

# Learning behaviours Progression map

Personal	Social	Physical
<b>TAKE RESPONSIBILITY FOR MY LEARNING</b> I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes.	<b>LEAD OTHERS</b> I can involve others and motivate those around me to perform better	<b>APPLY WITH CONSISTENCY</b> I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations
<b>EMBRACE CHALLENGE</b> I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets.	<b>IMPROVE OTHERS</b> I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately.	<b>COMBINE WITH FLUENCY</b> I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations.
EXPECTED- END OF UPPER KEY STAGE 2		
<b>CONSISTENTLY TRY TO IMPROVE</b> I cope well and react positively when things become difficult. I can persevere with a task and improve my performance through regular practice.	<b>ORGANISE AND GUIDE OTHERS</b> I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task.	<b>LINK WITH QUALITY</b> I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities.
EXPECTED- END OF LOWER KEY STAGE 2		
<b>TAKE CONTROL</b> I know where I am with my learning and I have begun to challenge myself.	<b>WORK WELL WITH OTHERS</b> I show patience and support others, listening carefully to them about our work. I am happy to show and tell them about my ideas.	<b>PERFORM WITH CONTROL</b> I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency.
EXPECTED- END OF KEY STAGE 1		
<b>KEEP TRYING</b> I try several times if at first I don't succeed and I ask for help when appropriate.	<b>HELP AND ENCOURAGE</b> I can help, praise and encourage others in their learning.	<b>PERFORM SIMPLE SEQUENCES</b> I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed.
<b>STAY ON TASK</b> I can follow instructions, practise safely and work on simple tasks by myself.	<b>UNDERSTAND OTHERS</b> I can work sensibly with others, taking turns and sharing.	<b>PERFORM SINGLE SKILLS</b> I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together

<b>STAY ON TASK WITH HELP</b> I enjoy working on simple tasks with help.	<b>PLAY WITH OTHERS WITH HELP</b> I can play with others and take turns and share with help.	<b>TRAVEL IN DIFFERENT WAYS</b> I can move confidently in different ways
<b>COGNITIVE</b>	<b>CREATIVE</b>	<b>HEALTH AND FITNESS</b>
<b>ANALYSE PERFORMANCE</b> I can review, analyse and evaluate my own and others' strengths and weaknesses and I can read and react to different game situations as they develop.	<b>VARIETY AND DISGUISE</b> I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience.	<b>PLAN MY OWN FITNESS</b> I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. I can plan and follow my own basic fitness programme.
<b>MAKE GOOD DECISIONS</b> I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents.	<b>EXPRESS ADJUST AND ADAPT</b> I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others	<b>PREPARE MYSELF FOR ACTIVITY</b> I can self-select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity.
EXPECTED- END OF UPPER KEY STAGE 2		
<b>DESCRIBE HOW TO IMPROVE</b> I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions	<b>REFINE AND CHANGE</b> I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging.	<b>EXPLAIN HOW TO EXERCISE</b> I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working.
EXPECTED- END OF LOWER KEY STAGE 2		
<b>EXPLAIN WHY</b> I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement.	<b>RECOGNISE AND RESPOND</b> I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression.	<b>EXPLAIN WHY</b> I can describe how and why my body changes during and after exercise. I can explain why we need to warm up and cool down.
EXPECTED- END OF KEY STAGE 1		
<b>RECOGNISE AND ORDER</b> I can begin to order instructions, movements and skills. With help, I can recognise similarities and differences in performance and explain why someone is working or performing well	<b>COMPARE AND DEVELOP</b> I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme.	<b>PRACTICE SAFELY</b> I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely.
<b>OBSERVE AND DESCRIBE</b> I can understand and follow simple rules. I can name some things I am good at.	<b>EXPLORE AND DESCRIBE</b> I can explore and describe different movements.	<b>EXPLAIN BENEFITS OF EXERCISE</b> I am aware of why exercise is important for good health.
<b>FOLLOW INSTRUCTIONS</b>	<b>OBSERVE AND COPY</b>	<b>DESCRIBE SIMPLE CHANGES</b>

I can follow simple instructions	I can observe and copy others.	I am aware of the changes to the way I feel when I exercise.

