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| --- | --- | --- | --- | --- | --- | --- | --- |
| **EYFS** | **Y1** | **Y2** | **Y3** | **Y4** | **Y5** | **Y6** |  |
| Counter Balance in PairsLean side-to-sideRockToesDynamic Balance on a lineBackwardsLineMinimumWobbleStatic Balance: SeatedBalanceControlPositionSeatedTouchingWobbleDynamic Balance: Jumping and Landing BalanceJumpTake-offWidthCoordination: FootworkAgility – Ball ChasingChaseCollectRollCoordination – footworkskipBackwardsDirectionsForwardsStatic Balance: StanceBalanceBallHeelLineCoordination: Sending and ReceivingBackswingPartnerPowerReady positionReboundRollWeightStatic Balance: Floor workHoldMini-front supportPositionReach roundCoordination – Ball SkillsAlongAroundHandRightRollSitStatic Balance: 1 legBack (body)ChallengingMusclesStraightWobbleAgility: Reaction and ResponseCatchReactShoulder height | Counter Balance in PairsLean side-to-sideRockToesDynamic Balance on a lineBackwardsLineMinimumWobbleStatic Balance: SeatedBalanceControlPositionSeatedTouchingWobbleDynamic Balance: Jumping and Landing BalanceJumpTake-offWidthCoordination: FootworkAgility – Ball ChasingChaseCollectRollCoordination – footworkskipBackwardsDirectionsForwardsStatic Balance: StanceBalanceBallHeelLineCoordination: Sending and ReceivingBackswingPartnerPowerReady positionReboundRollWeightStatic Balance: Floor workHoldMini-front supportPositionReach roundCoordination – Ball SkillsAlongAroundHandRightRollSitStatic Balance: 1 legBack (body)ChallengingMusclesStraightWobbleAgility: Reaction and ResponseCatchReactShoulder height | Counter Balance in PairsLean side-to-sideRockToesDynamic Balance on a lineBackwardsLineMinimumWobbleStatic Balance: SeatedBalanceControlPositionSeatedTouchingWobbleDynamic Balance: Jumping and Landing BalanceJumpTake-offWidthCoordination: FootworkAgility – Ball ChasingChaseCollectRollCoordination – footworkskipBackwardsDirectionsForwardsStatic Balance: StanceBalanceBallHeelLineCoordination: Sending and ReceivingBackswingPartnerPowerReady positionReboundRollWeightStatic Balance: Floor workHoldMini-front supportPositionReach roundCoordination – Ball SkillsAlongAroundHandRightRollSitStatic Balance: 1 legBack (body)ChallengingMusclesStraightWobbleAgility: Reaction and ResponseCatchReactShoulder height | Counter Balance in PairsLean side-to-sideRockToesDynamic Balance on a lineBackwardsLineMinimumWobbleStatic Balance: SeatedBalanceControlPositionSeatedTouchingWobbleDynamic Balance: Jumping and Landing BalanceJumpTake-offWidthCoordination: FootworkAgility – Ball ChasingChaseCollectRollCoordination – footworkskipBackwardsDirectionsForwardsStatic Balance: StanceBalanceBallHeelLineCoordination: Sending and ReceivingBackswingPartnerPowerReady positionReboundRollWeightStatic Balance: Floor workHoldMini-front supportPositionReach roundCoordination – Ball SkillsAlongAroundHandRightRollSitStatic Balance: 1 legBack (body)ChallengingMusclesStraightWobbleAgility: Reaction and ResponseCatchReactShoulder height | Counter Balance in PairsLean side-to-sideRockToesDynamic Balance on a lineBackwardsLineMinimumWobbleStatic Balance: SeatedBalanceControlPositionSeatedTouchingWobbleDynamic Balance: Jumping and Landing BalanceJumpTake-offWidthCoordination: FootworkAgility – Ball ChasingChaseCollectRollCoordination – footworkskipBackwardsDirectionsForwardsStatic Balance: StanceBalanceBallHeelLineCoordination: Sending and ReceivingBackswingPartnerPowerReady positionReboundRollWeightStatic Balance: Floor