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| **Skill** | **EYFS/Year 1** | **Year 2/3** | **Year 4/5**  | **Year 5/6** |
| **Counter Balance: In Pairs** | Sit holding hands with toes touching, lean in together then apartSit holding 1 hand with toes touching, lean in together then apartSit holding hands with toes touching and rock forwards, backwards and side-to-side With:Balance maintained throughout.Smooth, controlled movements.Coordinated movements with partner.Remember to:Keep tummy tight.Keep back straight and head up.Hold on to your partner’s forearms. | Hold on and, with a long base, lean back, hold balance and then move back togetherHold on with 1 hand and, with a long base, lean back, hold balance and then move back together Perform above challengeswith eyes closed With:Balance maintained throughout.Smooth, controlled movements.Coordinated movements with partner.Remember to:Keep tummy (core muscles) tight and body straight throughout.Hold with straight arms when leaning back.Hold on to partner’s forearms and maintain a long base. | Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together with...Stand on 1 leg while holding on to partner’s opposite foot Perform above challengeswith eyes closed Step onto bench facing partner, hold with both hands with feet side by side, lean back, hold and then move back together.Step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms With:Balance maintained throughout.Smooth, controlled movements.Coordinated movements with partner.Remember to:Keep core muscles tight.Keep body straight, looking at partner throughout, and hold balance.Start by leaning in and then slowly lean back using smooth, controlled movements. | Complete the challenges below with eye closed.Step onto bench facing partner, hold with both hands with feet side by side, lean back, hold and then move back togetherStep onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms.Stand on a line facing partner, hold with both hands, lean back and then swap places whilst maintainingcounter balance positionStand on a low beam facing partner, hold with both hands then swap places whilst maintaining counterbalance position.With:Balance maintained throughout.Smooth, controlled movements.Coordinated movements.Remember to:Keep core muscles tight and focus on partner.Keep body straight and maintain balance throughout.Start by leaning in and then slowly lean back using smooth, controlled movements |
| **Dynamic Balance on a line.** | Walk forwards with ﬂuidity and minimum wobble Walk backwards with ﬂuidity and minimum wobble With:Smooth movements.Balance maintained on the line.Opposite arm and leg moving forwards.Remember to:Keep back straight.Keep head up and still.Swing arms to help move and balance. | Walk ﬂuidly, lifting knees to 90°.Walk ﬂuidly, lifting heels to bottom.March, lifting knees and elbows up to a 90° angle.Walk ﬂuidly with heel to toe landing withWalk ﬂuidly, lifting knees and using heel to toe landingWith:Smooth, controlled movements and minimum wobble.Balance maintained on the line.Opposite arm and leg moving forwards.Remember to:Work off the balls of feet.Keep head still and look forward. Use arms to help you move and balance as you walk (opposite arm and leg).Keep tummy (core muscles) tight and back straight.. | Walk ﬂuidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landingLunge walk forwards bringing opposite elbow up to a 90° angleComplete all challenges above with eyes closed.Sidestep in both directionsStand sideways and complete continuous 180° front pivots. Thenwith 180° reverse pivots.Move sideways, stepping across body (lateral step-over)Perform ‘grapevines’ (step-over, sidestep, step-behind, repeat).With:Balance maintained on the line.Opposite arm and leg driving forwards.Fluidity and minimum wobble.Remember to:Keep head still and back straight.Use arms to help you move and balance as you walk, bringing them from ‘hips to lips’.Practise the movement slowly at ﬁrst movements.Use smooth, controlled movements.Concentrate on keeping centre of gravity over base of support. | Sidestep in both directions Stand sideways and complete continuous 180° front pivots. Then with 180° reverse pivots with...Move sideways, stepping across body (lateral step-over) Perform ‘grapevines’ (step-over, sidestep, step-behind, repeat).Complete the above with eyes closed.Lunge walk backwards.Lunge walk backward with opposite elbow at 90°Lunge walk along curved pathway, forwards then backwards, with opposite elbow at 90°With:Balance maintained on the line.Opposite arm and leg driving forwards.Fluidity and minimum wobble.Remember to:Keep head still and back straight.Use smooth, controlled movements.Concentrate on keeping centre of gravity over base of support.Keep head still, back straight and look forward.Use arms to help you balance as you walk. |
