



Progression of Skills













Exceeding



- Perform (Consolidated) **Trickiest** Shape skills (1/2/3) combined with **one** of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6)
- Large Apparatus (7)



- Perform (Consolidated) **Trickier** Shape skills (1/2/3) combined with two or more of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6)
- Large Apparatus (7)

- Perform (Consolidated) Trickiest Balance skills (1/2/3) combined with **one** of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6)
- Large Apparatus (7)
- Perform (Consolidated) Trickier Balance skills (1/2/3) combined with
- two or more of the following:
- Hand Apparatus (4) - Low Apparatus (5)
- Partner/s (6)
- Large Apparatus (7)

- Perform (Consolidated) **Trickiest** Travel skills
- (1/2/3) combined with **one** of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6)
- Large Apparatus (7)



- Perform (Consolidated) **Trickier** Travel skills (Travel 1/2/3) combined with two or more of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6)
- Large Apparatus (7)

- Perform (Consolidated) Trickiest Flight skills (1/2/3) combined with **one** of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6)

following:

- Partner/s (6)

- Large Apparatus (7)

Perform (Consolidated)

1/2/3) combined with

two or more of the

- Hand Apparatus (4)

- Low Apparatus (5)

- Large Apparatus (7)

Trickier Flight skills (Flight

- Perform (Consolidated) Trickiest Rotation skills (1/2/3) combined with **one** of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6)
- Large Apparatus (7)



- Perform (Consolidated) **Trickier** Rotation skills (Rotation 1/2/3) combined with **two or more** of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6)
- Large Apparatus (7)

Expected end of upper KS2



- Perform (Consolidated) Trickiest Shape skills on the floor (1/2/3).
- Perform (Consolidated) **Trickier** Shape skills combined with one of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6)
- Large Apparatus (7)
- Perform (Consolidated) Trickiest Balance skills on the floor (1/2/3).
- Perform (Consolidated) **Trickier** Balance skills combined with one of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6)
- Large Apparatus (7)
- Perform (Consolidated)
- Trickiest Travel skills on the floor (1/2/3). Perform (Consolidated)

Trickier Travel skills

- combined with one of the following: - Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6)
- Large Apparatus (7)
- Perform (Consolidated) Trickiest Flight skills on the floor (1/2/3).
- Perform (Consolidated) **Trickier** Flight skills combined with **one** of the following:
- Hand Apparatus (4)
- Low Apparatus (5) - Partner/s (6)
- Large Apparatus (7)
- Perform (Consolidated) **Trickiest** Rotation skills on the floor (1/2/3).
- Perform (Consolidated) **Trickier** Rotation skills combined with one of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6)
- Large Apparatus (7)

Expected end of lower KS2



- Perform (Consolidated) Trickier Shape skills on the floor (1/2/3).
- Perform (Consolidated) **Tricky** Shape skills (1/2/3) combined with
- **one** of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6) - Large Apparatus (7)
- Perform (Consolidated) **Trickier** Balance skills on the **floor** (1/2/3).
- Perform (Consolidated) **Tricky** Balance skills (1/2/3) combined with
- **one** of the following: - Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6) - Large Apparatus (7)
- Perform (Consolidated) Trickier Travel skills on the **floor** (1/2/3).
- Perform (Consolidated) **Tricky** Travel skills (1/2/3) combined with **one** of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6) - Large Apparatus (7)
- Perform (Consolidated) Trickier Flight skills on the **floor** (1/2/3).
- Perform (Consolidated) **Tricky** Flight skills (1/2/3) combined with **one** of the following:
- Hand Apparatus (4)
- Low Apparatus (5) - Partner/s (6)
- Large Apparatus (7)
- Perform (Consolidated) **Trickier** Rotation skills on the **floor** (1/2/3).
- Perform (Consolidated) **Tricky** Rotation skills (1/2/3) combined with **one** of the following:

Perform (Consolidated)

Explore **Tricky** Rotation

skills (1/2/3) combined

floor (1/2/3).

with **one** of the

Tricky Rotation skills on the

- Hand Apparatus (4)
- Low Apparatus (5) - Partner/s (6)
- Large Apparatus (7)

Expected end of KS1



- Perform (Consolidated) **Tricky** Shape skills on the floor (1/2/3).
- Explore **Tricky** Shape skills (1/2/3) combined with **one** of the
- following: - Hand Apparatus (4)
- Low Apparatus (5) - Partner/s (6)
- Large Apparatus (7)
- Perform (Consolidated) Tricky Balance skills on the **floor** (1/2/3).
- Explore Tricky Balance skills (1/2/3) combined with **one** of the following:
- Hand Apparatus (4)
- Low Apparatus (5)
- Partner/s (6)
- Large Apparatus (7)
- Perform (Consolidated)

the **floor** (1/2/3).

Explore Tricky Travel skills (1/2/3) combined with **one** of the

Tricky Travel skills on

- following:
- Low Apparatus (5) - Partner/s (6)
- Hand Apparatus (4)

- Large Apparatus (7)

- Perform (Consolidated) **Tricky** Flight skills on the floor (1/2/3).
- Explore Tricky Flight skills (1/2/3) combined with **one** of the following:
- Hand Apparatus (4)
- Low Apparatus (5) - Partner/s (6)

- Large Apparatus (7)

- Hand Apparatus (4) - Low Apparatus (5)

- Large Apparatus (7)

Rotation

following:

- Partner/s (6)

FUNS Links:

Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: **Stance**

Shape

Balance

Static Balance: Floor Work Static Balance: With a Partner

Static Balance: One Leg

Static Balance: Seated

Dynamic Balance: On a Line

Travel

Dynamic Balance: Jumping and Landing Coordination: Footwork

Flight

Dynamic Balance: Static Balance: One Leg **Jumping and Landing** Static Balance: Seated Coordination: Footwork Static Balance: Floor Work Dynamic Balance: On a Line

















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