

PE End of Year Milestones

	Static balance: one leg	Static balance: floor work	Dynamic balance: on a line	Counter balance: in pairs	Coordination: ball skills	Agility: ball chasing
Nursery	<p>Stand still for 10 seconds with</p> <ul style="list-style-type: none"> • Minimum wobble • Standing foot still • Non-standing foot off the floor 	<ol style="list-style-type: none"> 1. Hold mini-front support position with... 2. Reach round and point to ceiling with either hand in mini-front support with... <ul style="list-style-type: none"> • Balance maintained throughout. • Correct position held. • Control when changing balance/position. 	<ol style="list-style-type: none"> 1. Walk forwards with fluidity and minimum wobble with... 2. Walk backwards with fluidity and minimum wobble with... <ul style="list-style-type: none"> • Smooth movements • Balance maintained on the line • Opposite arm and leg moving forwards 	<ol style="list-style-type: none"> 1. Sit holding hands with toes touching, lean in together then apart with... 2. Sit holding 1 hand with toes touching, lean in together then apart with... 3. Sit holding hands with toes touching and rock forwards, backwards and side-to-side with... <ul style="list-style-type: none"> • Balance maintained throughout. 	<ol style="list-style-type: none"> 1. Sit and roll a ball along the floor around body using 2 hands with... 2. Sit and roll a ball along the floor around body using 1 hand (right and left) with... 3. Sit and roll a ball down legs and around upper body using 2 hands with... 4. Stand and roll a ball up and down legs and round upper body using 2 hands with... <ul style="list-style-type: none"> • Ability to move the 	<ol style="list-style-type: none"> 1. Roll a ball, chase and collect in balanced position facing opposite direction with... 2. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction with... <ul style="list-style-type: none"> • Control when starting and stopping quickly • Timing to get in the right position • Balance/control when collecting the ball.

				<ul style="list-style-type: none"> • Smooth, controlled movements • Coordinated movements with partner 	ball in both directions <ul style="list-style-type: none"> • Control of the ball maintained throughout • Smooth movements with the ball 	
Reception	Stand still for 30 seconds <ul style="list-style-type: none"> • Complete 5 mini-squats with... • Minimum wobble(control) • Standing foot still Non-standing foot off the floor. 	<ol style="list-style-type: none"> 1. Place cone on back and take it off with other hand in mini-front support with... 2. Hold mini-back support position with... 3. Place cone on tummy and take it off with other hand in mini-back support with... <ul style="list-style-type: none"> • Balance maintained throughout. • Correct position held by keeping back straight. • Control when changing balance/position. 	<ol style="list-style-type: none"> 1. Walk fluidly, lifting knees to 90 degrees with... 2. Walk fluidly, lifting heels to bottom with... <ul style="list-style-type: none"> • smooth controlled movements and minimum wobble. • Balance maintained on the line • Opposite arm and leg moving forwards 	<ol style="list-style-type: none"> 1. Hold on and, with a long base, lean back, hold balance and then move back together with... 2. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together with ... <ul style="list-style-type: none"> • Balance maintained throughout • Smooth, controlled movements 	<ol style="list-style-type: none"> 1. Sit and roll a ball up and down legs and round upper body using 1 hand with... 2. Stand and roll a ball up and down legs and round upper body using 1 hand with... <ul style="list-style-type: none"> • Ability to move the ball in both directions • Control of the ball maintained throughout • Smooth movements with the ball 	<ol style="list-style-type: none"> 1. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction with... 2. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in a balanced position facing opposite direction with... <ul style="list-style-type: none"> • Control when starting and stopping quickly • Timing and movement to

