

Ashford Oaks Primary School

Curriculum Skills Progression Map

September 2026



At Ashford Oaks we aim to provide a clear path in order for all children to learn together so that we can succeed. We have created a skills progression document based around the important skills needed for our children to progress in life.

Dance

- Copies and explores basic movements with clear control.
- Varies levels and speed in sequence
- Can vary the size of their body shapes
- Add change of direction to a sequence
- Uses space well and negotiates space clearly.
- Can describe a short dance using appropriate vocabulary.

Personal & Health

- Can comment on own and others performance
- Can give comments on how to improve performance.
- Use appropriate vocabulary when giving feedback.
- Can describe the effect exercise has on the bodyCan explain the importance of exercise and a healthy lifestyle.

Athletics

- Can change speed and direction whilst running.
- Can jump from a standing position with accuracy.
- Performs a variety of throws with control and co-ordination.
- Can use equipment safely

Games

- Confident to send the ball to others in a range of ways.
- Beginning to apply and combine a variety of skills (to a game situation)
- Develop strong spatial awareness.
- Beginning to develop own games with peers.
- Understand the importance of rules in games.
- Develop simple tactics and use them appropriately.
- Beginning to develop an understanding of attacking/ defending

Gymnastics

- Explores and creates different pathways and patterns.
- Uses equipment in a variety of ways to create a sequence
- Link movements together to create a sequence