workHoldMini-front supportPositionReach roundCoordination – Ball SkillsAlongAroundHandRightRollSitStatic Balance: 1 legBack (body)ChallengingMusclesStraightWobbleAgility: Reaction and ResponseCatchReactShoulder height | Counter Balance in PairsLean side-to-sideRockToesDynamic Balance on a lineBackwardsLineMinimumWobbleStatic Balance: SeatedBalanceControlPositionSeatedTouchingWobbleDynamic Balance: Jumping and Landing BalanceJumpTake-offWidthCoordination: FootworkAgility – Ball ChasingChaseCollectRollCoordination – footworkskipBackwardsDirectionsForwardsStatic Balance: StanceBalanceBallHeelLineCoordination: Sending and ReceivingBackswingPartnerPowerReady positionReboundRollWeightStatic Balance: Floor workHoldMini-front supportPositionReach roundCoordination – Ball SkillsAlongAroundHandRightRollSitStatic Balance: 1 legBack (body)ChallengingMusclesStraightWobbleAgility: Reaction and ResponseCatchReactShoulder height | Counter Balance in PairsLean side-to-sideRockToesDynamic Balance on a lineBackwardsLineMinimumWobbleStatic Balance: SeatedBalanceControlPositionSeatedTouchingWobbleDynamic Balance: Jumping and Landing BalanceJumpTake-offWidthCoordination: FootworkAgility – Ball ChasingChaseCollectRollCoordination – footworkskipBackwardsDirectionsForwardsStatic Balance: StanceBalanceBallHeelLineCoordination: Sending and ReceivingBackswingPartnerPowerReady positionReboundRollWeightStatic Balance: Floor workHoldMini-front supportPositionReach roundCoordination – Ball SkillsAlongAroundHandRightRollSitStatic Balance: 1 legBack (body)ChallengingMusclesStraightWobbleAgility: Reaction and ResponseCatchReactShoulder height | **EYFS** |
| **PE****Progression of Vocabulary** | Same as EYFS | Same as EYFS | Same as EYFS | Same as EYFS | Same as EYFS | Same as EYFS | **Y1** |
|  | Counter Balance in PairCore musclesHold balanceLong baseLong baseDynamic Balance on a line 90°FluidityForwardsHeelsLiftingMaintainStatic Balance – seated *C*oneCoreMusclesOppositeReturnSwapDynamic Balance: Jumping and Landing ControlHeightLanding (soft)SwingAgility – Ball Chasing AccelerateBouncingLyingSeated positionCoordination: Footwork180°- half turn90° - quarter turnCombineElbowHalf turnHopscotchOppositePivotStatic Balance StanceLow beamStandCoordination: Sending and ReceivingAlong the groundBounceCatchRallySoft handsStrikeThrowStatic Balance: Floor workBalanceConeMaintainMini-back supportTummyCoordination – Ball SkillsDownLegsStandUpUpper bodyStatic Balance: 1 leg(non) BalanceControlCore musclesDominantFreezeMini-squatNon- StandingTightAgility: Reaction and ResponseAccelerateBounceDroppedQuicklyReady position | Counter Balance in PairCore musclesHold balanceLong baseLong baseDynamic Balance on a line 90°FluidityForwardsHeelsLiftingMaintainStatic Balance – seated *C*oneCoreMusclesOppositeReturnSwapDynamic Balance: Jumping and Landing ControlHeightLanding (soft)SwingAgility – Ball Chasing AccelerateBouncingLyingSeated positionCoordination: Footwork180°- half turn90° - quarter turnCombineElbowHalf turnHopscotchOppositePivotStatic Balance StanceLow beamStandCoordination: Sending and ReceivingAlong the groundBounceCatchRallySoft handsStrikeThrowStatic Balance: Floor workBalanceConeMaintainMini-back supportTummyCoordination – Ball SkillsDownLegsStandUpUpper bodyStatic Balance: 1 leg(non) BalanceControlCore musclesDominantFreezeMini-squatNon- StandingTightAgility: Reaction and ResponseAccelerateBounceDroppedQuicklyReady position | Counter Balance in PairCore musclesHold balanceLong