

Fundamental Movement Skills Ladder

Stage	Skills	Listening & Attention Progression
EYFS	Moving safely, changing direction, starting/stopping on cue	Follows single-step instructions; watches adults model
Y1	Running, hopping, skipping, balancing	Recognises movement cues; takes turns during activity
Y2	Agility sequences, controlled direction changes, basic footwork patterns	Maintains attention for short sequences; follows 2–3 step instructions
Y3	Spatial awareness in games, applying footwork to sport contexts	Works within a team, begins self-monitoring
Y4	Change of pace/direction in games, refined agility	Adapts based on game context; listens to team strategy
Y5	Precision in movement, rapid transitions	Adjusts based on play; processes coach feedback in real-time
Y6	Strategic positioning, multi-skill fluidity	Applies tactics from verbal and non-verbal cues; leads group

Ball Skills & Hand-Eye Coordination Ladder

Stage	Skills	Listening & Attention Progression
EYFS	Rolling, catching, bouncing	Waits for turn; tracks object movement
Y1	Throwing and catching with control; passing in small groups	Responds to instructions during gameplay
Y2	Overarm/underarm throws, one-handed catching, aiming games	Listens in pairs/groups; maintains focus during transitions
Y3	Passing and receiving in space; tracking fast-moving balls	Tracks multi-player play; communicates in small groups
Y4	Playing under pressure; technical adjustments	Listens and adapts in game flow; anticipates instructions
Y5	Tactical ball control, defensive and offensive strategies	Sustained listening under pressure; adapts movement rapidly
Y6	Match-level play; advanced accuracy and control	Gives/receives peer feedback; makes real-time decisions

Team Games & Invasion Sports Ladder

Stage	Skills	Listening & Attention Progression
EYFS	Working with a partner; chasing and tagging	Follows simple game rules; understands turn-taking
Y1	Passing, finding space, stopping the ball	Follows rules; listens to team roles
Y2	Basic positioning, simple tactics	Listens during instruction and gameplay
Y3	Dodging defenders, attacking plays	Works as part of a team; follows verbal instructions mid-game
Y4	Supporting teammates, reacting to opponent movement	Responds to changing dynamics in games
Y5	Strategy, leadership, gameplay intelligence	Leads discussions; responds to peer direction
Y6	Full game analysis, strategic planning, leadership	Leads team talk; synthesises group input and adjusts play

Gymnastics & Control Ladder

Stage	Skills	Listening & Attention Progression
EYFS	Balancing, rolling, jumping	Waits and watches demonstrations
Y1	Movement sequences, use of apparatus	Listens for performance cues
Y2	Shape linking, partner balance, floor to apparatus	Follows structured sequences with partner awareness
Y3	Routine creation, body control, strength focus	Works with peers; gives feedback
Y4	Flexibility, transitions, performance refinement	Understands routine roles; improves through feedback
Y5	Complex sequences, symmetry/asymmetry	Maintains focus through performance; peer collaboration
Y6	Peer-led routines, feedback integration, assessment	Analyzes peer work; offers and implements feedback constructively

Dance Ladder

Stage	Skills	Listening & Attention Progression
EYFS	Movement to rhythm, expressive movement	Follows music cues; copies leader
Y1	Patterns and tempo; simple sequences	Follows beat; synchronises with peers
Y2	Linked sequences, partnered rhythm work	Anticipates and responds to rhythm changes
Y3	Storytelling through movement	Follows longer sequences; responds to expression cues
Y4	Group synchronisation, movement contrast	Listens for transitions and timing within a group
Y5	Advanced choreography, interpretation	Works collaboratively in ensembles; interprets non-verbal cues
Y6	Composition and performance, musicality	Leads group routines; self-corrects during performance

Athletics Ladder

Stage	Skills	Listening & Attention Progression
EYFS	Running, jumping, throwing underarm	Listens to start cues; waits for turn
Y1	Sprint starts, long jump, throw for distance	Responds to pacing cues; listens to coaching points
Y2	Relay runs, high/long jump, combination events	Listens for baton handover; tracks event flow
Y3	Refined technique; pacing in distance events	Tracks performance; adapts via feedback
Y4	Agility-based drills, accuracy in throwing	Self-assesses outcomes and adjusts technique
Y5	Event-specific skill building	Focuses on start/finish cues and technique refinement
Y6	Measuring improvement; strategy and control	Sets and reflects on personal bests; listens to group feedback

Listening & Attention Ladder

This cross-cuts all PE areas and supports our curriculum's unique focus on attentiveness and responsiveness.

Stage	Focus	Development
EYFS	Listen and respond to simple cues	Takes turns, focuses on adult instruction
Y1	Respond to verbal and visual cues	Recognises sequences and rules
Y2	Sustained listening in structured games	Tracks group activity; follows multi-step tasks
Y3	Team listening and game strategy	Shares feedback, adapts during team play
Y4	Tactical listening; timing and precision	Anticipates changes; adjusts based on peer signals
Y5	Reflective listening and peer coaching	Applies advice; integrates non-verbal guidance
Y6	Independent focus; leadership in teams	Coaches peers; responds fluidly in dynamic settings