

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

- Confidently improvises with a partner or on their own.
- Beginning to create longer dance sequences in a larger group.
- Demonstrating precision and some control in response to stimuli.
- Beginning to vary dynamics and develop actions and motifs.
- Demonstrates rhythm and spatial awareness.
- Modifies parts of a sequence as a result of self-evaluation.
- Uses simple dance vocabulary to compare and improve work.
- Links skills with control, technique, co-ordination and fluency.
- Understands composition by performing more complex sequences.

Gymnastics

- Beginning to use gym vocabulary to describe how to improve and refine performances.
- Develops strength, technique and flexibility throughout performances.
- Creates sequences using various body shapes and equipment.
- Combines equipment with movement to create sequences.

Games

- Vary skills, actions and ideas and link these in ways that suit the games activity.
- Shows confidence in using ball skills in various ways, and can link these together e.g. dribbling, bouncing, kicking
- Uses skills with co-ordination, control and fluency.
- Takes part in competitive games with a strong understanding of tactics and composition.
- Can create their own games using knowledge and skills.
- Works well in a group to develop various games.
- Compares and comments on skills to support creation of new games.
- Can make suggestions as to what resources can be used to differentiate a game.
- Apply basic skills for attacking and defending.

Personal & Health

Watches and describes performances accurately.
 Beginning to think about how they can improve their own work.
 Work with a partner or small group to improve their skills.
 Make suggestions on how to improve their work, commenting on similarities and differences.
 Can describe the effect exercise has on the body
 Can explain the importance of exercise and a healthy lifestyle.
 Understands the need to warm up and cool down.

Athletics

Uses running, jumping, throwing and catching in isolation and combination.
 Beginning to build a variety of running techniques and use with confidence.
 Can perform a running jump with more than one component. e.g. hop skip jump (triple jump)
 Demonstrates accuracy in throwing and catching activities.
 Describes good athletic performance using correct vocabulary.
 Can use equipment safely and with good control.

