



## Coordination: Footwork

Progression of **skills**, **knowledge**  
and **vocabulary**



## Progression of Skill

## Progression of Knowledge

## Progression of Vocabulary

### Declarative

### Procedural

### Key Vocabulary

Skill progression

1. Side-step in both directions with...
2. Gallop, leading with either foot with...
3. Hop on either foot with...
4. Skip with...

- good control.
- good balance.
- smooth movements.

- Keep head up.
- Bend knees to help you balance.
- Work off balls of feet.

- fluency
- gallop
- side-step
- control
- hop
- skip
- directions
- forwards
- backwards

1. Combine side-steps with 180° front pivots off either foot with...
2. Combine side-steps with 180° reverse pivots off either foot with...
3. Skip with knee and opposite elbow at 90° angle with...
4. Hopscotch forwards and backwards, hopping on the same leg (right and left) with...

- balance and control throughout.
- fluent, smooth movements.
- movements performed in both directions/on both sides.

- Keep head up and back straight.
- Work off balls of feet looking straight ahead.
- Bend knees to push off and land.

- 180° - half turn
- combine
- opposite
- half turn
- pivot
- elbow
- hopscotch
- 90° - quarter turn

### Expected - end of Key Stage 1

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

- balance and control throughout.
- fluent and smooth movements.
- movements performed in both directions/on both sides.

- Keep head up and back straight.
- Work off balls of feet and increase speed when ready.
- Bend knees and use arms to help you balance.

- alternating
- pattern
- 3 step
- speed
- zigzag
- increase

### Expected - end of lower Key Stage 2

Skill progression

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

- smooth, controlled movements.
- fluency and rhythm.
- movements performed in both directions/on both sides.

- Keep head up and back straight throughout.
- Keep feet close to the ground as you move.
- Bend knees and use arms to help you balance.

- knee raise
- fluent
- consistent
- maximum speed
- rhythm
- perform
- across

### Expected - end of upper Key Stage 2

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

- smooth, controlled movements.
- fluency and rhythm.
- movements performed in both directions/on both sides.

- Keep head up and back straight throughout.
- Try to develop a good rhythm and perform the movements smoothly and with control.
- Bend knees and use arms to help you balance.

- alternative
- controlled
- smooth
- swerve

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

- smooth, controlled movements.
- fluency and rhythm.
- movements performed in both directions/on both sides.

- Keep head up and back straight throughout.
- Try to develop a good rhythm and perform the movements smoothly and with control.
- Focus on keeping feet close to the ground as you move.

- practice (noun)
- encouragement



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