				<ul style="list-style-type: none"> Coordinated movements with partner. 		<p>get in the right position</p> <ul style="list-style-type: none"> Balance/control when collecting the ball
Year 1	<p>On both legs:</p> <ol style="list-style-type: none"> Stand still for 30 seconds with eyes closed with... <ul style="list-style-type: none"> Minimum wobble (control) Smooth, controlled movements Non-standing foot off the floor 	<ol style="list-style-type: none"> Hold full support position with... <ul style="list-style-type: none"> Balance maintained throughout. Correct position held by keeping back straight. Control when changing balance/control. 	<ol style="list-style-type: none"> March, lifting knees and elbows to 90 degrees angle with... <ul style="list-style-type: none"> Smooth, controlled movements and minimum wobble. Balance maintained on the line. Opposite arm and leg moving forwards smoothly. 	<ol style="list-style-type: none"> Hold on and, with a short base, lean back, hold balance and then move back together with... <ul style="list-style-type: none"> Balance maintained throughout Smooth, controlled movements Coordinated and controlled movements with partner. 	<ol style="list-style-type: none"> Stand with legs apart and move a ball around 1 leg 16 times (right and left leg) with... <ul style="list-style-type: none"> Control of the ball maintained Ability to complete challenges in both directions consistently and smoothly. Smooth movements with the ball. 	<ol style="list-style-type: none"> Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction with... <ul style="list-style-type: none"> Control when starting and stopping quickly Timing and movement to get in the right position Balance/control when collecting the ball
Year 2	<p>On both legs:</p> <ol style="list-style-type: none"> Stand still for 30 seconds with eyes closed with... Complete 5 squats with... Complete 5 ankle extensions with... 	<ol style="list-style-type: none"> Hold full support position with... Lift 1 arm and point to the ceiling with either hand in front 	<ol style="list-style-type: none"> March, lifting knees and elbows to 90 degrees angle with... Walk fluidly with heel to 	<ol style="list-style-type: none"> Hold on and, with a short base, lean back, hold balance and then move back 	<ol style="list-style-type: none"> Stand with legs apart and move a ball around 1 leg 16 times 	<ol style="list-style-type: none"> Chase a large rolled ball, let it roll through legs and then collect it in balanced position

	<ul style="list-style-type: none"> Minimum wobble (control) Smooth, controlled movements <p>Non-standing foot off the floor</p>	<p>3. support with... Transfer cone on and off back in front support with...</p> <ul style="list-style-type: none"> Balance maintained throughout. Correct position held by keeping back straight. Control when changing balance/control. 	<p>3. tow landing with... Walk fluidly, lifting knees and using heel to toe landing with...</p> <ul style="list-style-type: none"> Smooth, controlled movements and minimum wobble. Balance maintained on the line. Opposite arm and leg moving forwards smoothly. 	<p>2. together with... Hold on with one hand and, with a short base, lean back, hold balance and then move back together with...</p> <p>3. Perform above challenges with eyes closed with...</p> <ul style="list-style-type: none"> Balance maintained throughout Smooth, controlled movements Coordinated and controlled movements with partner. 	<p>2. (right and left leg) with... Move a ball round waist 17 times with...</p> <p>3. Stand with legs apart and move a ball around alternate legs 16 times with...</p> <ul style="list-style-type: none"> Control of the ball maintained Ability to complete challenges in both directions consistently and smoothly. Smooth movements with the ball. 	<p>2. facing the opposite direction with... Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction with...</p> <p>3. Complete above challenges with tennis balls with...</p> <ul style="list-style-type: none"> Control when starting and stopping quickly Timing and movement to get in the right position Balance/control when collecting the ball
Year 3	<p>On both legs:</p> <p>1. Stand still on uneven surface for 30 seconds with...</p>	<p>1. Transfer tennis ball on and off back in a front support with...</p> <ul style="list-style-type: none"> Good posture, straight back. 	<p>1. Walk fluidly, forwards and backwards, lifting heel to bottom,</p>	<p>1. Stand on 1 leg holding with 1 hand, lean back, hold balance and then move</p>	<p>In 20 seconds or less:</p> <p>1. Stand with legs apart and move ball in figure of 4 around</p>	<p>1. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing</p>

