

Example Learning Journey for the Personal Development Cog and Skill Progression for Coordination and Agility units taken from our real PE curriculum.



Level 4

- I can persevere with a task and improve my performance through regular practice.
- I cope well and react positively when things become difficult.

Level 3

- I have begun to challenge myself.
- I know where I am with my learning.

Level 2

- I try several times if at first I don't succeed.
- I ask for help when appropriate.

Level 1

- I can work on simple tasks by myself.
- I can follow instructions and practise safely.

Level Pre-1

- I enjoy working on simple tasks with help.

Coordination: Ball Skills

In 20 seconds or less:

1. Complete 12 long circle (forwards and then backwards).
2. Complete 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions).

Coordination: Footwork

1. Move backwards in 3-step zigzag pattern with foot behind.
2. Move backwards in 3-step zigzag pattern with alternating knee lift and foot behind.

Agility: Ball Chasing

1. Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce.
2. Perform above challenge but catch ball on instep of foot and lower it to the ground.

Agility: Reaction & Response

From 1, 2 and 3 metres:

1. React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg.
2. Perform above challenge but react to sound of bounce rather than call.
3. Perform above challenges, but also step across body and bring hand across body to catch ball with one hand.

In 20 seconds or less:

1. Stand with legs apart and complete 20 front to back catches with a bounce in between.
2. Perform above 30 times without ball bouncing in between.
3. Complete above tasks with head up throughout.
4. Complete 11 overhead throw and catches.

1. Move in 3-step zigzag pattern while alternating knee raise and foot behind.
2. Move backwards in 3-step zigzag pattern with cross-over (swerve).
3. Move backwards in 3-step zigzag pattern with knee raise across body.

1. Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce.
2. Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce.

From 1, 2 and 3 metres:

1. React to call from partner when they drop a ball, turn and catch it after 1 bounce.
2. Perform above challenge but react to sound of the bounce rather than call.

Expected - End of Upper Key Stage 2

In 20 seconds or less:

1. Stand with legs apart and move ball in figure of 8 around both legs 12 times.
2. Move ball around waist into figure of 8 around both legs 10 times.
3. Move ball around waist and then around alternate legs 12 times.
4. Stand with legs apart and perform 24 criss-crosses, with and then without a bounce.

1. Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg.
2. Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction.
3. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.

1. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction.
2. Perform above challenge with tennis ball.
3. Roll and chase large ball, stopping it with head in front support position facing opposite direction.

From 1, 2 and 3 metres:

1. React and step across body, bring hand across body and catch tennis ball after 1 bounce.

Expected - End of Lower Key Stage 2

In 20 seconds or less:

1. Stand with legs apart and move a ball around 1 leg 16 times (right and left leg).
2. Move a ball round waist 17 times.
3. Stand with legs apart and move a ball around alternate legs 16 times.



1. Hopscotch forwards and backwards, alternating hopping leg each time.
2. Move in a 3-step zigzag pattern forwards.
3. Move in a 3-step zigzag pattern backwards.

1. Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction.
2. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction.
3. Complete above challenges with tennis ball.

From 1, 2 and 3 metres:

1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.

Expected - End of Key Stage 1

 <ol style="list-style-type: none">1. Sit and roll a ball up and down legs and round upper body using 1 hand.2. Stand and roll a ball up and down legs and round upper body using 1 hand.	<ol style="list-style-type: none">1. Combine side-steps with 180° front pivots off either foot.2. Combine side-steps with 180° reverse pivots off either foot.3. Skip with knee and opposite elbow at 90° angle.4. Hopscotch forwards and backwards, hopping on the same leg (right and left).	<ol style="list-style-type: none">1. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction.2. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.	<p>From 1, 2 and 3 metres:</p> <ol style="list-style-type: none">1. React and catch tennis ball dropped from shoulder height after 1 bounce.
 <ol style="list-style-type: none">1. Sit and roll a ball along the floor around body using 2 hands.2. Sit and roll a ball along the floor around body using 1 hand (right and left).3. Sit and roll a ball down legs and around upper body using 2 hands.4. Stand and roll a ball up and down legs and round upper body using 2 hands.	<ol style="list-style-type: none">1. Side-step in both directions.2. Gallop, leading with either foot.3. Hop on either foot.4. Skip.	<ol style="list-style-type: none">1. Roll a ball, chase and collect it in balanced position facing opposite direction.2. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.	<p>From 1, 2 and 3 metres:</p> <ol style="list-style-type: none">1. React and catch large ball dropped from shoulder height after 2 bounces.2. React and catch large ball dropped from shoulder height after 1 bounce.