

Skills

Fitness Progression Ladder

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.



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 increased technique in body weight exercises.
Stamina: use a steady pace to be able to move for sustained 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.



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.

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.



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.

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

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.

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: know the muscles I am using by name.
Stamina: understand that keeping a steady breath will help me to move for longer periods of time.

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.

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.

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.

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.



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.