baseLong baseDynamic Balance on a line 90°FluidityForwardsHeelsLiftingMaintainStatic Balance – seated *C*oneCoreMusclesOppositeReturnSwapDynamic Balance: Jumping and Landing ControlHeightLanding (soft)SwingAgility – Ball Chasing AccelerateBouncingLyingSeated positionCoordination: Footwork180°- half turn90° - quarter turnCombineElbowHalf turnHopscotchOppositePivotStatic Balance StanceLow beamStandCoordination: Sending and ReceivingAlong the groundBounceCatchRallySoft handsStrikeThrowStatic Balance: Floor workBalanceConeMaintainMini-back supportTummyCoordination – Ball SkillsDownLegsStandUpUpper bodyStatic Balance: 1 leg(non) BalanceControlCore musclesDominantFreezeMini-squatNon- StandingTightAgility: Reaction and ResponseAccelerateBounceDroppedQuicklyReady position | Counter Balance in PairCore musclesHold balanceLong baseLong baseDynamic Balance on a line 90°FluidityForwardsHeelsLiftingMaintainStatic Balance – seated *C*oneCoreMusclesOppositeReturnSwapDynamic Balance: Jumping and Landing ControlHeightLanding (soft)SwingAgility – Ball Chasing AccelerateBouncingLyingSeated positionCoordination: Footwork180°- half turn90° - quarter turnCombineElbowHalf turnHopscotchOppositePivotStatic Balance StanceLow beamStandCoordination: Sending and ReceivingAlong the groundBounceCatchRallySoft handsStrikeThrowStatic Balance: Floor workBalanceConeMaintainMini-back supportTummyCoordination – Ball SkillsDownLegsStandUpUpper bodyStatic Balance: 1 leg(non) BalanceControlCore musclesDominantFreezeMini-squatNon- StandingTightAgility: Reaction and ResponseAccelerateBounceDroppedQuicklyReady position | Counter Balance in PairCore musclesHold balanceLong baseLong baseDynamic Balance on a line 90°FluidityForwardsHeelsLiftingMaintainStatic Balance – seated *C*oneCoreMusclesOppositeReturnSwapDynamic Balance: Jumping and Landing ControlHeightLanding (soft)SwingAgility – Ball Chasing AccelerateBouncingLyingSeated positionCoordination: Footwork180°- half turn90° - quarter turnCombineElbowHalf turnHopscotchOppositePivotStatic Balance StanceLow beamStandCoordination: Sending and ReceivingAlong the groundBounceCatchRallySoft handsStrikeThrowStatic Balance: Floor workBalanceConeMaintainMini-back supportTummyCoordination – Ball SkillsDownLegsStandUpUpper bodyStatic Balance: 1 leg(non) BalanceControlCore musclesDominantFreezeMini-squatNon- StandingTightAgility: Reaction and ResponseAccelerateBounceDroppedQuicklyReady position | **Y2** |
|  | Counter Balance: In PairsCoordinatedForearmPerformShort baseDynamic Balance on a line Marching actionHeel to toe landingHips to lipsStatic Balance – Seated DishHoldShapeStraightDynamic Balance: Jumping and Landing Balls of feetDynamicMomentumStraightAgility – Ball Chasing Driving armsHips to lipsCoordination: Footwork3 stepAlternatingIncreasePatternSpeedZigzagStatic Balance StanceAnglesForceMaintainRaisingCoordination: Sending and ReceivingAccuracyAlternatelyKickPositionReturnSame footStatic Balance: Floor workFull front support positionPointTransferCoordination – Ball SkillsAlternateApartAroundHeightTummyStatic Balance: 1 leg(With and without)FeedbackFocusHeel raisesImprovePointPracticeStaticSupportAgility: Reaction and ResponseCatching legFeet apartWeight | Counter Balance: In PairsCoordinatedForearmPerformShort baseDynamic Balance on a line Marching actionHeel to toe landingHips to lipsStatic Balance – Seated DishHoldShapeStraightDynamic Balance: Jumping and Landing Balls of feetDynamicMomentumStraightAgility – Ball Chasing Driving