

REAL PE – agility, balance and co-ordination skills

1. Static balance one leg
2. Static balance seated
3. Static balance floor work
4. Static balance stance
5. Dynamic balance on a line
6. Dynamic balance to agility jumping and landing
7. Counter balance with a partner
8. Co-ordination sending and receiving
9. Coordination ball skills
10. Coordination footwork
11. Agility ball chasing
12. Agility reaction and response

						Year 1						Year 2						Year 3						Year 4						Year 5						Year 6																	
Unit name						Unit name						Unit name						Unit name						Unit name						Unit name																							
A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S						
1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2
Autumn 1 Yellow Challenge Maintaining balance and on both legs: 1. I can stand still for 10 seconds.						Autumn 1 Green Challenge Maintaining balance and on both legs: 1. I can stand still for 30 seconds. 2. I can complete 5 mini-squats						Autumn 1 Green Challenge Maintaining balance and on both legs: 1. I can stand still for 30 seconds. 2. I can complete 5 mini-squats						Autumn 1 Red Challenge Maintaining balance and on both legs: 1. I can stand still for 30 seconds with eyes closed. 2. I can complete 5 squats.						Autumn 1 Red Challenge Maintaining balance and on both legs: 1. I can stand still for 30 seconds with eyes closed. 2. I can complete 5 squats.						Spring 2 Blue Challenge Maintaining balance and on both legs: 1. I can stand still on an uneven surface for 30 seconds. 2. I can stand still on an uneven						Spring 2 Blue Challenge Maintaining balance and on both legs: 1. I can stand still on an uneven surface for 30 seconds. 2. I can stand still on an uneven																	

																		3. I can complete 5 ankle extensions.						3. I can complete 5 ankle extensions.						surface for 30 seconds with eyes closed. 3. I can complete 10 squats into ankle extensions. 4. I can complete 5 squats with eyes closed.						surface for 30 seconds with eyes closed. 3. I can complete 10 squats into ankle extensions. 4. I can complete 5 squats with eyes closed.					
A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S
1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2
Autumn 2 Yellow Challenge In a seated position for 10 seconds:						Autumn 2 Green Challenge In a seated position with no hands or feet touching the floor:						Autumn 2 Green Challenge In a seated position with no hands or feet touching the floor:						Autumn 2 Red Challenge In a seated position with no hands or feet touching the floor:						Autumn 2 Red Challenge In a seated position with no hands or feet touching the floor:						Autumn 2 Blue Challenge In a seated position without hands or feet touching the floor:						Autumn 2 Blue Challenge In a seated position without hands or feet touching the floor:					
<ol style="list-style-type: none"> I can balance with both hands and feet touching the floor. I can balance with 1 hand and 2 feet touching the floor. I can balance with 2 hands and 1 foot touching the floor. 						<ul style="list-style-type: none"> 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. 						<ul style="list-style-type: none"> 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. 						<ol style="list-style-type: none"> I can pick up a cone from one side and place it on the other side with the same hand. I can return it to the opposite side using the other hand. I can sit in a dish shape with straight 						<ol style="list-style-type: none"> I can pick up a cone from one side and place it on the other side with the same hand. I can return it to the opposite side using the other hand. I can sit in a dish shape with straight 						<ul style="list-style-type: none"> I can reach and pick up a cone an arm's distance away, swap hands and place it on the other side (both directions). I can reach, pick up a cone an arm's distance away, 						<ul style="list-style-type: none"> I can reach and pick up a cone an arm's distance away, swap hands and place it on the other side (both directions). I can reach, pick up a cone an arm's distance away, 					

