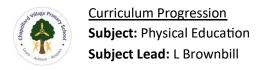
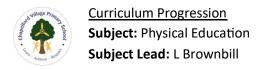


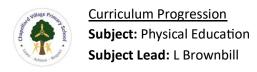
Skill 1: S	Skill 1: Static Balance – 1 leg		
Year Group	Skill	Vocabulary	
EYFS	I can stand still on one leg.	Back Wobble	
Year 1	I can stand still on one leg for ten seconds.	Muscle Straight	
Year 2	I can stand still on one leg for 30 seconds. I can complete five mini squats.	Core-muscles Control Mini-squat Freeze Dominant Non-dominant	
Year 3	I can stand still on one leg. I can complete five squats.	Focus-point Static Practise	
Year 4	I can stand still for 30 seconds on one leg. I can complete five ankle extensions.	Heel-raises Improve Feedback	
Year 5	I can stand still on uneven surface for 30 seconds. I can complete 5 squats with eyes closed.	Movement Repeatable Uneven	
Year 6	I can stand still on uneven surface for 30 seconds with eyes closed. I can complete 10 squats into ankle extensions.	Controlled Ankle-extension Maintain Smooth	



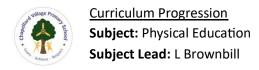
Skill 2: Static Balance – Seated		
Year Group	Skill	Vocabulary
EYFS	I can balance with both hands/ feet down	Seated
	I can balance with 1 hand/ 2 feet down	Balance
	I can balance with 2 hands/ 1 foot down	Wobble
Year 1	I can balance with 1 hand/ 1 foot down	Position
	I can balance with 1 hand or 1 foot down	Touching
	I can balance with no hands or feet down	Control
Year 2	I can pick up a cone from one side, swap hands and place it on the other side. I can return the cone to the opposite side.	Cone Return Core Swap Opposite
		Muscles
Year 3	I can pick up a cone from one side and place it on the other side with same hand. I can return it to the opposite side using the other hand.	Straight Shape
Year 4	I can sit in a dish shape and hold it for 5 seconds.	Dish Hold
Year 5	I can reach and pick up cone an arm's distance away, swap hands and place it on the other side (both directions).	Arm's distance Stability
Year 6	I can reach and pick up cone an arms distance away and place it on the other side using same hand (both directions). I can hold a V-shape with straight arms and legs for 10 seconds.	Performance V-Shape Repeatable Strain



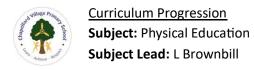
Year Group	Skill	Vocabulary
EYFS	I can balance with both hands/ feet down	Mini-front support
	I can balance with 1 hand/ 2 feet down	Position
	I can balance with 2 hands/ 1 foot down	
Year 1	I can balance with 1 hand/ 1 foot down	Reach around
	I can balance with 1 hand or 1 foot down	Hold
	I can balance with no hands or feet down	Cone
Year 2	I can pick up a cone from one side, swap hands and place it on the	Mini-back support
	other side.	Maintain
	I can return the cone to the opposite side.	Tummy
		Balance
Year 3	I can pick up a cone from one side and place it on the other side	Full front support position
	with same hand.	Point
	I can return it to the opposite side using the other hand.	
Year 4	I can sit in a dish shape and hold it for 5 seconds.	Transfer
Year 5	I can reach and pick up cone an arm's distance away, swap hands	Back Support
	and place it on the other side (both directions).	Strain
		Control
Year 6	I can reach and pick up cone an arms distance away and place it on	Posture
	the other side using same hand (both directions).	Stretch
	I can hold a V-shape with straight arms and legs for 10 seconds.	



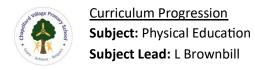
Skill 5: Dy	Skill 5: Dynamic Balance – On a line		
Year Group	Skill	Vocabulary	
EYFS	I can walk forwards with fluidity. I can walk backwards with fluidity.	Line Forwards Backwards	
Year 1	I can walk forwards with fluidity and minimum wobble. I can walk backwards with fluidity and minimum wobble.	Minimum Wobble Fluidity Maintain	
Year 2	I can walk fluidly, lifting knees to 90°. I can walk fluidly, lifting heels to bottom.	Heels 90° Lifting	
Year 3	I can march, lifting knees and elbows up to a 90° angle. I can walk fluidly with heel and toe landing.	Marching action	
Year 4	I can walk fluidly, lifting knees and using heel to toe landing.	Heel to toe Hips to lips	
Year 5	I can walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing. I can lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing). I can lunge walk forwards, bringing opposite elbow up to a 90° angle.	Heel to bottom Extend Lunge 90° angle Sink hips Driving	
Year 6	I can march, lifting knees and elbows up to a 90° angle with my eyes closed. I can walk fluidly with heel and toe landing with my eyes closed. I can walk fluidly, lifting knees and using heel to toe landing with my eyes closed.	Heel to toe 90° angle	