| **Static Balance: Seated.** | In a seated position: Balance with both hands/feet down Balance with 1 hand/2 feet down Balance with 2 hands/1 foot down Balance with 1 hand/1 foot downBalance with 1 hand or 1 foot down Balance with no hands or feet down With:Hands/feet up for 10 seconds.Minimum wobble (control).Balance held without strain.Remember to:Keep back straight.Keep head up and still.Keep tummy tight. | In a seated position:Pick up a cone from one side, swap hands and place it on the other side.Return the cone to the opposite side feet and hands off the ﬂoor throughout.Sit in a dish shape and hold it for 5 seconds with feet and hands off the floor throughout.With:Minimum wobble.Balance held without strainRemember to:Keep weight going through your bottom.Keep tummy tight (core muscles) and back straight.Keep head up and breathe throughout.Use arms to help maintain balance.Keep head up and breathe throughout. | In a seated position:Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions).Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).Hold a V-shape with straight arms and legs for 10 seconds.Reach and pick up cones from in front, to the side and from behind Reach and pick up cones from in front, to the side and from behind eyes closed.Reach and pick up cones from in front, to the side and from behind while a partner applies a forceReach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a forceWith:Feet and hands off the ﬂoor throughout.Minimum wobble.Balance held without strain.Remember to:Keep legs, back and arms straight.Use smooth, controlled movements.Keep core muscles tight.Keep weight going through your bottom.Use legs and arms to help keep centre of gravity steady and breathe smoothly. | In a seated position:Reach and pick up cones from in front, to the side and from behind Reach and pick up cones from in front, to the side and from behind eyes closed Reach and pick up cones from in front, to the side and from behind while a partner applies a forceReach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a forceReach and pick up cones on the ﬂoor whilst on a bench, without losing balance withTurn 360° in either direction, ﬁrst on the ﬂoor then on a benchBalance on an uneven surface, e.g. wobble cushion, for 10 seconds Reach and pick up cones on the ﬂoor whilst on an uneven surface With:Feet and hands off the ﬂoor throughout.Minimum wobble.Balance held without strain.Remember to:Keep weight going through your bottom.Use smooth, controlled movements.Use legs and arms to help keep centre of gravity steady and breathe smoothly.Lift legs and arms just off the ﬂoor will help keep centre of gravity steady.locus on one point to keep your head stillKeep core muscles tight while breathing at the same time. |
| **Dynamic Balance: Jumping and Landing** | Jump from 2 feet to 2 feet forwards, backwards and side- to-side With:Good take off and height.Balance and control on landing.Soft landings.Bend knees on take-off and landing.Remember to:Keep feet a shoulder width apart.l Keep head up and land on balls of feet.  | Jump from 2 feet to 2 feet with quarter turn in both directions Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot) good take off and height.Jump from 2 feet to 2 feet with 180° turn in either direction Complete a tucked jump.Complete a tucked jump with 180° turn in either direction.With:Balance and control on landing.Soft landings.Good take off and heightRemember to:Swing arms to help gain height and use them to helpBalance on landing.Bend knees on take-off and landing.Keep head up on landing.Try to land softly without noise. | Jump 2 feet to 2 feet forwards, backwards and side-to-side Hop forward and backwards, freezing on landing.Jump 1 foot to other forwards and backwards, freezing on landing Hop sideways, raising knee and freezing on landingJump 1 foot to other sideways, raising knee and freeze on landing Jump 2 feet to 2 feet with a 180° turn in the middle (both directions)Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions)Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides)With: Good take off and height.Balance and control on landing.Soft and controlled landingsRemember to:Swing arms to help gain height and use them to help balance on landing.Bend knees on take-off and landing.Land softly on balls of feet without noise, facing forward.Keep centre of gravity over base of support on landing | Jump 2 feet to 2 feet with a 180° turn in the middle (both directions) Jump from 2 feet to 2mfeet with a tuck and a 180° turn (both directions) Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides) Year 6 Jump from vertical stance forwards into lunge position whileholding ball off centre (both sides) Jump from vertical stance backwards into lunge position whileholding medicine ball off centre (both sides) Jump 2 feet to 2 feet with 360° turn (in both directions) With:Good take off and height.Balance and control on landing.Soft and controlled landings.Remember to:Swing arms to help gain height and use them to help balance on landing.Bend knees on take-off and landing and use arms to help you balance.Keep centre of gravity over base of support on landing.Pick a spot to focus on when you jump and turn.Adjust centre of gravity to keep it over base of support when using the ball. |
