

	1.Static Balance – 1 Leg (R and then L – both legs)	2.Static Balance - Seated	3.Static Balance - Floor work	4.Static Balance - Stance	5.Dynamic Balance – on a line	6.Dynamic Balance – Jumping & Landing	7.Counter Balance – In Pairs	8.Co-ordination – Sending & Receiving	9.Co-ordination – Ball Skills	10.Co-ordination - Footwork	11.Agility – Ball Chasing	12.Agility – Reaction & Response
EYFS	-Stand still for 10s	-Balance with both hands/feet down -Balance with different combinations of hand/foot down	-Hold mini-front support position -Reach round & point to the ceiling with either hand in above position	-Stand on line with good stance for 10s	-Walk forwards with fluidity & minimum wobble -As above walking backwards	-Jump from 2 feet to 2 feet forwards, backwards, side to side	-Sit holding hands with toes touching -Sit with 1 hand holding toes touching -Sit, toes touching, rock forwards, backwards & to side	-Roll large ball & collect the rebound -As above with small ball -Throw large ball & catch the rebound with 2 hands	-Sit & roll ball along the floor around body using 2 hands -As above but with one hand and then the other -Sit & roll ball down legs & around upper body using 2 hands -As above when standing	-Side step in both directions -Gallop, leading with either foot -Hop on either foot -Skip	-Roll a ball, chase and collect it in balanced position facing opposite direction -Chase ball rolled by a partner & collect it in balanced position facing the opposite direction	<u>From 1, 2, 3 metres:</u> -React & catch a large ball dropped from shoulder height after 2 bounces -React & catch large ball dropped from shoulder height after one bounce
	-Stand still for 30s -Complete 5 mini squats	-Pick up a cone from one side/swap hands & place on other side	-Place cone on back & take off with other hand in mini-front support -As above but with cone on tummy with mini-back support	-Stand on low beam with good stance for 10s	-Walk fluidly, lifting knees 90% -Walk fluidly, lifting heels to bottom	-Jump with 2 feet to 2 feet with quarter turn in both directions -Stand on a line & jump from 2 feet to 1 foot & freeze on landing	-Hold on & lean back, hold balance & move back together -As above but with one hand holding on	-Throw tennis ball, catch rebound with same hand with bounce -As above without a bounce -Throw tennis ball, catch rebound with other hand with bounce -As above without bounce -Strike large, soft ball along ground with hand 5 times in rally	-Sit & roll a ball up & down legs & round upper body using 1 hand -As above but standing	-Combine side steps with 180% front pivots off either foot -As above with reverse pivots -Skip with knee and opposite elbow at 90% angle -Hopscotch forwards & backwards hopping on the same leg (right & left)	-Start in seated/lying position, throw a bouncing ball, chase & collect it in balanced position facing opposite direction -As above, ball fed by a partner & collect it in balanced position facing opposite direction	<u>From 1, 2 & 3 metres:</u> -React & catch a tennis ball dropped from shoulder height after 1 bounce

Expected – end of KS1	<ul style="list-style-type: none"> -Stand still for 30s with eyes closed -5 squats -5 ankle extensions 	<ul style="list-style-type: none"> -Cone from one side to the other with same hand -Sit in a dish shape and hold it for 5s 	<ul style="list-style-type: none"> -Hold full front support position -Lift 1 arm & point to the ceiling with either hand -Transfer cone on/off back in front support 	<ul style="list-style-type: none"> -Receive small force from various angles -Raise alternate feet 5 times -Raise alternate knees 5 times -Catch ball at chest height & throw it back 	<ul style="list-style-type: none"> -March lifting knees & elbows up to 90% angle -Walk fluidly with a heel to toe landing -As above, lifting heels to bottom 	<ul style="list-style-type: none"> -Jump from 2 feet to 2 feet with 180% turn in either direction -Tucked jump -Tucked jump with 180% turn in either direction 	<ul style="list-style-type: none"> -Hold on (short base), lean back and hold balance -Hold on with 1 hand, short base, lean back hold balance -As above but with eyes closed 	<ul style="list-style-type: none"> -Strike ball with alternate hands in a rally -Kick ball with same foot -Kick ball with alternate feet -Roll 2 balls alternately using both hands, sending 1 as other returns 	<ul style="list-style-type: none"> <u>In 20 seconds or less:</u> -Stand with legs apart & move ball around 1 leg 16 times (right and left) -Move ball around waist 17 times -Stand with legs apart & move ball around alternate legs 16 times 	<ul style="list-style-type: none"> -Hopscotch forwards & backwards, alternating hopping leg each time -Move in a 3-step zigzag pattern forwards -As above backwards 	<ul style="list-style-type: none"> -Chase large rolled ball, let it roll through legs & then collect it balanced position facing opposite direction -As above but bouncing ball -Complete above challenges with a tennis ball 	<ul style="list-style-type: none"> <u>From 1, 2 and 3 metres:</u> -React & catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg
Expected – end of KS2	<ul style="list-style-type: none"> -Stand still on uneven surface for 30s/with eyes closed -10 squats into ankle extensions -5 squats with eyes closed 	<ul style="list-style-type: none"> -Reach & pick up a cone an arms distance away (same & different hand and both directions) -Hold a V shape with straight arms and legs for 10s 	<ul style="list-style-type: none"> -Transfer tennis ball on/off back in front/back support -Transfer cone on/off body in back support 	<ul style="list-style-type: none"> -Raise alternate knees to opposite elbow 5 times -Catch large ball thrown at knee height & above head -Catch large & small ball thrown away from body 	<ul style="list-style-type: none"> -Walk fluidly, forwards & backwards, lifting heel to bottom, knees up & heel to toe landing -Lunge walk forwards -As above bringing elbow up to 90% angle -Complete all red challenges with eyes closed 	<ul style="list-style-type: none"> -Hop forward & backwards, freezing on landing -Jump 1 foot to other forwards/backwards & freezing on landing -Hop sideways, raising knee & freezing on landing -Jump 1 foot to other sideways, raising knee 	<ul style="list-style-type: none"> -Stand on 1 leg holding with 1 hand, lean back and balance -Stand on 1 leg while holding on to partner's opposite foot 	<ul style="list-style-type: none"> -Alternately throw & catch 2 tennis balls against the wall -Throw 2 tennis balls against a wall & catch them with opposite hand (cross over) -Throw 2 tennis balls against a wall in a circuit, in both directions 	<ul style="list-style-type: none"> <u>In 20 seconds or less:</u> -Stand with legs apart & move ball in figure of 8 around both legs 12 times -Move ball around waist into figure of 8 around both legs 10 times -Move ball around waist & then around alternate legs 12 times -Stand with legs apart & perform 24 cross-crosses, with and then without bounce 	<ul style="list-style-type: none"> -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 & direction 	<ul style="list-style-type: none"> -Roll & chase large ball, stopping it with knee sideways onto ball facing opposite direction -Perform above challenge with tennis ball -Roll & chase large ball, stopping it with head in front support position facing opposite direction 	<ul style="list-style-type: none"> <u>From 1, 2 & 3 metres:</u> -React & step across body, bring hand across body and catch tennis ball after 1 bounce