### Fundamental Movements Progression of skills

Static Balance: 1 Leg	Static Balance: Seated	Static Balance: Floorwork	Static Balance: Stance
<p>On both legs:</p> <ol style="list-style-type: none"> <li>Place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.</li> <li>Perform above challenge with eyes closed.</li> <li>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.</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>	<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>	<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>

Static Balance: 1 Leg	Static Balance: Seated	Static Balance: Floorwork	Static Balance: Stance
<ol style="list-style-type: none"> <li>Complete 5 ankle extensions with eyes closed.</li> <li>Complete 10 squats into ankle extensions with eyes closed.</li> <li>Complete above 2 challenges on uneven surface with eyes open.</li> <li>Complete first 2 challenges on uneven surface with eyes closed.</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>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>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>

EXPECTED- END OF UPPER KEY STAGE 2			
Static Balance: 1 Leg	Static Balance: Seated	Static Balance: Floorwork	Static Balance: Stance
<p>On both legs:</p> <ol style="list-style-type: none"> <li>1. Stand still on uneven surface for 30 seconds.</li> <li>2. Stand still on uneven surface for 30 seconds with eyes closed.</li> <li>3. Complete 10 squats into ankle extensions.</li> <li>4. Complete 5 squats with eyes closed.</li> </ol>	<ol style="list-style-type: none"> <li>1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions).</li> <li>2. Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).</li> <li>3. Hold a V-shape with straight arms and legs for 10 seconds.</li> </ol>	<ol style="list-style-type: none"> <li>1. Transfer tennis ball on and off back in a front support.</li> <li>2. Transfer cone on and off tummy in back support.</li> <li>3. Transfer tennis ball on and off tummy in back support.</li> </ol>	<ol style="list-style-type: none"> <li>1. Raise alternate knees to opposite elbow 5 times.</li> <li>2. Catch large ball thrown at knee height and above head.</li> <li>3. Catch large ball thrown away from body.</li> <li>4. Catch small ball thrown close to and away from body.</li> </ol>

EXPECTED- END OF LOWER KEY STAGE 2			
Static Balance: 1 Leg	Static Balance: Seated	Static Balance: Floorwork	Static Balance: Stance
<p>On both legs:</p> <ol style="list-style-type: none"> <li>1. Stand still for 30 seconds with eyes closed.</li> <li>2. Complete 5 squats.</li> <li>3. Complete 5 ankle extensions.</li> </ol>	<ol style="list-style-type: none"> <li>1. Pick up a cone from one side and place it on the other side with same hand.</li> <li>2. Return it to the opposite side using the other hand.</li> <li>3. Sit in a dish shape and hold it for 5 seconds.</li> </ol>	<ol style="list-style-type: none"> <li>1. Hold full front support position.</li> <li>2. Lift 1 arm and point to the ceiling with either hand in front support.</li> <li>3. Transfer cone on and off back in front support.</li> </ol>	<ol style="list-style-type: none"> <li>1. Receive a small force from various angles.</li> <li>2. Raise alternate feet 5 times.</li> <li>3. Raise alternate knees 5 times.</li> <li>4. Catch ball at chest height and throw it back.</li> </ol>

EXPECTED- END OF KEY STAGE 1			
Static Balance: 1 Leg	Static Balance: Seated	Static Balance: Floorwork	Static Balance: Stance
<p>On both legs:</p> <ol style="list-style-type: none"> <li>1. Stand still for 30 seconds.</li> <li>2. Complete 5 mini-squats.</li> </ol>	<ol style="list-style-type: none"> <li>1. Pick up a cone from one side, swap hands and place it on the other side.</li> <li>2. Return the cone to the opposite side.</li> </ol>	<ol style="list-style-type: none"> <li>1. Place cone on back and take it off with other hand in minifront support.</li> <li>2. Hold mini-back support position.</li> <li>3. Place cone on tummy and take it off with other hand in miniback support.</li> </ol>	<ol style="list-style-type: none"> <li>1. Stand on low beam with good stance for 10 seconds.</li> </ol>

Static Balance: 1 Leg	Static Balance: Seated	Static Balance: Floorwork	Static Balance: Stance
<p>On both legs:</p> <p>1. Stand still for 10 seconds</p>	<p>1. Balance with both hands/ feet down.</p> <p>2. Balance with 1 hand/ 2 feet down.</p> <p>3. Balance with 2 hands/ 1 foot down.</p> <p>4. Balance with 1 hand/ 1 foot down.</p> <p>5. Balance with 1 hand or 1 foot down.</p> <p>6. Balance with no hands or feet down.</p>	<p>1. Hold mini-front support position.</p> <p>2. Reach round and point to ceiling with either hand in mini-front support.</p>	<p>1. Stand on line with good stance for 10 seconds.</p>