	<p>2. Stand still on uneven surface for 30 seconds with eyes closed with...</p> <ul style="list-style-type: none"> Stability; Smooth, controlled movements Consistent performance 	<ul style="list-style-type: none"> Balance held without strain. Control while transferring objects. 	<p>2. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing) with...</p> <ul style="list-style-type: none"> Balance maintained on the line Opposite arm and leg driving forwards. Fluidity and minimum wobble 	<p>back together with...</p> <ul style="list-style-type: none"> Balance maintained throughout Smooth, controlled movements Coordinated movements with partner 	<p>both legs 12 times with...</p> <p>2. Move ball around waist into figure of 8 around both legs 10 times with...</p> <ul style="list-style-type: none"> Smooth movements with the ball Ability to complete challenges in both directions consistently and smoothly Fluidity when changing hands 	<p>opposite direction with...</p> <ul style="list-style-type: none"> Ability to turn over either shoulder Timing to get in the right position Balance/control when collecting the ball
Year 4	<p>On both legs:</p> <p>1. Stand still on uneven surface for 30 seconds with...</p> <p>2. Stand still on uneven surface for 30 seconds with eyes closed with...</p> <p>3. complete 10 squats into ankle extensions with...</p> <p>4. complete 5 squats with eyes closed with...</p> <ul style="list-style-type: none"> Stability; 	<p>1. Transfer tennis ball on and off back in a front support with...</p> <p>2. Transfer cone on and off tunny in back support with...</p> <p>3. Transfer tennis ball</p>	<p>1. Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing with...</p> <p>2. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing) with...</p> <p>3. Lunge walk forwards, bringing opposite</p>	<p>1. Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together with...</p> <p>2. Stand on 1 leg while holding onto partners</p>	<p>In 20 seconds or less:</p> <p>1. Stand with legs apart and move ball in figure of 4 around both legs 12 times with...</p> <p>2. Move ball around waist into figure of 8 around both legs 10 times with...</p> <p>3. Move ball around waist and then</p>	<p>1. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction with...</p>

	<ul style="list-style-type: none"> • Smooth, controlled movements • Consistent performance 	<p>on and off tummy in back support with...</p> <ul style="list-style-type: none"> • Good posture, straight back. • Balance held without strain. • Control while transferring objects. 	<p>elbow up to 90-degree angle with...</p> <p>4. complete all red challenges with eyes closed with...</p> <ul style="list-style-type: none"> • Balance maintained on the line • Opposite arm and leg driving forwards. • Fluidity and minimum wobble 	<p>opposite foot with...</p> <ul style="list-style-type: none"> • Balance maintained throughout • Smooth, controlled movements • Coordinated movements with partner 	<p>alternate legs 12 times with...</p> <p>4. Stand with legs apart and perform 24 criss-crosses with and then without a bounce with...</p> <ul style="list-style-type: none"> • Smooth movements with the ball • Ability to complete challenges in both directions consistently and smoothly • Fluidity when changing hands 	<p>2. Perform above challenges with tennis ball with...</p> <p>3. Roll and chase large ball, stopping it with head in front position facing opposite position with...</p> <ul style="list-style-type: none"> • Ability to turn over either shoulder • Timing to get in the right position • Balance/control when collecting the ball
Year 5	<p>On both legs:</p> <ol style="list-style-type: none"> 1. Complete 5 ankle extensions with eyes closed with... 2. Complete 10 squats into ankle extensions with eyes closed with... 3. Complete above 2 challenges 	<ol style="list-style-type: none"> 1. Hold front support position with only 1 foot in contact with floor and transfer cone on and off back with ... 2. Rotate fluently from front support to back 	<ol style="list-style-type: none"> 1. Sidestep in both directions with... 2. Stand sideways and complete continuous 180 degree reverse pivots with... 3. Move sideways, stepping 	<ol style="list-style-type: none"> 1. Complete all blue challenges with eyes closed with... 2. Step onto bench facing partner, hold with both hands with feet side by side, lean back, hold 	<p>In 20 seconds or less:</p> <ol style="list-style-type: none"> 1. Stand with legs apart and complete 20 front to back catches with a bounce in-between with... 2. Perform above 30 times without ball bouncing in 	<ol style="list-style-type: none"> 1. Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce with... 2. Stand facing away from partner, who feeds ball overhead, react and catch it after 1 bounce with...

