**Multi-Skills – Skills Ladder**

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| **Foundation Stage** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| I can move confidently, change direction, speed, and stop quickly, avoiding collisions, with awareness of space for myself and others | I can change direction, stopping quickly and dodging. | I can run, skip & jump – being aware of the space around me, avoiding objects, dodging & stopping | I can travel in different ways, changing direction & speed easily, with control |  |  |  |
| I can travel in different ways, showing control & coordination | I can move in different ways along different pathways, with increasing balance, control & co-ordination | I can pass the ball on the move and watch the ball to get in line to receive it | I can bounce a ball using one hand or two hands. |  |  |  |
| I can use a range of small equipment, carrying and controlling it efficiently | I can move in the same direction of the ball, stopping it in different ways. | I can move, balance & carry a ball with control. | I can roll, aim, track & receive a ball with a partner, accurately. |  |  |  |
| I can listen and observe | I can roll, aim, throw underarm, kick, bounce & catch a ball with control, on my own or with a partner. | I can aim by throwing underarm & overarm – judging distance. | I can use different throws & passing skills, long & short throws/passes, using good hand-eye co-ordination. |  |  |  |
| I can begin to work with a partner | I can hold a racket in my dominant hand and begin to strike a ball. | I can hold a racket with control and begin to aim the ball, when using the racket. | I can keep control when passing & dribbling a ball. |  |  |  |
| I can recognise what happens to my body during exercise | I can play simple relay games. | I can kick the ball & begin to pass to a team player, with control | I can use dodging skills, outwitting opponent, pass & move, make decisions & look for spaces in small- sided games.  |  |  |  |