



Agility Skills Progression

Y1	To be able to walk forwards around a space without making contact with others
	To be able to walk forwards quickly around a space without making contact with others
	To be able to jog forwards around a space without making contact with others
Y2	To be able to jog forwards around a space without making contact with others
	To be able to walk forwards quickly around a space changing direction when prompted without making contact with others
	To be able to jog forwards around a space changing direction when prompted without making contact with others
Y3	To be able to jog forwards around a space changing direction when prompted without making contact with others
	To be able to walk forwards backwards and sideways around a space changing direction when prompted without making contact with others
	To be able to walk forwards backwards and sideways quickly around a space changing direction when prompted without making contact with others
Y4	To be able to walk forwards backwards and sideways quickly around a space changing direction when prompted without making contact with others
	To be able to jog forwards/backwards and side step sideways around a space changing direction when prompted without making contact with others
	To be able to run forwards/ backwards and side step sideways quickly around a space changing direction when prompted without making contact with others
Y5	To be able to run forwards/ backwards and side step sideways quickly around a space changing direction when prompted without making contact with others
	To be able to move in a variety of ways quickly changing direction in response to the movement of others around them
	To be able to move in a variety of ways quickly changing direction due to predicting to the movement of others around them
Y6	To be able to move in a variety of ways quickly changing direction due to predicting to the movement of others around them
	To be able to move in a variety of ways whilst focusing on a ball/skill quickly changing direction due to predicting to the movement of others around them
	To be able to move in a variety of ways whilst focusing on a ball/skill quickly changing direction due to predicting to the movement of others around them and move into areas of optimum space