armsHips to lipsCoordination: Footwork3 stepAlternatingIncreasePatternSpeedZigzagStatic Balance StanceAnglesForceMaintainRaisingCoordination: Sending and ReceivingAccuracyAlternatelyKickPositionReturnSame footStatic Balance: Floor workFull front support positionPointTransferCoordination – Ball SkillsAlternateApartAroundHeightTummyStatic Balance: 1 leg(With and without)FeedbackFocusHeel raisesImprovePointPracticeStaticSupportAgility: Reaction and ResponseCatching legFeet apartWeight | Counter Balance: In PairsCoordinatedForearmPerformShort baseDynamic Balance on a line Marching actionHeel to toe landingHips to lipsStatic Balance – Seated DishHoldShapeStraightDynamic Balance: Jumping and Landing Balls of feetDynamicMomentumStraightAgility – Ball Chasing Driving armsHips to lipsCoordination: Footwork3 stepAlternatingIncreasePatternSpeedZigzagStatic Balance StanceAnglesForceMaintainRaisingCoordination: Sending and ReceivingAccuracyAlternatelyKickPositionReturnSame footStatic Balance: Floor workFull front support positionPointTransferCoordination – Ball SkillsAlternateApartAroundHeightTummyStatic Balance: 1 leg(With and without)FeedbackFocusHeel raisesImprovePointPracticeStaticSupportAgility: Reaction and ResponseCatching legFeet apartWeight | Counter Balance: In PairsCoordinatedForearmPerformShort baseDynamic Balance on a line Marching actionHeel to toe landingHips to lipsStatic Balance – Seated DishHoldShapeStraightDynamic Balance: Jumping and Landing Balls of feetDynamicMomentumStraightAgility – Ball Chasing Driving armsHips to lipsCoordination: Footwork3 stepAlternatingIncreasePatternSpeedZigzagStatic Balance StanceAnglesForceMaintainRaisingCoordination: Sending and ReceivingAccuracyAlternatelyKickPositionReturnSame footStatic Balance: Floor workFull front support positionPointTransferCoordination – Ball SkillsAlternateApartAroundHeightTummyStatic Balance: 1 leg(With and without)FeedbackFocusHeel raisesImprovePointPracticeStaticSupportAgility: Reaction and ResponseCatching legFeet apartWeight | **Y3** |
|  | Counter Balance: In PairsControlledCounterbalanceMovementsDynamic Balance on a line 90° angleDrivingExtendHeel to bottomLungeSink hipsStatic Balance – seated Arm’s distancePerformanceRepeatableStabilityStrainV-shapeDynamic Balance: Jumping and Landing BackwardsForwardsFreezeMaintainMaintainSide-to-sideAgility – Ball Chasing Knee sidewaysLong barrierToppingCoordination: FootworkAcrossConsistentFluentKnee raiseMaximum speedPerformRhythmStatic Balance StanceKnee heightOppositePostureThrown**Coordination: Sending and Receiving**CircuitConsistencyCross-overFluencyOppositeRepeatableStatic Balance: Floor workBack supportControlPostureStrainStretchedCoordination – Ball SkillsKnee sidewaysLong barrierToppingStatic Balance: 1 legAnkle extensionControlledMaintainMovementRepeatableSmoothUnevenAgility: Reaction and ResponseExtendPushing off hardReact | Counter Balance: In PairsControlledCounterbalanceMovementsDynamic Balance on a line 90° angleDrivingExtendHeel to bottomLungeSink hipsStatic Balance – seated Arm’s distancePerformanceRepeatableStabilityStrainV-shapeDynamic Balance: Jumping and Landing BackwardsForwardsFreezeMaintainMaintainSide-to-sideAgility – Ball Chasing Knee sidewaysLong barrierToppingCoordination: FootworkAcrossConsistentFluentKnee raiseMaximum speedPerformRhythmStatic Balance StanceKnee heightOppositePostureThrown**Coordination: Sending and Receiving**CircuitConsistencyCross-overFluencyOppositeRepeatableStatic Balance: Floor