

Fitness Progression Ladder



Gymnastics Unit 1 & 2 Fundamentals Unit 1 & 2

Agility
Change direction with a fluent action and can transition smoothly between varying speeds.

Agility
Demonstrate improved body posture and speed when changing direction.

Agility
Show balance when changing direction at speed.

Agility
Show balance when changing direction.

Agility
Demonstrate improved technique when changing direction on the move.

Agility
Change direction whilst running, challenging activities with some success.

Agility
Explore changing direction safely.

Balance
Explore balancing whilst stationary and on the move.

Co-ordination
Explore moving different body parts together.

Balance
Show fluency and control when travelling, landing, stopping and changing direction.

Balance
Change their body position to maintain a controlled centre of gravity.

Balance
Show control whilst completing activities which challenge balance.

Balance
Explore more complex activities which challenge balance.

Balance
Demonstrate increased balance whilst travelling along and over equipment, without equipment.

Balance
Explore balancing in more challenging activities with some success.

Balance
Explore balancing whilst stationary and on the move.

Co-ordination
Explore moving different body parts together.

Coordination
Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.

Co-ordination
Demonstrate increased speed when coordinating their bodies.

Co-ordination
Explore increased speed when coordinating their bodies.

Co-ordination
Can coordinate their bodies with increased consistency in a variety of activities.

Co-ordination
Perform actions with increased control when coordinating their body with and without equipment.

Co-ordination
Explore coordination through the use of equipment.

Co-ordination
Explore moving different body parts together.

Speed
Explore moving and stopping with control.

Year 6

Year 5

Year 4

Year 3

Year 2

Year 1

Year 1

Speed
Can adapt running technique to meet the needs of the distance.

Speed
Identify the best pace for a set distance or time.

Speed
Demonstrate improved sprinting technique.

Speed
Explore sprinting technique.

Speed
Can demonstrate running at different speeds.

Speed
Explore running at different speeds.

Speed
Explore moving and stopping with control.

Strength
Can complete body weight exercises for increased repetitions, with control and fluency.

Strength
Demonstrate increased technique in body weight exercises.

Strength
Identify activities which help to strengthen different muscle groups.

Strength
Explore building strength in different muscle groups.

Strength
Demonstrate increased control in body weight exercises.

Strength
Explore exercises using their own body weight.

Strength
Explore taking weight on different body parts.

Stamina
Use their breath to increase their ability to move for sustained periods of time.

Stamina
Use their breath to increase their ability to move for sustained periods of time.

Stamina
Demonstrate using their breath to maintain their work rate.

Stamina
Explore using their breath to increase their ability to work for longer periods of time.

Stamina
Show an ability to work for longer periods of time.

Stamina
Explore moving for longer periods of time and identify how it makes them feel.

Stamina
Explore moving for longer periods of time.

EYFS