
 Fundamentals Skills Progression	EYFS	Year 1	Year 2
Running Skills	Running: explore running and stopping. Explore changing direction safely.	Running: explore changing direction and dodging. Discover how the body moves at different speeds.	Running: demonstrate balance when changing direction. Clearly show different speeds when running.
Running Knowledge	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.	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.	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 skills	Balancing: explore balancing whilst stationary and on the move	Balancing: move with some control and balance. Explore stability and landing safely	Balancing: demonstrate balance when performing movements
Balancing knowledge	Balancing: know that I can hold my arms out to help me to balance.	Balancing: know that looking ahead will help me to balance. Know that landing on my feet helps me to balance.	Balancing: understand that squeezing my muscles helps me to balance.
Jumping skills	Jumping: begin to explore take off and landing safely	Jumping: demonstrate control in take off and landing when jumping.	Jumping: demonstrate jumping for distance, height and in different directions
Jumping knowledge	Jumping: know that bending my knees will help me to land safely.	Jumping: know that landing on the balls of my feet helps me to land with control.	Jumping: know that swinging my arms forwards will help me to jump further

CARRINGTON INFANT SCHOOL – PROGRESSION DOCUMENT– PHYSICAL EDUCATION

 Fundamentals Skills Progression	EYFS	Year 1	Year 2
Hopping skills	Hopping: explore hopping on both feet	Hopping: begin to explore hopping in different directions.	Hopping: demonstrate hopping for distance, height and in different directions.
Hopping knowledge	Hopping: understand that I use one foot to hop	Hopping: know that I should hop with a soft bent knee.	Hopping: know that if I look straight ahead it will stop me falling over when I land.
Skipping skills	Skipping: explore skipping as a travelling action.	Skipping: show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.	Skipping: explore single and double bounce when jumping in a rope.
Skipping knowledge	Skipping: know that if I hop then step that will help me to skip.	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.	Skipping: know that I should swing opposite arm to leg to help me balance when skipping without a rope.