



Progression Map for PE Fundamental Skills

Fundamental Skill	R	Y1	Y2	Y3	Y4	Y5	Y6
1. Static Balance: 1 Leg	<ul style="list-style-type: none"> Stand still for 10 seconds on one leg. 	<ul style="list-style-type: none"> <u>Stand still for 30 seconds on one leg.</u> 	<ul style="list-style-type: none"> Complete 5 mini squats on one leg. 	<ul style="list-style-type: none"> <u>Stand still for 30 seconds with eyes closed.</u> 	<ul style="list-style-type: none"> <u>Complete 5 squats on one leg.</u> Complete 5 ankle extensions on one leg. 	<ul style="list-style-type: none"> Stand still on uneven surface for 30 seconds on one leg. <u>Complete 10 squats into ankle extensions.</u> 	<ul style="list-style-type: none"> Stand still on uneven surface for 30 seconds on one leg with eyes closed. <u>Complete 5 squats with eyes closed.</u>
2. Static Balance: Seated	<ul style="list-style-type: none"> Balance with 1 hand or 1 foot down. 	<ul style="list-style-type: none"> <u>Balance with no hands and no feet down.</u> 	<ul style="list-style-type: none"> Pick a cone from one side, swap hands and place it on the other side. 	<ul style="list-style-type: none"> <u>Pick a cone from one side, swap hands and place it on the other side with the same hand.</u> 	<ul style="list-style-type: none"> Sit in a dish shape and hold it for 5 seconds. 	<ul style="list-style-type: none"> <u>Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).</u> 	<ul style="list-style-type: none"> <u>Hold a V-shape with straight arms and legs for 10 seconds.</u>
3. Static Balance: Floorwork	<ul style="list-style-type: none"> Hold mini-front support position. Reach round and point to ceiling with either hand in mini-front support. 	<ul style="list-style-type: none"> <u>Place cone on back and take it off with other hand in minifront support.</u> Hold mini-back support position. 	<ul style="list-style-type: none"> <u>Place cone on tummy and take it off with other hand in miniback support.</u> 	<ul style="list-style-type: none"> Hold full front support position. Lift 1 arm and point to the ceiling with either hand in front support. 	<ul style="list-style-type: none"> Transfer cone on and off back in front support. 	<ul style="list-style-type: none"> <u>Transfer tennis ball on and off back in a front support.</u> Transfer cone on and off tummy in back support. 	<ul style="list-style-type: none"> <u>Transfer tennis ball on and off tummy in back support.</u>
4. Static Balance: Stance	<ul style="list-style-type: none"> Stand with good stance for 5 seconds. 	<ul style="list-style-type: none"> <u>Stand on line with good stance for 10 seconds.</u> 	<ul style="list-style-type: none"> <u>Stand on low beam with good stance for 10 seconds.</u> 	<ul style="list-style-type: none"> Receive a small force from various angles. Raise alternate feet 5 times. 	<ul style="list-style-type: none"> <u>Raise alternate knees 5 times.</u> Catch ball at chest height and throw it back. 	<ul style="list-style-type: none"> <u>Raise alternate knees to opposite elbow 5 times.</u> <u>Catch large ball thrown at knee height and above head.</u> 	<ul style="list-style-type: none"> <u>Catch large ball thrown away from body.</u> <u>Catch small ball thrown close to and away from body.</u>

<p>5. Dynamic Balance:</p> <p>On a line</p>	<ul style="list-style-type: none"> Walk forwards with fluidity and minimum wobble. 	<ul style="list-style-type: none"> Walk backwards with fluidity and minimum wobble. 	<ul style="list-style-type: none"> Walk fluidly, lifting knees to 90°. Walk fluidly, lifting heels to bottom. 	<ul style="list-style-type: none"> <u>March, lifting knees and elbows up to a 90° angle.</u> Walk fluidly with heel to toe landing 	<ul style="list-style-type: none"> <u>Walk fluidly, lifting knees and using heel to toe landing.</u> <u>Walk fluidly, lifting heels to bottom and using heel to toe landing.</u> 	<ul style="list-style-type: none"> <u>Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing.</u> 	<ul style="list-style-type: none"> Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing). Lunge walk forwards, bringing opposite elbow up to a 90° angle.
<p>6. Dynamic Balance:</p> <p>Jumping & Landing</p>	<ul style="list-style-type: none"> Jump from 2 feet to 2 feet forwards, backwards and side to-side. 	<ul style="list-style-type: none"> <u>Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).</u> 	<ul style="list-style-type: none"> Jump from 2 feet to 2 feet with quarter turn in both directions. 	<ul style="list-style-type: none"> Jump from 2 feet to 2 feet with 180° turn in either direction. Complete a tucked jumped. 	<ul style="list-style-type: none"> <u>Complete a tucked jump with 180° turn in either direction.</u> 	<ul style="list-style-type: none"> Hop forward and backwards, freezing on landing. Jump 1 foot to other forwards and backwards, freezing on landing 	<ul style="list-style-type: none"> <u>Hop sideways, raising knee and freezing on landing.</u> <u>Jump 1 foot to other sideways, raising knee and freeze on landing.</u>
<p>7. Counter Balance:</p> <p>In Pairs</p>	<ul style="list-style-type: none"> Sit holding hands with toes touching, lean in together then apart. Sit holding 1 hand with toes touching, lean in together then apart. Sit holding hands with toes touching and rock forwards, backwards and side-to-side. 	<ul style="list-style-type: none"> <u>Hold on and, with a long base, lean back, hold balance and then move back together</u> 	<ul style="list-style-type: none"> <u>Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together</u> 	<ul style="list-style-type: none"> <u>Hold on and, with a short base, lean back, hold balance and then move back together.</u> 	<ul style="list-style-type: none"> <u>Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together.</u> 	<ul style="list-style-type: none"> Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together. 	<ul style="list-style-type: none"> Stand on 1 leg while holding on to partner's opposite foot.