Expected – end of UKS2	<ul style="list-style-type: none"> -Ankle extensions with eyes closed -10 squats into ankle extensions (eyes closed) -Complete the above on uneven surface with eyes open and closed 	<ul style="list-style-type: none"> -Reach/pick up cones from in front/side & behind (inc with eyes closed) -As above (inc eyes closed) when a partner applies force 	<ul style="list-style-type: none"> -Front support position with 1 foot on floor & transfer cone on/off back -Rotate fluently from front to back support & continue rotating fluently 	<ul style="list-style-type: none"> -Throw & catch 2 small balls alternately using both hands -Strike small ball back to a partner from across body with a racket 	<ul style="list-style-type: none"> -Sidestep in both directions -Stand sideways & complete continuous 180° front pivots & with reverse pivots -Perform 'grapevines' & above challenges with eyes closed 	<ul style="list-style-type: none"> -Jump 2 feet to 2 feet with a tuck and 180° turn -Vertical stance jump into lunge position (both sides) 	<ul style="list-style-type: none"> -Complete all previous challenges with eyes closed -Step on bench facing partner, hold with both hands, lean back & hold 	<ul style="list-style-type: none"> -With a partner, simultaneously pass large ball along the floor with feet & throw tennis ball for 10 continuous passes 	<ul style="list-style-type: none"> In 20 seconds or less: -Stand with legs apart & complete 20 front to back catches with a bounce in between -Perform above 30 times without ball bouncing in between -Complete above tasks with head up throughout -Complete 11 overhead throws & catches 	<ul style="list-style-type: none"> -Move in 3-step zigzag pattern while alternating knee raise & foot behind -Move backwards in 3-step zigzag pattern with cross over -Move backwards in 3-step zigzag pattern with knee raise across body 	<ul style="list-style-type: none"> -Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce -Stand facing away from partner, who feeds ball over head, react & catch it after 1 bounce 	<ul style="list-style-type: none"> From 1, 2 and 3 metres: -React to call from partner when they drop a ball, turn and catch after 1 bounce -Perform above challenge but react to sound of the bounce rather than call
	<ul style="list-style-type: none"> -Place cones at 12, 3, 6 and 9 and pick them up with same hand -Above challenge with eyes closed -Above challenge on uneven surface 	<ul style="list-style-type: none"> -Reach & pick up cones whilst standing on a bench without losing balance -Balance on an uneven surface for 10s -Turn 360° on floor & bench -Reach & pick up cones on floor whilst on uneven surface 	<ul style="list-style-type: none"> -Hold front support with 1 foot on floor & transfer tennis ball on/off back -As above with eyes closed 	<ul style="list-style-type: none"> -Throw & catch a small ball, across body with either hand -As above with 2 balls -Volley large balls back to a partner with either foot 	<ul style="list-style-type: none"> -Lunge walk backwards -Lunge walk backwards with opposite elbow at 90° -As above along a curved pathway -Perform above challenges with eyes closed 	<ul style="list-style-type: none"> -Vertical stance jump into lunge position holding a ball centre (both sides) -As above with a backwards jump to lunge position -Jump 2 feet to 2 feet 360° turn (both direction) 	<ul style="list-style-type: none"> -Stand on a line facing partner, hold and lean back and swap places, maintaining counter balance -Stand on low beam and complete above task 	<ul style="list-style-type: none"> -Working with a partner, simultaneously pass ball along the floor with feet & throw 2 tennis balls continuously 	<ul style="list-style-type: none"> In 20 seconds or less: -Complete 12 long circle (forwards & backwards) -Complete 20 over the opposite shoulder throw & catches with the same hand 20 times (with either hand in both directions) 	<ul style="list-style-type: none"> -Move backwards in 3-step zigzag pattern with foot behind -Move backwards in 3-step zigzag pattern with alternating knee lift and foot behind 	<ul style="list-style-type: none"> -Stand facing away from partner, ask them to feed ball over head, react & catch it between knees or feet after 1 bounce -As above but catch ball on instep of foot & lower it to the ground 	<ul style="list-style-type: none"> From 1, 2 & 3 metres: -React & call from partner when they drop ball, turn & catch it after 1 bounce, balancing on 1 leg -As above but react to sound of bounce than to call -As above challenges but also step across body & bring hand across body to catch ball with 1 hand