Dynamic Balance: On a Line	Dynamic Balance: Jumping & Landing	Counter Balance: In Pairs	Coordination: Sending & Receiving
<p>1. Lunge walk backwards.</p> <p>2. Lunge walk backwards with opposite elbow at 90°.</p> <p>3. Lunge walk along curved pathway, forwards then backwards, with opposite elbow at 90°.</p> <p>4. Perform above challenges with eyes closed.</p>	<p>1. Jump from vertical stance forwards into lunge position while holding ball off centre (both sides).</p> <p>2. Jump from vertical stance backwards into lunge position while holding medicine ball off centre (both sides).</p> <p>3. Jump 2 feet to 2 feet with 360° turn (in both directions).</p>	<p>1. Stand on a line facing partner, hold with both hands, lean back and then swap places whilst maintaining counter balance position.</p> <p>2. Stand on a low beam facing partner, hold with both hands then swap places whilst maintaining counter balance position.</p>	<p>1. Working with a partner, simultaneously pass ball along the floor with feet and throw 2 tennis balls continuously.</p> <p>2. Working with a partner, simultaneously volley tennis ball with racket and pass ball along the ground continuously.</p>

Dynamic Balance: On a Line	Dynamic Balance: Jumping & Landing	Counter Balance: In Pairs	Coordination: Sending & Receiving
<p>1. Sidestep in both directions.</p> <p>2. Stand sideways and complete continuous 180° front pivots. Then with 180° reverse pivots</p> <p>3. Move sideways, stepping across body (lateral step-over).</p> <p>4. Perform 'grapevines' (step-over, sidestep, step-behind, repeat).</p> <p>5. Complete blue challenges then above</p>	<p>1. Jump 2 feet to 2 feet with a 180° turn in the middle (both directions).</p> <p>2. Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions).</p> <p>3. Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides).</p>	<p>1. Complete all blue challenges with eyes closed.</p> <p>2. Step onto bench facing partner, hold with both hands with feet side by side, lean back, hold and then move back together.</p> <p>3. Step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms.</p>	<p>1. With a partner, simultaneously pass large ball along the floor with feet and throw tennis ball for 10 continuous passes.</p> <p>2. With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds.</p>

challenges with eyes closed.			
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EXPECTED- BY END OF UPPER KEY STAGE 2			
Dynamic Balance: On a Line	Dynamic Balance: Jumping & Landing	Counter Balance: In Pairs	Coordination: Sending & Receiving
1. Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing. 2. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing). 3. Lunge walk forwards, bringing opposite elbow up to a 90° angle. 4. Complete all red challenges with eyes closed.	1. Jump 2 feet to 2 feet forwards, backwards and side-to-side. 2. Hop forward and backwards, freezing on landing. 3. Jump 1 foot to other forwards and backwards, freezing on landing. 4. Hop sideways, raising knee and freezing on landing. 5. Jump 1 foot to other sideways, raising knee and freeze on landing.	1. Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together. 2. Stand on 1 leg while holding on to partner's opposite foot	1. Alternately throw and catch 2 tennis balls against a wall. 2. Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over). 3. Throw 2 tennis balls against a wall in a circle, in both directions.

EXPECTED- END OF LOWER KEY STAGE 2			
Dynamic Balance: On a Line	Dynamic Balance: Jumping & Landing	Counter Balance: In Pairs	Coordination: Sending & Receiving
1. March, lifting knees and elbows up to a 90° angle. 2. Walk fluidly with heel to toe landing. 3. Walk fluidly, lifting knees and using heel to toe landing Walk fluidly, lifting heels to bottom and using heel to toe landing.	1. Jump from 2 feet to 2 feet with 180° turn in either direction. 2. Complete a tucked jump. 3. Complete a tucked jump with 180° turn in either direction.	1. Hold on and, with a short base, lean back, hold balance and then move back together. 2. Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together. 3. Perform above challenges with eyes closed.	1. Strike a ball with alternate hands in a rally. 2. Kick a ball with the same foot. 3. Kick a ball with alternate feet Roll 2 balls alternately using both hands, sending 1 as the other is returning.

EXPECTED END OF KEY STAGE 1			
Dynamic Balance: On a Line	Dynamic Balance: Jumping & Landing	Counter Balance: In Pairs	Coordination: Sending & Receiving
1. Walk fluidly, lifting knees to 90°. 2. Walk fluidly, lifting heels to bottom.	1. Jump from 2 feet to 2 feet with quarter turn in both directions. 2. Stand on a line and	1. Hold on and, with a long base, lean back, hold balance and then move back together.	1. Throw tennis ball, catch rebound with same hand after 1 bounce. 2. Throw

	jump from 2 feet to 1 foot and freeze on landing (on either foot).	2. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.	tennis ball, catch rebound with same hand without a bounce. 3. Throw tennis ball, catch rebound with other hand after 1 bounce. 4. Throw tennis ball, catch rebound with other hand without a bounce. 5. Strike large, soft ball along ground with hand 5 times in a rally.
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Dynamic Balance: On a Line	Dynamic Balance: Jumping & Landing	Counter Balance: In Pairs	Coordination: Sending & Receiving
1. Walk forwards with fluidity and minimum wobble. 2. Walk backwards with fluidity and minimum wobble.	1. Jump from 2 feet to 2 feet forwards, backwards and side-to-side.	1. Sit holding hands with toes touching, lean in together then apart. 2. Sit holding 1 hand with toes touching, lean in together then apart. 3. Sit holding hands with toes touching and rock forwards, backwards and side-to-side.	1. Roll large ball and collect the rebound. 2. Roll small ball and collect the rebound. 3. Throw large ball and catch the rebound with 2 hands.