<p>floor.</p> <p>4. I can balance with 1 hand and 1 foot touching the floor.</p> <p>5. I can balance with 1 hand and 1 foot touching the floor.</p> <p>6. I can balance with no hands or feet touching the floor.</p>																		<p>arms and legs and hold it for 5 seconds.</p>						<p>arms and legs and hold it for 5 seconds.</p>						<p>and place it on the other side using the same hand (both directions).</p> <ul style="list-style-type: none"> I can hold a V-shape with straight arms and legs for 10 seconds. 						<p>and place it on the other side using the same hand (both directions).</p> <ul style="list-style-type: none"> I can hold a V-shape with straight arms and legs for 10 seconds. 					
A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S	A	A	S	S	S	S
1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2
<p>Summer 2</p> <p>Yellow Challenge</p> <p>Maintaining balance throughout:</p>						<p>Summer 2</p> <p>Green Challenge</p> <p>Maintaining balance throughout:</p>						<p>Summer 2</p> <p>Green Challenge</p> <p>Maintaining balance throughout:</p>						<p>Summer 2 Red Challenge</p> <p>Maintaining balance throughout:</p>						<p>Summer 2</p> <p>Red Challenge</p> <p>Maintaining balance throughout:</p>						<p>Autumn 2</p> <p>Blue Challenge</p> <p>Maintaining balance throughout:</p>						<p>Autumn 2</p> <p>Blue Challenge</p> <p>Maintaining balance throughout:</p>					
<p>1. I can hold a mini-front support position.</p> <p>2. I can reach round and point to the ceiling with</p>						<p>1. I can place a cone on my back and take it off with the other hand in a mini-front support.</p> <p>2. I can hold a</p>						<p>1. I can place a cone on my back and take it off with the other hand in a mini-front support.</p> <p>2. I can hold a</p>						<p>1. I can hold a full front support position.</p> <p>2. I can lift 1 arm and point to the ceiling with either hand in a front</p>						<p>1. I can hold a full front support position.</p> <p>2. I can lift 1 arm and point to the ceiling with either</p>						<p>1. I can transfer a tennis ball on and off my back in a front support.</p> <p>2. I can transfer a cone on and off my tummy</p>						<p>1. I can transfer a tennis ball on and off my back in a front support.</p> <p>2. I can transfer a cone on and off my tummy</p>					

<p>either hand in a mini-front support.</p>	<p>mini-back support position.</p> <p>3. I can place a cone on my tummy and take it off with the other hand in a mini-back support.</p>	<p>mini-back support position.</p> <p>3. I can place a cone on my tummy and take it off with the other hand in a mini-back support.</p>	<p>support.</p> <p>3. I can transfer a cone on and off my back in a front support.</p>	<p>hand in a front support.</p> <p>3. I can transfer a cone on and off my back in a front support.</p>	<p>in a back support.</p> <p>3. I can transfer a tennis ball on and off my tummy in a back support.</p>	<p>in a back support.</p> <p>3. I can transfer a tennis ball on and off my tummy in a back support.</p>
<p>Spring 1</p> <p>Yellow Challenge</p> <p>Maintaining balance throughout:</p> <p>1. I can stand on a line with a good stance for 10 seconds.</p>	<p>Spring 1</p> <p>Green Challenge</p> <p>Maintaining balance throughout:</p> <p>1. I can stand on a low beam with a good stance for 10 seconds.</p>	<p>Spring 1</p> <p>Green Challenge</p> <p>Maintaining balance throughout:</p> <p>1. I can stand on a low beam with a good stance for 10 seconds.</p>	<p>Spring 1</p> <p>Red Challenge</p> <p>On a line and then a low beam, maintaining balance:</p> <p>1. I can receive a small force from various angles.</p> <p>2. I can raise alternate feet 5 times.</p> <p>3. I can raise alternate knees 5 times.</p> <p>4. I can catch a ball at chest height and throw it back.</p>	<p>Spring 1</p> <p>Red Challenge</p> <p>On a line and then a low beam, maintaining balance:</p> <p>1. I can receive a small force from various angles.</p> <p>2. I can raise alternate feet 5 times.</p> <p>3. I can raise alternate knees 5 times.</p> <p>4. I can catch a ball at chest height and throw it back.</p>	<p>Summer 1</p> <p>Blue Challenge</p> <p>On a line and then a low beam, maintaining balance:</p> <p>1. I can raise alternate knees to opposite elbow 5 times.</p> <p>2. I can catch a large ball thrown at knee height and above my head.</p> <p>3. I can catch a large ball thrown away from my body.</p>	<p>Summer 1</p> <p>Blue Challenge</p> <p>On a line and then a low beam, maintaining balance:</p> <p>1. I can raise alternate knees to opposite elbow 5 times.</p> <p>2. I can catch a large ball thrown at knee height and above my head.</p> <p>3. I can catch a large ball thrown away from my body.</p>

