

		YELLOW		KEY STAGE 1: GREEN		KEY STAGE 2: RED		
		FOUNDATION		YEAR 1	YEAR 2	YEAR 3	YEAR 4	
FUNDAMENTAL MOVEMENT SKILLS	DYNAMIC BALANCE TO AGILITY	5) ALONG LINE AND LOW BEAM		Natural walk with fluidity and minimum wobble	a)Knees up walk b) Heels up walk	a) Knees up walk with elbows at 90 degrees (March) b) Heel to toe walk c) Knees up with heel to toe land d) Heels up with heel to toe land		
		6) JUMP TO BALANCE		2 feet-2 feet jump forwards, backwards and side to side in rhythm	a)2-2 quarter turns (both directions) b)2-1 on a line with freeze landing	a) 2-2 half tern b) Tucked jump c) Tuck and half turn		
		AGILITY	11) BALL CHASING 10M		a) Roll a ball (self feed), chase it and collect it in a balance position facing the opposite direction b) Repeat a) with partner rolling ball	Starting from seated or lying position: a)With a bouncing self feed, chase and collect ball in a balance position facing the opposite direction b) Repeat a) with partner rolling ball	a) Other side of ball let through legs then chase again b) Repeat a) with bobble feed c) Repeat a) and b) with tennis ball	
			12) REACTION/ RESPONSE TO BALL DROP		Catch ball after 2 bounces when partner drops size 5 ball from shoulder height : a) 1m b) 2m c) 3m	Feeder with 2 tennis balls, arms outstretched, drop one ball a)Catch on one bounce 1m b)Catch on one bounce 2m	Feeder with 2 tennis balls, arms outstretched, drop one ball a)Catch on one bounce and balance on one leg (1m) b)Catch on one bounce and balance on one leg (2m)	
	BALANCE	STATIC	1) ONE LEG STANDING		Stand still 10 secs	a)Stand still 30 secs b)Mini-squat x5	a)Stand still eyes-closed 30 secs b)90 degree squat eyes-closed x5 c)Ankle extension x5	
			2) SEATED		Floor contact: a) 1 hand, 2 feet down; b) 1 foot, 2 hands; c) 1 foot, 1 hand; d) 1 foot or hand; e) No hands or feet 10 secs	Hands and feet off floor, knees bent Pick up cone/ bean bag one side, swap hands and pass to other side	a)Hands and feet off floor, knees bent Pick up and place down cone/ bean bag with same hand b) Hold dish shape 5 secs	
			3) FLOOR WORK FRONT SUPPORT BACK SUPPORT		a)Front support on knees b)Point to ceiling with one hand	a)Place cone on back with one hand and take off with other b)Place cone on front with one hand and take off with other (knees bent)	a) Full front support b) Point to ceiling with one hand c) Transfer cone on and off back	
			4) SMALL BASE WEIGHT ON BALLS OF FEET ONLY, THEN LOW BEAM		2 feet face forwards on a line	2 feet face forwards on a low beam 10 secs	a)Receive a small force from various angles b)Alternate feet pick up x5 c)Alternate knee raise x5 d)Catch a large ball at chest and throw back	
		7) COUNTER BALANCE IN PAIRS		a) Seated lean apart then lean together: 2 hands then 1 hand b) Seated rock forwards, backwards and side to side	Stand and lean back: Two hands (hold wrists), long base for feet	a)Two hands with feet together base. Toes next to partners b)One hand with feet together base. Toes next to partners c)Repeat a) and b) with eyes closed		
	CO-ORDINATION	EQUIPMENT	8) AGAINST WALL OR WITH PARTNER		a) One large ball roll, rebound to receive b) One small ball roll, increase distance to 5m c) One large ball catch off wall with 2 hands	a) One bounce catch, tennis ball with same hand (3-5m) b) Catch tennis ball with same hand, no bounce c) Repeat a) and b) with opposite hand d) Strike soft ball (size 4 or 5) along ground: x5 rally	a) Alternate hand strike along ground (size 4 or 5 ball) x5 b) Kick against wall, same foot (L&R) c) Kick against wall, alternate feet d) Two ball rolling, without touching body	
			9) BALL SKILLS (SIZE 4 OR 5)		a)Use 2 hands, roll ball along floor around seated body b)Use 1 hand, roll ball along floor around seated body c)Use 2 hands, roll ball up, down and around body standing or seated	Roll ball up, down and around body standing or seated with one hand contact. Transfer ball from one hand to the other when appropriate	20 secs target: Without touching body a)Take ball around one leg x16 b)Take ball around the back x17 c) Take ball around alternate legs x16	
		10) FLOOR MOVEMENT PATTERNS		a) Side-step b) Gallop c) Hop d) Skip	a) Side step with 180 degree pivot b) Skip to 90 degree knees, opposite to 90 degree elbow c) Hop-scotch	a) Hop-scotch to alternate feet b) 3 step zigzag pattern, forwards c) 3 step zigzag pattern, backwards d) Repeat a), b) and c) with increased speed		

MULTI-ABILITY LEARNING JOURNEY	APPLYING PHYSICAL SKILLS	Move confidently in different ways	Perform a range of skills with control and consistency	Perform and repeat longer sequences with clear shapes and controlled movement	Perform a variety of movements and skills with good body tension	Use combination of skills confidently in sport specific contexts
		Perform a skill with control and link two movements together	Perform a sequence of movements with changes in level, direction and speed	Select and apply a range of skills with good control and accuracy	Link actions together so that they flow in running, jumping and throwing activities	Perform a range of skills fluently and accurately in practice situations
	PERSONAL	Enjoy working on simple tasks with help	Persevere and ask for help when appropriate	Know where they are in their learning and challenge themselves	Cope well and react positively when things become difficult.	See all new challenges as opportunities to learn and develop
		Follow instructions, practise safely and work on simple tasks by myself			Persevere with a task and improve performance through practise	Recognise strengths and weaknesses and set appropriate targets
	SOCIAL	Play with others, take turns and share	Help, praise and encourage others in their learning	Show patience, listen to and support others	Cooperate with others and give helpful feedback	Give and receive sensitive feedback to improve own and others skills
					Show and talk about ideas	Help organise roles and responsibilities to help guide group through task
	COGNITIVE	Understand and follow simple rules	Order instructions, movements and skills	Understand the tactics of attacking and defending	Understand ways (criteria) to judge performance and identify specific parts to work on	Have a clear idea of how to develop own and others work
		Name some things they are good at	Recognise similarities and differences in performance	Explain what they are doing well and identify areas for improvement	Use awareness of space and others to make decisions	Recognise and suggest patterns of play which will increase chances of success and develop methods to outwit opponents
	CREATIVE	I can observe and copy others	Compare own movements and skills with others	Make up own rules and versions of activities	Link actions and develop sequences of movements that express own ideas	Respond imaginatively to different situations, adapting and adjusting skills, movements or tactics so they are different from or in contrast to others
		Explore and describe different movements	Select and link movements together to fit a theme	Respond to and recognise similarities and differences in movements and expressions	Change tactics, rules or tasks to make activities more challenging	
	K7U OF HEALTH AND FITNESS	Aware of the changes to body when exercising	Say how body feels before, during and after exercise	Describe how the body changes before and after exercise	Describe fitness components and explain how often and how long to exercise to be healthy	Self select and perform appropriate warm up and cool down activities
		Aware of why exercise is important for good health	Use equipment appropriately and move and land safely	Explain the importance of warming up and cooling down	Record and monitor how hard they are working	Identify possible dangers when planning an activity