| **Agility: Ball Chasing** | Roll a ball, chase and collect it inbalanced position facing opposite direction  Chase a ball rolled by a partner and collect it in balanced position facing opposite directionWith:Control when starting and stopping quickly.Timing to get in the right position.Remember to:Balance/control when collecting the ball.Take up a good ready position and push off hard.Keep head steady and watch the ball.Try rolling the ball at different speeds to get the right challenge. | Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction Start in seated/lying position, chase a bouncing ball fed by apartner and collect it in balanced position facing opposite direction.Chase a large rolled ball, let it roll through legs and then collect itin balanced position facing the opposite directionChase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction Complete above challenges with tennis ball With:Control when starting and stopping quickly.Timing and movement to get in the right position.Balance/control when collecting the ball.Remember to:Start quickly and accelerate by pushing hard with feet.Drive arms from ‘hips to lips’ to help you accelerate.Keep watching the ball and concentrate on timing so you arrive at the right time.Accelerate by pushing off hard with feet and driving arms from ‘hips to lips’. Bend knees as you allow the ball to go through your legs.Keep watching the ball and concentrate on timing so you arrive at the right time.Move feet quickly to get in the collecting position in good time. | Roll and chase large ball, stopping it with knee sideways onto ball (longbarrier position) facing opposite direction Perform above challenge with tennis ball Roll and chase large ball, stopping it with head in front support position facing opposite direction.Stand facing partner, who feeds ball over head, then turn and catch itafter 1 bounce Stand facing away from partner, who feeds ball overhead, react and catch it after 1 bounceWith: Ability to turn over either shoulder.Timing to get in the right position.Balance/control when collecting the ball.Remember to:Start quickly by pushing off hard with feet and by drivingArms (‘hips to lips’).Slow down to get into position.Run well past the ball to give you more time.Get into a stable position as early as you can. Move feet quickly to get into the collecting position.When facing partner, turn with a reverse pivot, bend knees and push off.When facing away from partner, use peripheral vision to spot the ball and react quickly. | Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce Stand facing away from partner, who feeds ball overhead, react and catch it after 1 bounceStand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bouncePerform above challenge but catch ball on instep of foot and lower it to the ground With:Ability to turn over either shoulder and catch the ball.Timing to get in the right position.Balance/control when collecting the ball.Remember to:When facing partner, turn with a reverse pivot, bend knees and push off.When facing away from partner, use peripheral vision to spot the ball and react quickly.Move feet quickly to get into the collecting position.Move quickly by bending knees and pushing off.Try to spot the ball and react as quickly as possible.. |
| **Coordination: Footwork** | Side-step in both directions Gallop, leading with either foot with...Hop on either footSkip With:Good control.Good balance.Smooth movements.Remember to:Keep head up.Bend knees to help you balance.Work off balls of feet. | Combine side-steps with 180° front pivots off either foot Combine side-steps with 180° reverse pivots off either foot Skip with knee and opposite elbow at 90° angle Hopscotch forwards and backwards, hopping on the same leg (right and left) balance and control throughout.Hopscotch forwards and backwards, alternating hopping leg each timeMove in a 3-step zigzag pattern forwards Move in a 3-step zigzag pattern backwards With:Fluent, smooth movements.Movements performed in both directions/on both sides.Both and control throughoutRemember to:Keep head up and back straight.Work off balls of feet looking straight ahead.Bend knees to push off and land. Work off balls of feet and increase speed when ready.Bend knees and use arms to help you balance. | Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction Move in 3-step zigzag pattern while alternating knee raise and foot behind Move backwards in 3-step zigzag pattern with cross-over (swerve)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.Remember to: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.Try to develop a good rhythm and perform the movements smoothly and with control. |  Move-in 3-step zigzag pattern while alternating knee raise and foot behind Move backwards in 3-step zigzag pattern with cross-over (swerve)Move backwards in 3-step zigzag pattern with knee raise across body Move backwards in 3-step zigzag pattern with foot behind Move backwards in 3-step zigzag pattern with alternating knee liftand foot behind With...Smooth, controlled movements.Fluency and rhythm.Movements performed in both directions/on both sides.Remember to: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.Focus on keeping feet close to the ground as you move |