					4. I can catch a small ball thrown close to and away from my body.	4. I can catch a small ball thrown close to and away from my body.
Spring 1 Yellow Challenge Maintaining balance on a line:	Spring 1 Green Challenge Maintaining balance on a line:	Spring 1 Green Challenge Maintaining balance on a line:	Spring 1 Red Challenge Maintaining balance on a line:	Spring 1 Red Challenge Maintaining balance on a line:	Spring 1 Blue Challenge Maintaining balance on a line:	Spring 1 Blue Challenge Maintaining balance on a line:
1. I can walk forwards with fluidity and minimum wobble. 2. I can walk backwards with fluidity and minimum wobble.	1. I can walk fluidly, lifting knees up to 90°. 2. I can walk fluidly, lifting heels up to bottom.	1. I can walk fluidly, lifting knees up to 90°. 2. I can walk fluidly, lifting heels up to bottom.	1. I can perform a marching action, lifting knees and elbows up to a 90° angle. 2. I can walk fluidly with a heel to toe landing. 3. I can walk fluidly, lifting knees up and using a heel to toe landing. 4. I can walk fluidly, lifting heels up to bottom and using a heel to toe landing.	1. I can perform a marching action, lifting knees and elbows up to a 90° angle. 2. I can walk fluidly with a heel to toe landing. 3. I can walk fluidly, lifting knees up and using a heel to toe landing. 4. I can walk fluidly, lifting heels up to bottom and using a heel to toe landing.	1. I can walk fluidly, both forwards and backwards, lifting heel to bottom, knees up and with heel to toe landing. 2. I can lunge walk forwards (heel to bottom, knees up, extend leg forward and sink hips, heel to toe landing). 3. I can lunge walk forwards, bringing opposite elbow up to a	1. I can walk fluidly, both forwards and backwards, lifting heel to bottom, knees up and with heel to toe landing. 2. I can lunge walk forwards (heel to bottom, knees up, extend leg forward and sink hips, heel to toe landing). 3. I can lunge walk forwards, bringing opposite elbow up to a

					90° angle. 4. I can complete all red dynamic balance challenges with eyes closed.	90° angle. 4. I can complete all red dynamic balance challenges with eyes closed.
Autumn 2 Yellow Challenge Maintaining balance throughout:	Autumn 2 Green Challenge Maintaining balance throughout:	Autumn 2 Green Challenge Maintaining balance throughout:	Autumn 2 Red Challenge Maintaining balance throughout:	Autumn 2 Red Challenge Maintaining balance throughout:	Spring 2 Blue Challenge Maintaining balance and landing on a line:	Spring 2 Blue Challenge Maintaining balance and landing on a line:
1. I can jump from 2 feet to 2 feet forwards, backwards and side to side.	1. I can jump from 2 feet to 2 feet with a quarter turn in both directions. 2. I can stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).	1. I can jump from 2 feet to 2 feet with a quarter turn in both directions. 2. I can stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).	<ul style="list-style-type: none"> I can jump from 2 feet to 2 feet with 180° turn in either direction. I can complete a tucked jump. I can complete a tucked jump with 180° turn in either direction. 	<ul style="list-style-type: none"> I can jump from 2 feet to 2 feet with 180° turn in either direction. I can complete a tucked jump. I can complete a tucked jump with 180° turn in either direction. 	1. I can jump from 2 feet to 2 feet forwards, backwards and side-to-side. 2. I can hop forward and backwards, freezing on landing. 3. I can jump from 1 foot to the other forwards and backwards, freezing on landing.	1. I can jump from 2 feet to 2 feet forwards, backwards and side-to-side. 2. I can hop forward and backwards, freezing on landing. 3. I can jump from 1 foot to the other forwards and backwards, freezing on landing.