Coordination: Ball Skills	Coordination: Footwork	Agility: Ball Chasing	Agility: Reaction & Response
In 20 seconds or less: 1. Complete 12 long circle (forwards and then backwards). 2. Complete 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions).	1. Move backwards in 3-step zigzag pattern with foot behind. 2. Move backwards in 3-step zigzag pattern with alternating knee lift and foot behind.	1. Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce. 2. Perform above challenge but catch ball on instep of foot and lower it to the ground.	From 1, 2 and 3 metres: 1. React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg. 2. Perform above challenge but react to sound of bounce rather than call. 3. Perform above challenges, but also step across body and bring hand across body

			to catch ball with one hand.
Coordination: Ball Skills	Coordination: Footwork	Agility: Ball Chasing	Agility: Reaction & Response
In 20 seconds or less: 1. Stand with legs apart and complete 20 front to back catches with a bounce in between. 2. Perform above 30 times without ball bouncing in between. 3. Complete above tasks with head up throughout. 4. Complete 11 overhead throw and catches.	1. Move in 3-step zigzag pattern while alternating knee raise and foot behind. 2. Move backwards in 3 step zigzag pattern with cross-over (swerve). 3. Move backwards in 3-step zigzag pattern with knee raise across body.	1. Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce. 2. Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce.	From 1, 2 and 3 metres: 1. React to call from partner when they drop a ball, turn and catch it after 1 bounce. 2. Perform above challenge but react to sound of the bounce rather than call.

EXPECTED- BY END OF UPPER KEY STAGE 2			
Coordination: Ball Skills	Coordination: Footwork	Agility: Ball Chasing	Agility: Reaction & Response
In 20 seconds or less: 1. Stand with legs apart and move ball in figure of 8 around both legs 12 times. 2. Move ball around waist into figure of 8 around both legs 10 times. 3. Move ball around waist and then around alternate legs 12 times. 4. Stand with legs apart and perform 24 criss-crosses, with and then without a bounce.	1. Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg. 2. Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction. 3. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.	1. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. 2. Perform above challenge with tennis ball. 3. Roll and chase large ball, stopping it with head in front support position facing opposite direction.	From 1, 2 and 3 metres: 1. React and step across body, bring hand across body and catch tennis ball after 1 bounce.

EXPECTED- BY END OF LOWER KEY STAGE 2			
Coordination: Ball Skills	Coordination: Footwork	Agility: Ball Chasing	Agility: Reaction & Response
In 20 seconds or less: 1. Stand with legs apart and move a ball around 1 leg 16 times (right and left leg).	1. Hopscotch forwards and backwards, alternating hopping leg each time. 2. Move in a 3-step zigzag pattern forwards.	1. Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction.	From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.



2. Move a ball round waist 17 times. 3. Stand with legs apart and move a ball around alternate legs 16 times.	3. Move in a 3-step zigzag pattern backwards.	2. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction. 3. Complete above challenges with tennis ball.	
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EXPECTED- END OF KEY STAGE 1			
Coordination: Ball Skills	Coordination: Footwork	Agility: Ball Chasing	Agility: Reaction & Response
1. Sit and roll a ball up and down legs and round upper body using 1 hand. 2. Stand and roll a ball up and down legs and round upper body using 1 hand.	1. Combine side-steps with 180° front pivots off either foot. 2. Combine side-steps with 180° reverse pivots off either foot. 3. Skip with knee and opposite elbow at 90° angle. 4. Hopscotch forwards and backwards, hopping on the same leg (right and left).	1. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. 2. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.	From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce.

Coordination: Ball Skills	Coordination: Footwork	Agility: Ball Chasing	Agility: Reaction & Response
1. Sit and roll a ball along the floor around body using 2 hands. 2. Sit and roll a ball along the floor around body using 1 hand (right and left). 3. Sit and roll a ball down legs and around upper body using 2 hands. 4. Stand and roll a ball up and down legs and round upper body using 2 hands.	1. Side-step in both directions. 2. Gallop, leading with either foot. 3. Hop on either foot. 4. Skip.	1. Roll a ball, chase and collect it in balanced position facing opposite direction. 2. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.	From 1, 2 and 3 metres: 1. React and catch large ball dropped from shoulder height after 2 bounces. 2. React and catch large ball dropped from shoulder height after 1 bounce.