| **Static Balance: Stance** | Stand on line with good stance for 10 secondsWith...Both feet facing forwards.Feet still.Minimum wobble (control).Remember to:Keep feet a shoulder width apart.Keep balls of feet on the line.Keep back straight and head up. | Stand on low beam with good stance for 10 seconds On a line/low beam:Receive a small force from various angles Raise alternate feet 5 times with...Raise alternate knees 5 times Catch ball at chest height and throw it back With:Both feet facing forwards.Feet still.Minimum wobble (control).Balance maintained throughoutRemember to:Keep feet a shoulder widthapart and knees bent.Keep weight on balls of feet.Keep back straight, head up and look forward at a focused point | On a line/low beam:Raise alternate knees toopposite elbow 5 timesCatch large ball thrown atknee height and abovehead Catch large ball thrownaway from body Catch small ball thrownclose to and away frombody Throw and catch 2 smallballs alternately, usingboth hands, both close toand away from bodyStrike small ball back toa partner with a racketStrike a small ball back to a partner from acrossbody with a racketWith:Balance maintainedthroughout.Minimum wobble (control).Good posture (head up/backstraight).Remember to;Keep feet a shoulder widthapart and bend knees.Keep head up lookingforward.Use smooth, controlledmovements by twisting bodyto catch the ball.Bend knees and maintain a‘ready’ position. | On a line/low beam:Throw and catch 2 smallballs alternately, usingboth hands, both close toand away from body Strike small ball back toa partner with a racketStrike a small ball back to a partner from acrossbody with a racketThrow and catch small ball, catching across the body with either handThrow and catch 2 balls alternately, catching across body with either hand Volley large ball back to a partner with either footWith:Balance maintained throughout.Minimum wobble (maintaining control of body).Good posture (head up/back straight).Remember to:Keep feet a shoulder width apart and bend knees. Keep head up looking forward.Bend knees and maintain a ‘ready’ position.Always try to keep centre of gravity over base of support.Hold and adjust position when you have received or hit the ball.Lower centre of gravity and widen base of support. |
| **Coordination: Sending and Receiving** | Roll large ball and collect the rebound Roll small ball and collect the rebound with...Throw large ball and catch the rebound with 2 hands accuracy when sending.With: Appropriate power/weight when sending.A good position when receiving.Remember to:Look at partner. Use backswing and follow through.Adopt a good ‘ready position’ (weight on balls of feet, wide base).Keep eyes focused on the ball. ... | Throw tennis ball, catch rebound with same hand after 1 bounce Throw tennis ball, catch rebound with same hand without a bounce Throw tennis ball, catch rebound with other hand after 1 bounceThrow tennis ball, catch rebound with other hand without a bounceStrike a ball with alternate hands in a rallyKick a ball with the same foot Kick a ball with alternate feet. Roll 2 balls alternately using both hands, sending 1 as theother is returning With:Accuracy when sending.Appropriate power/weight when sending. A good position when receiving.Remember to:Explore and experiment with the speed you send the ball.Move feet to get in line with the ball when receiving. Try to have ‘soft hands’ when catching.Keep eyes focused on the ball  | Alternately throw and catch 2 tennis balls against a wall with...Throw 2 tennis balls against a wall and catch them with opposite hand(cross-over) Throw 2 tennis balls Against a wall in a circuit, in both directions with...accuracy and weight of throws.With a partner, simultaneously passlarge ball along the ﬂoor with feet and throw tennis ball for 10continuous passes wWith a partner, keep 3 tennis balls going in a throwing circuit for30 seconds With:Fluency/rhythm throughout.A good position when receiving.Remember to:Explore the strength of your throw to work out how much force is needed.Take up a balanced position, making sure hands are in a good ready position.Try repeating several times. movements. | With a partner, simultaneously passlarge ball along the ﬂoor with feet and throw tennis ball for 10continuous passes With a partner, keep 3 tennis balls going in a throwing circuit for30 seconds Working with a partner, simultaneously pass ball along the ﬂoor with feet and throw 2 tennis balls continuously Working with a partner, simultaneously volley, tennis ball with racket and pass ball along theground continuouslyWith a partner, simultaneously volley a tennis ball with a racket and pass a ball along the ground for 30 seconds maintaining the quality of each movement.With:Movement and timing to get in a good position.Accuracy and weight of throws.Fluency/rhythm throughoutRemember to:Adopt a ‘ready position’ and communicate with partner so you know when they are ready.Focus on accuracy and speed of passes/throws.Keep this going in a circuit for 30 seconds. |