					<p>4. I can hop sideways, raising my knee and freezing on landing.</p> <p>5. I can jump from 1 foot to the other sideways, raising my knee and freezing on landing.</p>	<p>4. I can hop sideways, raising my knee and freezing on landing.</p> <p>5. I can jump from 1 foot to the other sideways, raising my knee and freezing on landing.</p>
<p>Spring 2</p> <p>Yellow Challenge</p> <p>With a partner, maintaining balance throughout:</p>	<p>Spring 2</p> <p>Green Challenge</p> <p>With a partner, maintaining balance throughout:</p>	<p>Spring 1</p> <p>Green Challenge</p> <p>With a partner, maintaining balance throughout:</p>	<p>Spring 1</p> <p>Red Challenge</p> <p>With a partner, maintaining balance throughout:</p>	<p>Spring 1</p> <p>Red Challenge</p> <p>With a partner, maintaining balance throughout:</p>	<p>Spring 1</p> <p>Blue Challenge</p> <p>With a partner, maintaining balance throughout:</p>	<p>Spring 1</p> <p>Blue Challenge</p> <p>With a partner, maintaining balance throughout:</p>
<p>1. I can sit holding hands with toes touching, lean in together then apart.</p> <p>2. I can sit holding 1 hand with toes touching, lean in together then apart.</p>	<p>1. I can hold on and, with a long base, lean back, hold our balance and move back together again.</p> <p>2. I can hold on with 1 hand and, with a long base,</p>	<p>1. I can hold on and, with a long base, lean back, hold our balance and move back together again.</p> <p>2. I can hold on with 1 hand and, with a long base,</p>	<p>1. I can hold and, with a short base, lean back, hold our balance and then move back together.</p> <p>2. I can hold on with 1 hand and, with a short base, lean back, hold our</p>	<p>1. I can hold and, with a short base, lean back, hold our balance and then move back together.</p> <p>2. I can hold on with 1 hand and, with a short base, lean back, hold our</p>	<p>1. I can stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together.</p> <p>2. I can stand on 1 leg while holding on to my partner's opposite leg.</p>	<p>1. I can stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together.</p> <p>2. I can stand on 1 leg while holding on to my partner's opposite leg.</p>

<p>3. I can sit holding hands with toes touching and rock forwards, backwards and side-to-side.</p>	<p>lean back, hold our balance and move back together again.</p>	<p>lean back, hold our balance and move back together again.</p>	<p>balance and then move back together.</p> <p>3. I can perform both short base challenges with eyes closed.</p>	<p>balance and then move back together.</p> <p>3. I can perform both short base challenges with eyes closed.</p>		
<p>Summer 1</p> <p>Yellow Challenge</p> <p>With right and left hand against a wall or with a partner (3 and 5 metre distance):</p> <p>1. I can roll a large ball and collect the rebound.</p> <p>2. I can roll a small ball and collect the rebound.</p> <p>3. I can throw a large ball and catch the rebound with 2 hands.</p>	<p>Summer 1</p> <p>Green Challenge</p> <p>With right and left hand, against a wall or with a partner (3 - 5 metre distance):</p> <p>1. I can throw a tennis ball and catch it with the same hand after 1 bounce.</p> <p>2. I can throw a tennis ball and catch it with the same hand without a bounce.</p> <p>3. I can throw a tennis ball and catch it with the other hand after 1</p>	<p>Summer 1</p> <p>Green Challenge</p> <p>With right and left hand, against a wall or with a partner (3 - 5 metre distance):</p> <p>1. I can throw a tennis ball and catch it with the same hand after 1 bounce.</p> <p>2. I can throw a tennis ball and catch it with the same hand without a bounce.</p> <p>3. I can throw a tennis ball and catch it with the other hand after 1</p>	<p>Summer 1</p> <p>Red Challenge</p> <p>With both right and left hand/foot, against a wall or with a partner (at least 5 times in a row):</p> <p>1. I can strike a ball with alternate hands in a rally.</p> <p>2. I can kick a ball with the same foot.</p> <p>3. I can kick a ball with alternate feet.</p> <p>4. I can roll 2 balls alternately using both</p>	<p>Summer 1</p> <p>Red Challenge</p> <p>With both right and left hand/foot, against a wall or with a partner (at least 5 times in a row):</p> <p>1. I can strike a ball with alternate hands in a rally.</p> <p>2. I can kick a ball with the same foot.</p> <p>3. I can kick a ball with alternate feet.</p> <p>4. I can roll 2 balls alternately using both</p>	<p>Summer 2</p> <p>Blue Challenge</p> <p>With right and left hand:</p> <p>1. I can alternately throw and catch 2 tennis balls against a wall.</p> <p>2. I can throw 2 tennis balls against a wall and catch them with the opposite hand (cross-over).</p> <p>3. I can throw 2 tennis balls against a wall in a circuit, in both directions.</p>	<p>Summer 2</p> <p>Blue Challenge</p> <p>With right and left hand:</p> <p>1. I can alternately throw and catch 2 tennis balls against a wall.</p> <p>2. I can throw 2 tennis balls against a wall and catch them with the opposite hand (cross-over).</p> <p>3. I can throw 2 tennis balls against a wall in a circuit, in both directions.</p>

