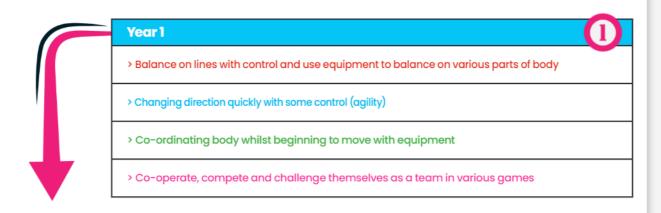
PROGRESSION OF KEY SKILLS

Multi-Skills

> Experiment with different ways of balancing > Experiment with different ways of moving (agility) > Experiment with different ways of throwing a moving a ball with different body parts (co-ordination) > Working with friends in a team – taking turns







Year 3

- > Balancing on various body parts while moving
- > Agility focus -changing direction at speed
- > Co-ordinate body to perform a combination of movements
- > Complete a variety of fitness test successfully and get a personal best



Year 4



- > Agility focus changing direction at speed with good technique
- > Co-ordinate body efficiently to perform combination of movements or actions
- > Complete a variety of fitness tests confidently and achieve a number of personal bests

Year 5

- > In combination with different skills can balance equipment while moving and co-ordinating another body action
- > Agility focus change direction quickly and efficiently with equipment
- > Co-ordinate using both sides of the body
- > Test and measure balance agility and co-ordination confidently and accurately. Can compare their performances with previous ones and a strive to achieve a personal best

Year 6

- > Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately
- > Agility focus can change direction at speed with balance and control whilst using various equipment
- > Co-ordinate using both sides of the body with fluency to perform combination of movements or actions
- > Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best



