

# Multi Skills – Whole School Progression of Skills



EYFS	YR 1	YR2	YR3
<ul style="list-style-type: none"> <li>- Experiment with different ways of balancing/moving (agility)</li> <li>- Experiment with different ways of throwing a moving ball</li> <li>- Working with a team/turn taking</li> </ul>	<ul style="list-style-type: none"> <li>- Balance on lines with control and use equipment to balance on various parts of the body</li> <li>- Change direction quickly with some control (agility)</li> <li>- Co-ordinating body whilst beginning to move with equipment</li> <li>- Compete and challenge themselves as a team in various games</li> </ul>	<ul style="list-style-type: none"> <li>- Balance on low apparatus with good control</li> <li>- Change direction quickly with good balance and control (agility)</li> <li>- Coordinate body whilst beginning to move at different speeds</li> <li>- Complete challenges in a team, working together to improve team performance</li> </ul>	<ul style="list-style-type: none"> <li>- Balancing on various body parts whilst moving</li> <li>- Agility focus (changing direction at speed)</li> <li>- Coordinate body to perform a combination of movements</li> <li>- Complete a variety</li> </ul>