	<p>bounce.</p> <p>4. I can throw a tennis ball and catch it with the other hand without a bounce.</p> <p>5. I can strike a large, soft ball along the ground with my hand 5 times in a rally.</p>	<p>bounce.</p> <p>4. I can throw a tennis ball and catch it with the other hand without a bounce.</p> <p>5. I can strike a large, soft ball along the ground with my hand 5 times in a rally.</p>	<p>hands, sending 1 as the other is returning.</p>	<p>hands, sending 1 as the other is returning.</p>		
<p>Spring 2</p> <p>Yellow Challenge</p> <p>With fluency and control:</p> <p>1. I can side-step in both directions.</p> <p>2. I can gallop, leading with either foot.</p> <p>3. I can hop on either foot.</p> <p>4. I can skip.</p>	<p>Spring 2</p> <p>Green Challenge</p> <p>With fluency and control:</p> <p>1. I can combine side-steps with 180° front pivots off either foot.</p> <p>2. I can combine side-steps with 180° reverse pivots off either foot.</p> <p>3. I can skip with knee and opposite</p>	<p>Spring 2</p> <p>Green Challenge</p> <p>With fluency and control:</p> <p>1. I can combine side-steps with 180° front pivots off either foot.</p> <p>2. I can combine side-steps with 180° reverse pivots off either foot.</p> <p>3. I can skip with knee and opposite</p>	<p>Spring 2</p> <p>Red Challenge</p> <p>With fluency and control, starting slowly and then at maximum speed:</p> <p>1. I can hopscotch forwards and backwards, alternating my hopping leg each time.</p> <p>2. I can complete 3 step zigzag patterns forwards.</p>	<p>Spring 2</p> <p>Red Challenge</p> <p>With fluency and control, starting slowly and then at maximum speed:</p> <p>1. I can hopscotch forwards and backwards, alternating my hopping leg each time.</p> <p>2. I can complete 3 step zigzag patterns forwards.</p>	<p>Autumn 1</p> <p>Blue Challenge</p> <p>With fluency and control, starting slowly and then at maximum speed:</p> <p>1. I can combine 3 step zigzag patterns with cross-over (swerve) when I change my lead leg (crossing my back leg over my lead leg, planting it on the floor).</p>	<p>Autumn 1</p> <p>Blue Challenge</p> <p>With fluency and control, starting slowly and then at maximum speed:</p> <p>1. I can combine 3 step zigzag patterns with cross-over (swerve) when I change my lead leg (crossing my back leg over my lead leg, planting it on the floor).</p>