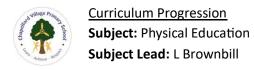
Year Group	Skill	Vocabulary
EYFS	I can jump forwards and backwards.	Width
		Take-off
		Balance
		Jump
Year 1	I can jump from 2 feet to 2 feet forwards, backwards and side to	Swing
	side.	Height
	I can jump from 2 feet to 2 feet with a quarter turn in both directions.	
Year 2	I can stand on a line and jump from 2 feet to 1 foot and freeze on	Control
	landing.	Landing (soft)
Year 3	I can jump from 2 feet to 2 feet with a 180° turn in either direction.	Straight
		Dynamic
Year 4	I can complete a tucked jump.	Balls of feet
	I can complete a tucked jump with 180° turn in either direction.	Momentum
Year 5	I can jump 2 feet to 2 feet forwards, backwards and side-to-side.	Maintain
	I can hop forward and backwards, freezing on landing.	Forwards
		Backwards
		Freeze
Year 6	I can jump 1 foot to other forwards and backwards, freezing on	Side to side
	landing.	Maintain
	I can hop sideways, raising knee and freezing on landing.	Raise
	I can jump, 1 foot to other sideways, raising knee and freeze on	Freeze
	landing.	



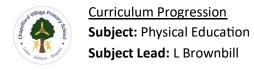
Skill 7: Counter Balance – In pairs		
Year Group	Skill	Vocabulary
EYFS	I can sit and roll a ball along the floor around my body using two hands. I can sit and roll a ball along the floor around my body using 1 hand.	Sit Along Hand Roll
Year 1	I can sit and roll a ball down legs and around upper body using 2 hands. I can stand and roll a ball up and down legs and round upper body using 2 hands.	Around Left Right
Year 2	I can sit and roll a ball down legs and around upper body using 1 hand. I can stand and roll a ball up and down legs and round upper body using 1 hand.	Upper body Legs Down Stand Up Tummy
Year 3	I can stand with legs apart and move a ball around 1 leg (16 times). I can move a ball around my waist.	Waist Around Apart
Year 4	I can stand with legs apart and move a ball around alternate legs 16 times. I can move a ball around my waist 16 times.	Alternate Waist Height
Year 5	I can stand with legs apart and move the ball in a figure of 8 around both legs 12 times. I can move ball around waist into figure of 8 around both legs 10 times.	Waist Figure of 8 Complete
Year 6	I can move a ball around waist and then around alternate legs 1 I can stand with legs apart and perform 24 criss-crosses, with and then without a bounce.	Criss-cross catches Bounce Direction Fluidity



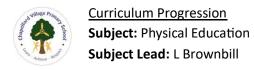
Year Group	Skill	Vocabulary
EYFS	I can roll a large ball and collect the rebound.	Roll
	I can roll a small ball and collect the rebound.	Partner
	I can throw a large ball and collect the rebound with two hands.	Ready Position
		Rebound
Year 1	I can throw a tennis ball and catch the rebound with the same hand	Backswing
	after one bounce.	Power
	I can throw a tennis ball and catch the rebound with the same	Weight
	hand	Strike
		Catch
Year 2	I can throw a tennis ball and catch the rebound after one bounce	Bounce
	with the other hand.	Throw
	I can throw a tennis ball and catch the rebound with the other	Soft Hands
	hand without a bounce.	
Year 3	I can strike a large, soft ball along the ground with hand five times	Strike
icai 5	in a rally.	Along the ground
	I can strike a ball with alternate hands in a rally.	Alternate
	real strike a ball with alternate natios in a raily.	
Year 4	I can kick a ball with the same foot.	Same foot
	I can kick a ball with alternate feet.	Kick
		Position
		Return
		Accuracy
Year 5	I can roll two balls alternately using both hands, sending one as the	Consistency
	other is returning.	Fluency
	I can alternately throw and catch two tennis balls against a wall.	Repeatable
	and the second s	
Year 6	I can throw two tennis balls against a wall and catch them with he	Cross over
	opposite hand (cross over).	Opposite
	I can throw two tennis balls against a wall in a circuit in both	Circuit
	directions.	



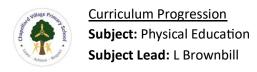
Skill 9: B	Skill 9: Ball Skills		
Year Group	Skill	Vocabulary	
EYFS	I can sit and roll a ball along the floor around my body using two hands. I can sit and roll a ball along the floor around my body using one hand.	Sit Along Hand Roll	
Year 1	I can sit and roll a ball down legs and around upper body using two hands. I can sit and roll a ball up and down legs and around upper body using two hands.	Along Around Right Left	
Year 2	I can sit and roll a ball up and down legs and around upper body using 1 hand. I can stand and roll a ball up and down legs and around upper body using 1 hand.	Upper body Legs Down Stand Up	
Year 3	I can stand with legs apart and move a ball around one leg 16 times.	Tummy Around Apart	
Year 4	I can move a ball round my waist 16 times with legs apart and move a ball around alternate legs 16 times.	Waist Alternate Height	
Year 5	I can stand with legs apart and move a ball in a figure of 8 around both legs 12 times. I can move a ball around my waist into a figure of 8 around both legs 10 times.	Waist Bounce Direction Figure of 8	
Year 6	I can move a ball around my waist and then around alternate legs 12 times. I can stand with legs apart and perform 24 criss-crosses with and without a bounce.	Criss-cross catches Complete Fludidity	



