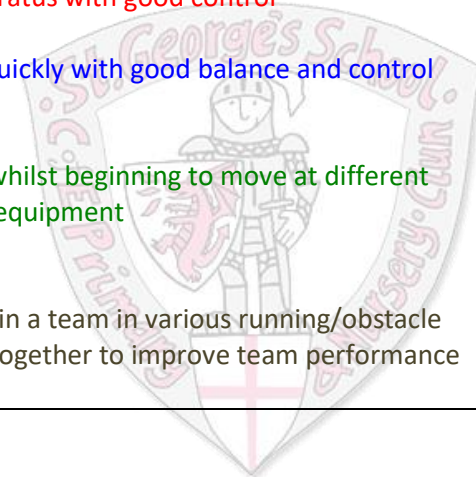


Multi-Skills- Progression of Key Skills

| Reception | Year 1 | Year 2 |
|---|---|--|
| <p>Experiment with different ways of balancing</p> <p>Experiment with different ways of moving (agility)</p> <p>Experiment with different ways of throwing a moving a ball with different body parts (co-ordination)</p> <p>Working with friends in a team – taking turns</p> | <p>Balance on lines with control and use equipment to balance on various parts of body</p> <p>Changing direction quickly with some control (agility)</p> <p>Co-ordinating body whilst beginning to move with equipment</p> <p>Co-operate, compete and challenge themselves as a team in various games</p> | <p>Balance on low apparatus with good control</p> <p>Changing direction quickly with good balance and control (agility)</p> <p>Co-ordinating body whilst beginning to move at different speeds with various equipment</p> <p>Compete challenges in a team in various running/obstacle games and working together to improve team performance</p> |



| Year 3 | Year 4 | Year 5 | Yr 6 |
|--|--|---|---|
| <p>Balancing on various body parts while moving</p> <p>Agility focus -changing direction at speed</p> <p>Co-ordinate body to perform a combination of movements</p> <p>Complete a variety of fitness test successfully and get a personal best</p> | <p>Balancing confidently using various equipment and body parts</p> <p>Agility focus - changing direction at speed with good technique</p> <p>Co-ordinate body efficiently to perform combination of movements or actions</p> <p>Complete a variety of fitness tests confidently and achieve a number of personal bests</p> | <p>In combination with different skills can balance equipment while moving and co-ordinating another body action</p> <p>Agility focus – change direction quickly and efficiently with equipment</p> <p>Co-ordinate using both sides of the body</p> <p>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</p> | <p>Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately</p> <p>Agility focus – can change direction at speed with balance and control whilst using various equipment</p> <p>Co-ordinate using both sides of the body with fluency to perform combination of movements or actions</p> <p>Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best</p> |