none"> <li>1. Move backwards in 3-step zigzag pattern with foot behind.</li> <li>2. Move backwards in 3-step zigzag pattern with alternating knee lift and foot behind.</li> </ul>

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