| **Static Balance: Floor work** | Hold mini-front support position Reach round and point to ceiling with either hand in mini-front supportWith:Balance maintained throughout.Correct position held.Control when changing balance/ position.Remember to:Keep back straight and tummy tight.Keep knees in line with hips.Complete this slowly. | Place cone on back and take it off with other hand in mini-frontsupportHold mini-back support position withHold full front support position Lift 1 arm and point to the ceiling with either hand in front support Transfer cone on and off back in front support With:Balance maintained throughout.Correct position held by keeping back straight.Control when changing balance/position.Place cone on tummy and take it off with other hand in mini-backsupport Remember to:Keep hands in line with shoulders and knees in line with hips (mini-front support).Keep hands in line with shoulders and knees in line with hips (mini-back support).Point ﬁngers towards feet in the mini-back support.Keep back straight and ﬂat.Keep legs straight and stretched out.Keep hands in line with shoulders and complete slowly. | Transfer tennis ball on and off back in a front supportTransfer cone on and off tummy in back supportTransfer tennis ball on and off tummy in back support good posture straight back.Hold front support position with only 1 foot in contact with ﬂoor andtransfer cone on and off back Rotate ﬂuently from front support to back support, and then continue rotating With:Balance held without strain.Control while transferring objects.Good posture (straight back).Balance held without strain.Control while rotating.Remember to:Keep back straight and ﬂat/tummy up.Keep legs straight and stretched out and breathe slowly.Keep core muscles tight and posture aligned.Rotate slowly and with control. | Hold front support position with only 1 foot in contact with ﬂoor andtransfer cone on and off back Rotate ﬂuently from front support to back support, and then continue rotating Hold front support position with only 1 foot in contact with ﬂoor and transfer tennis ball on and off back Hold front support position with only 1 foot in contact with ﬂoor andtransfer tennis ball on and off back with eyes closedWith:Good posture (straight back).Balance held without strain.Control while rotating.Control while transferring objects with eyes closed.Remember to:Keep back straight and ﬂat (front support)/tummy up (back support).Keep hands in line with shoulders and legs straight and stretched out.Rotate slowly and with control.Keep hands in line with shoulders, and back straight and ﬂat.Keep legs straight and stretched out.Perform movements slowly and with control. |
| **Ball skills** | Sit and roll a ball along the ﬂoor around body using 2 hands Sit and roll a ball along the ﬂoor around body using 1 hand (right andleft)Sit and roll a ball down legs and around upper body using 2 hands Stand and roll a ball up and down legs and round upper body using2 hands With:Ability to move the ball in both directions.Control of the ball maintained throughout.Smooth movements with the ball.Remember to:Use ﬁngers to move the ball.Keep tummy tight and weight through your bottom.Focus on moving the ball smoothly rather than on speed. | Sit and roll a ball up and down legs and round upper body using 1 hand Stand and roll a ball up and down legs and round upper body using 1 handIn 20 seconds or less:Stand with legs apart and move a ball around 1 leg 16 times (right andleft leg) Move a ball round waist 17 times Stand with legs apart and move a ball around alternate legs 16 timesWith:Ability to move the ball in both directions.Control of the ball maintained throughout.Smooth movements with the ball.Remember to:Move the ball with ﬁngertips.Focus on maintaining good balance throughout.Perform movements smoothly and then gradually increase speed.= | Roll and chase large ball, stopping it with knee sideways onto ball (longbarrier position) facing opposite direction Perform above challengewith tennis ball Roll and chase large ball, stopping it with head in front support positionfacing opposite directionIn 20 seconds or less:Stand with legs apart and complete 20 front to back catches with abounce in between Perform above 30 times without ball bouncing inbetween. Complete above tasks with head up throughout Complete 11 overhead throw and catches With:Ability to turn over either shoulder.Timing to get in the right position.Balance/control when collecting the ball.Remember to:Start quickly by pushing off hard with feet and by driving arms (‘hips to lips’).Slow down to get into position.Run well past the ball to give you more time.Get into a stable position as early as you can. Move feet quickly to get into the collecting position.Concentrate on performing movements smoothly and with control.Keep back straight throughout.Focus on using ‘soft hands’ throughout. | In 20 seconds or less:Stand with legs apart and complete 20 front to back catches with abounce in between Perform above 30 times without ball bouncing in between. Complete above tasks with head up throughout In 20 seconds or less:Complete 12 long circles (forwards and then backwards) Complete 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions) Complete 11 overhead throw and catches With:Smooth movements with the ball.Ability to complete challengesin both directions consistently and smoothly.Fluidity when changing hands.Remember to:Concentrate on performing movements smoothly and with control.Keep back straight throughout.Focus on using ‘soft hands’ throughoutPerform movements smoothly and with control.Try to develop a good rhythm when completing the challenges.Concentrate on weight of throws, avoiding throwing the ball too hard, and move your hands into position.  |