workBack supportControlPostureStrainStretchedCoordination – Ball SkillsKnee sidewaysLong barrierToppingStatic Balance: 1 legAnkle extensionControlledMaintainMovementRepeatableSmoothUnevenAgility: Reaction and ResponseExtendPushing off hardReact | Counter Balance: In PairsControlledCounterbalanceMovementsDynamic Balance on a line 90° angleDrivingExtendHeel to bottomLungeSink hipsStatic Balance – seated Arm’s distancePerformanceRepeatableStabilityStrainV-shapeDynamic Balance: Jumping and Landing BackwardsForwardsFreezeMaintainMaintainSide-to-sideAgility – Ball Chasing Knee sidewaysLong barrierToppingCoordination: FootworkAcrossConsistentFluentKnee raiseMaximum speedPerformRhythmStatic Balance StanceKnee heightOppositePostureThrown**Coordination: Sending and Receiving**CircuitConsistencyCross-overFluencyOppositeRepeatableStatic Balance: Floor workBack supportControlPostureStrainStretchedCoordination – Ball SkillsKnee sidewaysLong barrierToppingStatic Balance: 1 legAnkle extensionControlledMaintainMovementRepeatableSmoothUnevenAgility: Reaction and ResponseExtendPushing off hardReact | **Y4** |
|  | Counter Balance: In PairsMaintainSmoothTautTrustDynamic Balance on a line ContinuousFront/reverse pivotsLateral step-behindLateral step-overRepeatSidestepStandStatic Balance – Seated ApplyForceReachSteadyDynamic Balance: Jumping and Landing 180° - half turnBeamDirectionsGravityLungeRaisingStanceTuckTurnVerticalAgility – Ball ChasingPeripheral visionPivotReactCoordination: FootworkAlternativeControlledSmoothSwerveStatic Balance StanceAcross bodyAlternatelyPartnerRacketCoordination: Sending and ReceivingCommunicateMovementPassSpeedStatic Balance: Floor workBack supportContactControlFluentlyPostureRotatingStrainStretchedCoordination – Ball SkillsFront to back catchesOverhead throwsSoft handsStatic Balance: 1 legBaseCentre of gravityPerformancePersevereStabilityVigorousAgility: Reaction and ResponseChallengeReverse pivot**S**ound | Counter Balance: In PairsMaintainSmoothTautTrustDynamic Balance on a line ContinuousFront/reverse pivotsLateral step-behindLateral step-overRepeatSidestepStandStatic Balance – Seated ApplyForceReachSteadyDynamic Balance: Jumping and Landing 180° - half turnBeamDirectionsGravityLungeRaisingStanceTuckTurnVerticalAgility – Ball ChasingPeripheral visionPivotReactCoordination: FootworkAlternativeControlledSmoothSwerveStatic Balance StanceAcross bodyAlternatelyPartnerRacketCoordination: Sending and ReceivingCommunicateMovementPassSpeedStatic Balance: Floor workBack supportContactControlFluentlyPostureRotatingStrainStretchedCoordination – Ball SkillsFront to back catchesOverhead throwsSoft handsStatic Balance: 1 legBaseCentre of gravityPerformancePersevereStabilityVigorousAgility: Reaction and ResponseChallengeReverse pivot**S**ound | **Y5** |
|  |  |  |  |  |  | Counter Balance: In PairsCommunicationFacingPositionSwapDynamic Balance Base of supportCurved pathwayLunge walkStatic Balance – Seated 360°Losing balanceUneven surfaceDynamic Balance: Jumping and Landing position360° - full turnAdjustCentreSpotAgility – Ball ChasingChallengeInstepSpotCoordination: FootworkEncouragementPractice (noun)Static Balance StanceEither handEvolleyGravityWidenCoordination: Sending and ReceivingBalls of feetFocusTimingStatic Balance: Floor work1 foot in contactTransferringCoordination – Ball SkillsCombineLong circlesOppositeStatic Balance: 1 legCounterbalanceStretch**Agility: Reaction and Response**ContralateralEnable**F**ront leg across | **Y6** |