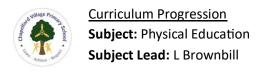
Skill 10:	Skill 10: Coordination - Footwork		
Year Group	Skill	Vocabulary	
EYFS	I can sit and roll a ball along the floor around my body using two hands. I can sit and roll a ball along the floor around my body using one hand.	Sit Along Hand Roll	
Year 1	I can sit and roll a ball down legs and around upper body using two hands. I can sit and roll a ball up and down legs and around upper body using two hands.	Along Around Right Left	
Year 2	I can sit and roll a ball up and down legs and around upper body using 1 hand. I can stand and roll a ball up and down legs and around upper body using 1 hand.	Upper body Legs Down Stand Up	
Year 3	I can stand with legs apart and move a ball around one leg 16 times.	Tummy Around Apart	
Year 4	I can move a ball round my waist 16 times with legs apart and move a ball around alternate legs 16 times.	Waist Alternate Height	
Year 5	I can stand with legs apart and move a ball in a figure of 8 around both legs 12 times. I can move a ball around my waist into a figure of 8 around both legs 10 times.	Waist Bounce Direction Figure of 8	
Year 6	I can move a ball around my waist and then around alternate legs 12 times. I can stand with legs apart and perform 24 criss-crosses with and without a bounce.	Criss-cross catches Complete Fluidity	



Skill 10:	Skill 10: Coordination - Footwork		
Year Group	Skill	Vocabulary	
EYFS	I can sit and roll a ball along the floor around my body using two hands. I can sit and roll a ball along the floor around my body using one hand.	Sit Along Hand Roll	
Year 1	I can sit and roll a ball down legs and around upper body using two hands. I can sit and roll a ball up and down legs and around upper body using two hands.	Along Around Right Left	
Year 2	I can sit and roll a ball up and down legs and around upper body using 1 hand. I can stand and roll a ball up and down legs and around upper body using 1 hand.	Upper body Legs Down Stand Up	
Year 3	I can stand with legs apart and move a ball around one leg 16 times.	Tummy Around Apart	
Year 4	I can move a ball round my waist 16 times with legs apart and move a ball around alternate legs 16 times.	Waist Alternate Height	
Year 5	I can stand with legs apart and move a ball in a figure of 8 around both legs 12 times. I can move a ball around my waist into a figure of 8 around both legs 10 times.	Waist Bounce Direction Figure of 8	
Year 6	I can move a ball around my waist and then around alternate legs 12 times. I can stand with legs apart and perform 24 criss-crosses with and without a bounce.	Criss-cross catches Complete Fludidity	



Skill 11: A	Skill 11: Agility – Ball Chasing		
Year Group	Skill	Vocabulary	
EYFS	I can roll a ball, chase and collect it in balance position facing the opposite direction.	Roll Collect Chase	
Year 1	I can chase a ball rolled by a partner and collect it in balanced position facing the opposite direction.	Roll Collect Chase Balanced	
Year 2	I can start in seated / lying position, throw a ball, chase and collect it in balanced position facing the opposite direction. I can start in seated / lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing the opposite direction.	Seated Position Accelerate Lying Bouncing	
Year 3	I can chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. I can change a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction.	Hips to lips Driving arms	
Year 4	I can chase a small rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. I can change a small bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction.	Hips to lips Driving arms	
Year 5	I can roll and chase a large ball, stopping it with my knee sideways onto the ball facing the opposite direction. I can roll and chase a small ball, stopping it with my knee sideways onto the ball facing the opposite direction.	Long barrier Topping Knee sideways	
Year 6	I can roll and chase a large ball, stopping it with head in front support position facing the opposite direction.	Front support	



Skill 12:	Skill 12: Agility – Reaction + Response		
Year Group	Skill	Vocabulary	
EYFS	I can react and catch a tennis ball dropped from shoulder height (many bounces).	Roll Collect Chase	
Year 1	I can react and catch a tennis ball dropped from shoulder height after 1 bounce. [From 1m]	Roll Collect Chase Balanced	
Year 2	I can react and catch a tennis ball dropped from shoulder height after 1 bounce. [From 1, 2 and 3m]	Seated Position Accelerate Lying Bouncing	
Year 3	I can react and catch a tennis ball dropped from shoulder height after 1 bounce and balancing on one leg. [From 1m]	Hips to lips Driving arms	
Year 4	I can react and catch a tennis ball dropped from shoulder height after 1 bounce and balancing on one leg. [From 1, 2 and 3 m]	Hips to lips Driving arms	
Year 5	I can react and step across body, bringing hand across body and catch a tennis ball after 1 bounce. [From 1m]	Long barrier Topping Knee sideways	
Year 6	I can react and step across body, bringing hand across body and catch a tennis ball after 1 bounce. [From 1, 2 and 3m]	Front support	