| **Static Balance: 1 leg** | On both legs:Stand still for 10 secondsWith:Minimum wobble.Standing foot still.Non-standing foot off the ﬂoor.Remember to:Keep head up and still.Keep tummy tight.Keep back straight. | On both legs:Stand still for 30 secondsComplete 5 mini-squatsOn both legs:Stand still for 30 seconds with eyes closed with...Complete 5 squats with...Complete 5 ankleextensions with...With:Minimum wobble (control).Standing foot still.Non-standing foot off theﬂoor.Smooth controlled movementsNon standing foot off the floor.Remember to:Keep head up and still.Keep tummy (core muscles) tight and back straight.Look forward and imagine the focus point.Use your arms to help you balance.Keep your tummy (core muscles) tight and back straight. | On both legs:Stand still on uneven surface for 30 seconds Stand still on uneven surfaces for 30 seconds with eyes closed with...Complete 10 squats into ankle extensions Complete 5 squats with eyes closedOn both legs:Complete 5 ankle extensions with eyes closed Complete 10 squats into ankle extensions with eyes closed Complete above 2 challenges on uneven surface with eyes openComplete ﬁrst 2 challenges on uneven surface With:Stability.Smooth, controlled movements.Consistent performance.Remember to:Keep your tummy (core muscles) tight.Use your arms to help you balance.Use smooth, controlled movements.Keep your center of gravity over your base of support.Keep your core muscles tight.Use smooth, controlled movements. | On both legs:Complete 5 ankle extensions with eyes closed Complete 10 squats into ankle extensions with eyes closed with...Complete above 2 challenges on uneven surface with eyes openComplete ﬁrst 2 challenges on uneven surface with eyes closedOn both legs:Place cones at 12, 3, 6 and 9 o’clock on imaginary clock face and pick them up with the same hand with...Perform the above challenge with eyes closed Stand on an uneven surface and pace cones at 12, 3, 6 and 9 o’clock on imaginary clock face and pick them up with the same hand With:Stability.Smooth, controlled movements.Consistent performance.Remember to:Keep your centre of gravity over your base of support.Keep your core muscles tight.Use smooth, controlled movements.Keep muscles tight.When reaching, you may need to stretch your other arm and leg back to counter- balance.. |
| **Agility: Reaction and Response** | From 1,2 and 3 metres:React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 legWith:Quick reaction.Quick, controlled movement.Control when slowing down after catch.Remember to:Push off hard with feet.Keep head steady and watch the ball.Move feet to get to the ball, rather than stretching, and bend knees. | From 1,2 and 3 metres:React and catch tennis ball dropped from shoulder height after1 bounce From 1,2 and 3 metres:React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg With:Quick reaction.Quick, controlled movement.Contol when slowing down after catch.Remember to:Start quickly and accelerate by pushing off hard with feet.Take up ready position with knees bent and feet apart (front to back).Bend knees to help you slow down. | From 1,2 and 3 metres:React and step across body, bring hand across body and catch tennis ball after 1 bounce Year 5From 1,2 and 3 metres:React to call from partner when they drop a ball, turn and catch it after 1 bounce with...Perform above challenge but react to sound of the bounce rather than callWith:Quick reaction and good acceleration.Quick, controlled movement.Balance and contol after catchRemember to:React and move early to give you time to get balanced.Extend front leg across body and bend knees to enable you to stop quickly and get into balanced position.Reverse pivot, bend knees and push off to turn and move quickly.Move feet quickly to get into the catching position.Extend front leg across body and bend knees to enable you to stop quickly and get into balancedposition when catching. | From 1,2 and 3 metres:React to call from partner when they drop a ball, turn and catch it after 1 bounce with...Perform above challenge but react to sound of the bounce rather than callFrom 1,2 and 3 metres:React to call from partner when they drop ball, turn and catch itafter 1 bounce, balancing on 1 leg Perform above challenge but react to sound of bounce rather than call.Perform above challenges, but also step across body and bring hand across body to catch ball with one handWith:Quick reaction and good acceleration.Quick, controlled movement.Balance and contol after catchRemember to:Reverse pivot, bend knees and push off to turn and move quickly.Move feet quickly to get into the catching position.Extend front leg across. |