








Progression of Skills



Shape	Balance	Travel	Flight	Rotation
Exceeding				
 <ul style="list-style-type: none"> Perform (Consolidated) Trickiest Shape skills (1/2/3) combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Trickiest Balance skills (1/2/3) combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Trickiest Travel skills (1/2/3) combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Trickiest Flight skills (1/2/3) combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Trickiest Rotation skills (1/2/3) combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7)
 <ul style="list-style-type: none"> Perform (Consolidated) Trickier Shape skills (1/2/3) combined with two or more of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Trickier Balance skills (1/2/3) combined with two or more of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Trickier Travel skills (Travel 1/2/3) combined with two or more of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Trickier Flight skills (Flight 1/2/3) combined with two or more of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Trickier Rotation skills (Rotation 1/2/3) combined with two or more of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7)

Expected end of upper KS2				
 <ul style="list-style-type: none"> Perform (Consolidated) Trickiest Shape skills on the floor (1/2/3). Perform (Consolidated) Trickier Shape skills combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Trickiest Balance skills on the floor (1/2/3). Perform (Consolidated) Trickier Balance skills combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Trickiest Travel skills on the floor (1/2/3). Perform (Consolidated) Trickier Travel skills combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Trickiest Flight skills on the floor (1/2/3). Perform (Consolidated) Trickier Flight skills combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Trickiest Rotation skills on the floor (1/2/3). Perform (Consolidated) Trickier Rotation skills combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7)

Expected end of lower KS2				
 <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7)

Expected end of KS1				
 <ul style="list-style-type: none"> Perform (Consolidated) Tricky Shape skills on the floor (1/2/3). Explore Tricky Shape skills (1/2/3) combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Tricky Balance skills on the floor (1/2/3). Explore Tricky Balance skills (1/2/3) combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Tricky Travel skills on the floor (1/2/3). Explore Tricky Travel skills (1/2/3) combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Tricky Flight skills on the floor (1/2/3). Explore Tricky Flight skills (1/2/3) combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7) 	<ul style="list-style-type: none"> Perform (Consolidated) Tricky Rotation skills on the floor (1/2/3). Explore Tricky Rotation skills (1/2/3) combined with one of the following: <ul style="list-style-type: none"> Hand Apparatus (4) Low Apparatus (5) Partner/s (6) Large Apparatus (7)

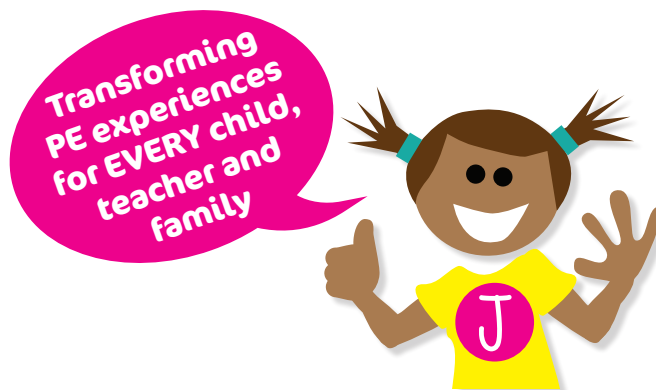
Fundamental Movement Skills Links:				
Shape	Balance	Travel	Flight	Rotation
Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: Stance	Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: With a Partner	Dynamic Balance: On a Line Dynamic Balance: Jumping and Landing Coordination: Footwork	Dynamic Balance: Jumping and Landing Coordination: Footwork	Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Dynamic Balance: On a Line





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