	<p>elbow both at 90° angle.</p> <p>4. I can hopscotch forwards and backwards, hopping on the same leg (right and left).</p>	<p>elbow both at 90° angle.</p> <p>4. I can hopscotch forwards and backwards, hopping on the same leg (right and left).</p>	<p>3. I can complete 3 step zigzag patterns backwards.</p>	<p>3. I can complete 3 step zigzag patterns backwards.</p>	<p>2. I can move in a 3 step zigzag pattern, with a knee raise across my body just before I change lead leg and direction.</p> <p>3. I can move in a 3 step zigzag pattern, lifting my foot up behind me just before I change lead leg and direction.</p>	<p>2. I can move in a 3 step zigzag pattern, with a knee raise across my body just before I change lead leg and direction.</p> <p>3. I can move in a 3 step zigzag pattern, lifting my foot up behind me just before I change lead leg and direction.</p>
<p>autumn 1</p> <p>Yellow Challenge</p> <p>Maintaining control:</p> <p>1. I can sit and roll a ball along the floor around my body using 2 hands.</p> <p>2. I can sit and roll a ball along the floor around my body using 1</p>	<p>Autumn 1</p> <p>Green Challenge</p> <p>With both right and left hand, maintaining control:</p> <p>1. I can sit and roll a ball up and down my legs and round my upper body using 1 hand.</p> <p>2. I can stand</p>	<p>Autumn 1</p> <p>Green Challenge</p> <p>With both right and left hand, maintaining control:</p> <p>3. I can sit and roll a ball up and down my legs and round my upper body using 1 hand.</p> <p>4. I can stand</p>	<p>Autumn 1</p> <p>Red Challenge</p> <p>In less than 20 seconds and in both directions, maintaining control:</p> <p>1. I can stand with my legs apart and move a ball around one leg 16 times (right and left leg).</p>	<p>Autumn 1</p> <p>Red Challenge</p> <p>In less than 20 seconds and in both directions, maintaining control:</p> <p>4. I can stand with my legs apart and move a ball around one leg 16 times (right and left leg).</p>	<p>Summer 1</p> <p>Blue Challenge</p> <p>In less than 20 seconds and in both directions, maintaining control:</p> <p>• I can stand with my legs apart and move a ball in a figure of 8 around both legs 12 times.</p> <p>• I can move a</p>	<p>Summer 1</p> <p>Blue Challenge</p> <p>In less than 20 seconds and in both directions, maintaining control:</p> <p>• I can stand with my legs apart and move a ball in a figure of 8 around both legs 12 times.</p> <p>• I can move a</p>

<p>hand (right and left).</p> <p>3. I can sit and roll a ball down to my toes and back up, then around my upper body using 2 hands.</p> <p>4. I can stand and roll a ball down to my toes and back up, then round my upper body using 2 hands.</p>	<p>and roll a ball up and down my legs and round my upper body using 1 hand.</p>	<p>and roll a ball up and down my legs and round my upper body using 1 hand.</p>	<p>2. I can move a ball round my waist 17 times.</p> <p>3. I can stand with my legs apart and move a ball around alternate legs 16 times.</p>	<p>5. I can move a ball round my waist 17 times.</p> <p>6. I can stand with my legs apart and move a ball around alternate legs 16 times.</p>	<p>ball around my waist into a figure of 8 around both legs 10 times.</p> <ul style="list-style-type: none"> I can move a ball around my waist and then around alternate legs 12 times. I can stand with my legs apart, hold the ball between them with 1 hand round the front and the other round the back and swap hand positions 24 times ('criss-cross'), initially with a bounce and then without a bounce. 	<p>ball around my waist into a figure of 8 around both legs 10 times.</p> <ul style="list-style-type: none"> I can move a ball around my waist and then around alternate legs 12 times. I can stand with my legs apart, hold the ball between them with 1 hand round the front and the other round the back and swap hand positions 24 times ('criss-cross'), initially with a bounce and then without a bounce.
<p>Summer 2</p> <p>Yellow Challenge</p> <p>Over a distance of up to 10 metres and turning</p>	<p>Summer 2</p> <p>Green Challenge</p> <p>Over a distance of up to 10 metres and turning</p>	<p>Summer 2 Green Challenge</p> <p>Over a distance of up to 10 metres and turning both ways:</p>	<p>Summer 2</p> <p>Red Challenge</p> <p>Over a distance of up to 10 metres and turning</p>	<p>Summer 2</p> <p>Red Challenge</p> <p>Over a distance of up to 10 metres and turning</p>	<p>Summer 2</p> <p>Blue Challenge</p> <p>Over a distance of up to 10 metres and turning</p>	<p>Summer 2</p> <p>Blue Challenge</p> <p>Over a distance of up to 10 metres and turning</p>