<p>8. Coordination:</p> <p>Sending & Receiving</p>	<ul style="list-style-type: none"> Roll small and large ball and collect the rebound. Throw large ball and catch the rebound with 2 hands. 	<ul style="list-style-type: none"> Throw tennis ball, catch rebound with same hand after 1 bounce. Throw tennis ball, catch rebound with same hand without a bounce. 	<ul style="list-style-type: none"> <u>Throw tennis ball, catch rebound with other hand without a bounce.</u> Strike large, soft ball along ground with hand 5 times in a rally. 	<ul style="list-style-type: none"> <u>Strike a ball with alternate hands in a rally.</u> Kick a ball with the same foot. 	<ul style="list-style-type: none"> <u>Kick a ball with alternate feet</u> Roll 2 balls alternately using both hands, sending 1 as the other is returning 	<ul style="list-style-type: none"> Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over). 	<ul style="list-style-type: none"> <u>Throw 2 tennis balls against a wall in a circuit, in both directions.</u>
<p>9. Co-Ordination:</p> <p>Ball Skills</p>	<ul style="list-style-type: none"> Sit and roll a ball along the floor around body using 2 hands. Sit and roll a ball down legs and around upper body using 2 hands. 	<ul style="list-style-type: none"> Sit and roll a ball along the floor around body using 1 hand (right and left). Stand and roll a ball up and down legs and round upper body using 2 hands. 	<ul style="list-style-type: none"> Sit and roll a ball up and down legs and round upper body using 1 hand. Stand and roll a ball up and down legs and round upper body using 1 hand. 	<ul style="list-style-type: none"> In 20 seconds or less: Stand with legs apart and move a ball around 1 leg 	<ul style="list-style-type: none"> In 20 seconds or less: Move a ball round waist In 20 Seconds or less: Stand with legs apart and move a ball around alternate legs 16 times. 	<ul style="list-style-type: none"> In 20 seconds or less: Stand with legs apart and move ball in figure of 8 around both legs 12 times. In 20 seconds or less: Move ball around waist into figure of 8 around both legs 10 times. 	<ul style="list-style-type: none"> In 20 seconds or less: Move ball around waist and then around alternate legs 12 times. In 20 seconds or less: Stand with legs apart and perform 24 criss-crosses, with and then without a bounce.
<p>10. Co-ordination:</p> <p>Footwork</p>	<ul style="list-style-type: none"> Side-step in both directions. Gallop, leading with either foot. Hop on either foot. Skip 	<ul style="list-style-type: none"> Combine side-steps with 180° front pivots off either foot. Combine side-steps with 180° reverse pivots off either foot. 	<ul style="list-style-type: none"> Skip with knee and opposite elbow at 90° angle. Hopscotch forwards and backwards, hopping on the same leg (right and left). 	<ul style="list-style-type: none"> Hopscotch forwards and backwards, alternating hopping leg each time. Move in a 3-step zigzag pattern forwards. 	<ul style="list-style-type: none"> Hopscotch forwards and backwards, alternating hopping leg each time. Move in a 3-step zigzag pattern backwards. 	<ul style="list-style-type: none"> Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg. 	<ul style="list-style-type: none"> Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.

<p>11. Agility</p> <p>Ball Chasing</p>	<ul style="list-style-type: none"> Roll a ball, chase and collect it in balanced position facing opposite direction. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction. 	<ul style="list-style-type: none"> Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. 	<ul style="list-style-type: none"> <u>Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.</u> 	<ul style="list-style-type: none"> Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position 	<p><u>Chase a rolled tennis ball, let it roll through legs and then collect it in balanced position facing the opposite direction.</u></p> <p><u>Chase a bouncing tennis ball, let it roll through legs and then collect it in balanced position.</u></p>	<ul style="list-style-type: none"> Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. 	<ul style="list-style-type: none"> Roll and chase a tennis ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. Roll and chase large ball, stopping it with head in front support position facing opposite direction.
<p>12. Agility</p> <p>Reaction & Response</p>	<ul style="list-style-type: none"> React and catch large ball dropped from shoulder height after 2 bounces. 	<ul style="list-style-type: none"> React and catch large ball dropped from shoulder height after 1 bounce. 	<ul style="list-style-type: none"> <u>React and catch tennis ball dropped from shoulder height after 1 bounce.</u> 	<ul style="list-style-type: none"> From 1 metre react and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg. 	<ul style="list-style-type: none"> <u>From 1, 2 and 3 metres: React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</u> 	<ul style="list-style-type: none"> From 1 metre: React and step across body, bring hand across body and catch tennis ball after 1 bounce. 	<ul style="list-style-type: none"> <u>From 1, 2 and 3 metres: React and step across body, bring hand across body and catch tennis ball after 1 bounce.</u>