

Fundamentals Progression Ladder

Skills

Knowledge

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.



Year
6

Running: know that running develops stamina and speed and both can be improved by training over time.
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.



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.

Year
5

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

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.

Year
4

Running: understand that a change of direction and speed can help to get past or away from an opponent.
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.

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.



Year
3

Running: understand that leaning slightly forwards helps to increase speed (acceleration). Leaning my body in the opposite direction to travel helps to slow down (deceleration).
Balancing: understand how balance helps us with everyday tasks.
Jumping and hopping: know that if I jump and land in quick succession, momentum 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.

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.

Year
2

Running: know that putting weight into the front of my feet 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.

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.

Year
1

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.

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.



EYFS

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.

