Fundamental movement Skill												
	Static Balance: 1 Leg	**Static Balance: Seated**	**Static Balance: Floorwork**	**Static Balance: Stance**	**Dynamic Balance: On a Line**	**Dynamic Balance: Jumping & Landing**	**Counter Balance: In Pairs**	**Coordination: Sending & Receiving**	**Coordination: Ball Skills**	**Coordination: Footwork**	**Agility: Ball Chasing**	**Agility: Reaction & Response From 1, 2 & 3 meters**
Green is end of key stage 1 expectation	On both legs: 1. Stand still for 30 seconds. 2. Complete 5 mini-squats.	1. Pick up a cone from one side, swap hands and place it on the other side. 2. Return the cone to the opposite side.	1. Place cone on back and take it off with other hand in mini-front support. 2. Hold mini-back support position. 3. Place cone on tummy and take it off with other hand in mini-back support.	1. Stand on low beam with good stance for 10 seconds.	1. Walk fluidly, lifting knees to 90°. 2. Walk fluidly, lifting heels to bottom.	1. Jump from 2 feet to 2 feet with quarter turn in both directions. 2. Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).	1. Hold on and, with a long base, lean back, hold balance and then move back together. 2. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.	. Throw tennis ball, catch rebound with same hand after 1 bounce. 2. Throw tennis ball, catch rebound with same hand without a bounce. 3. Throw tennis ball, catch rebound with other hand after 1 bounce. 4. Throw tennis ball, catch rebound with other hand without a bounce. 5. Strike large, soft ball along ground with hand 5 times in a rally	1. Sit and roll a ball up and down legs and round upper body using 1 hand. 2. Stand and roll a ball up and down legs and round upper body using 1 hand.	1. Combine side-steps with 180° front pivots off either foot. 2. Combine side-steps with 180° reverse pivots off either foot. 3. Skip with knee and opposite elbow at 90° angle. 4. Hopscotch forwards and backwards, hopping on the same leg (right and left).	1. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. 2. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.	From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce.
Yellow		1. Balance with both hands/ feet down. 2. Balance with 1 hand/ 2 feet down. 3. Balance with 2 hands/ 1 foot down. 4. Balance with 1 hand/ 1 foot down. 5. Balance with 1 hand or 1 foot down. 6. Balance with no hands or feet down					1. Sit holding hands with toes touching, lean in together then apart. 2. Sit holding 1 hand with toes touching, lean in together then apart. 3. Sit holding hands with toes touching and rock forwards, backwards and side-to-side.		1. Sit and roll a ball along the floor around body using 2 hands. 2. Sit and roll a ball along the floor around body using 1 hand (right and left). 3. Sit and roll a ball down legs and around upper body using 2 hands. 4. Stand and roll a ball up and down legs and round upper body using 2 hands.				
	On both legs: 1. Stand still for 10 seconds		1. Hold mini-front support position. 2. Reach round and point to ceiling with either hand in mini-front support.	1. Stand on line with good stance for 10 seconds	1. Walk forwards with fluidity and minimum wobble. 2. Walk backwards with fluidity and minimum wobble.	1. Jump from 2 feet to 2 feet forwards, backwards and side - to-side.		Roll large ball and collect the rebound. 2. Roll small ball and collect the rebound. 3. Throw large ball and catch the rebound with 2 hands.		1. Side-step in both directions. 2. Gallop, leading with either foot. 3. Hop on either foot. 4. Skip	Roll a ball, chase and collect it in balanced position facing opposite direction. 2. Chase a ball rolled by a partner and collect it in balanced position facing oppos	From 1, 2 and 3 metres: 1. React and catch large ball dropped from shoulder height after 2 bounces. 2. React and catch large ball dropped from shoulder height after 1 bounce.