<p>both ways:</p> <ol style="list-style-type: none"> I can roll a ball, chase and collect it in a balanced position facing the opposite direction. I can chase a ball rolled by a partner and collect it in a balanced position facing the opposite direction. 	<p>both ways:</p> <ol style="list-style-type: none"> Starting in a seated/lying position, I can throw a bouncing ball, chase and collect it in a balanced position facing the opposite direction. Starting in a seated/lying position, I can chase a bouncing ball fed by a partner and collect it in a balanced position facing the opposite direction. 	<ol style="list-style-type: none"> Starting in a seated/lying position, I can throw a bouncing ball, chase and collect it in a balanced position facing the opposite direction. Starting in a seated/lying position, I can chase a bouncing ball fed by a partner and collect it in a balanced position facing the opposite direction. 	<p>both ways:</p> <ol style="list-style-type: none"> I can chase a large rolled ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction. I can chase a large bouncing ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction. I can complete the above challenges using a tennis ball. 	<p>both ways:</p> <ol style="list-style-type: none"> I can chase a large rolled ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction. I can chase a large bouncing ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction. I can complete the above challenges using a tennis ball. 	<p>both ways:</p> <ol style="list-style-type: none"> I can roll and chase a large ball, stopping it with m knee sideways onto the ball (long barrier position) facing the opposite direction. I can do the above challenge with a tennis ball. I can roll and chase a large ball, stopping it with my head in a front support position facing the opposite direction. 	<p>both ways:</p> <ol style="list-style-type: none"> I can roll and chase a large ball, stopping it with m knee sideways onto the ball (long barrier position) facing the opposite direction. I can do the above challenge with a tennis ball. I can roll and chase a large ball, stopping it with my head in a front support position facing the opposite direction.
<p>Summer 1</p> <p>Yellow Challenge</p> <p>From a distance of 1, 2 and 3 metres:</p> <ol style="list-style-type: none"> I can react and 	<p>Summer 1</p> <p>Green Challenge</p> <p>From a distance of 1, 2 and 3 metres:</p> <ol style="list-style-type: none"> I can react 	<p>Summer 1</p> <p>Green Challenge</p> <p>From a distance of 1, 2 and 3 metres:</p> <ol style="list-style-type: none"> I can react 	<p>Summer 1</p> <p>Red Challenge</p> <p>From a distance of 1, 2, and 3 metres:</p> <ol style="list-style-type: none"> I can react 	<p>Summer 1</p> <p>Red Challenge</p> <p>From a distance of 1, 2, and 3 metres:</p> <ol style="list-style-type: none"> I can react 	<p>Autumn 1</p> <p>Blue Challenge</p> <p>From a distance of 1, 2, and 3 metres:</p> <ol style="list-style-type: none"> I can react and 	<p>Autumn 1</p> <p>Blue Challenge</p> <p>From a distance of 1, 2, and 3 metres:</p> <ol style="list-style-type: none"> I can react and

<p>catch a large ball dropped from shoulder height after 2 bounces.</p> <p>2. I can react and catch a large ball dropped from shoulder height after 1 bounce.</p>	<p>quickly and catch a tennis ball dropped from shoulder height after 1 bounce.</p>	<p>quickly and catch a tennis ball dropped from shoulder height after 1 bounce.</p>	<p>quickly and catch a tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p>	<p>quickly and catch a tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p>	<p>step across my body, bring my hand across my body and catch a tennis ball after 1 bounce.</p>	<p>step across my body, bring my hand across my body and catch a tennis ball after 1 bounce.</p>
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