	<p>with eyes open with...</p> <p>4. Complete first 2 challenges on uneven surface with eyes closed with...</p> <ul style="list-style-type: none"> Stability. Smooth, controlled movements Consistent performance. 	<p>support, and then continue rotating with fluency with...</p> <ul style="list-style-type: none"> Good posture (straight back) Balance held without strain. Control while rotating. 	<p>across body (lateral step-over) with...</p> <p>4. Perform 'grapevines' (step-over, sidestep, step-behind, repeat) with...</p> <p>5. Complete blue challenges then above with eyes closed with...</p> <ul style="list-style-type: none"> Balance maintained on the line Opposite arm and leg driving forward Fluidity and minimum wobble 	<p>and then move back together with...</p> <p>3. Step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms with...</p> <ul style="list-style-type: none"> Balance maintained throughout Smooth, controlled movements Coordinated movements 	<p>between with...</p> <p>3. Complete above tasks with head up throughout with...</p> <p>4. Complete 11 overhead throw and catches with...</p> <ul style="list-style-type: none"> Smooth movements with the ball Ability to complete challenges in both directions consistently and smoothly Fluidity when changing hands. 	<ul style="list-style-type: none"> Ability to turnover either shoulder and catch the ball Timing to get in the right position Balance/control when collecting the ball
Year 6	<p>On both legs:</p> <p>1. Place cones at 12, 3, 6 and 9 O'clock on imaginary clock face and pick them up with the same hand with...</p>	<p>1. Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back with...</p> <p>2. Hold front support position</p>	<p>1. Lunge walk backwards.</p> <p>2. Lunge walk backwards with opposite elbow at 90 degrees with...</p>	<p>1. Stand on a line facing partner, hold with both hands, lean back and then swap places whilst</p>	<p>In 20 seconds or less:</p> <p>1. Complete 12 long circles (forwards and then backwards) with...</p> <p>2. Complete 20 over the</p>	<p>1. Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce with...</p>

	<p>2. Perform above challenge with...</p> <p>3. Stand on 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...</p> <ul style="list-style-type: none"> • Stability. • Smooth, controlled movements. • Consistent performance. 	<p>with only 1 foot in contact with floor and transfer tennis ball on and off back with eyes closed with...</p> <ul style="list-style-type: none"> • Good posture maintained • Balance held without strain • Control while transferring objects with eyes closed. 	<p>3. Lunge walk along curved pathway, forwards then backwards, with opposite elbow at 90 degrees with...</p> <p>4. Perform above challenges with eyes closed with...</p> <ul style="list-style-type: none"> • Balance maintained on the line • Opposite arm and leg driving forwards • Fluidity and minimum wobble 	<p>maintaining counter balance position with...</p> <p>2. Stand on a low beam facing partner, hold with both hands then swap places whilst maintaining counter balance position with...</p> <ul style="list-style-type: none"> • Balance maintained throughout. • Smooth, controlled movements • Coordinated movements 	<p>opposite shoulder and catches with the same hand 20 times (with either hand, in both directions) with...</p> <ul style="list-style-type: none"> • Smooth movements with the ball • Ability to complete challenges in both directions consistently and smoothly • Fluidity when changing hands. 	<p>2. Perform above challenge but catch ball on instep of foot and lower it to the ground with...</p> <ul style="list-style-type: none"> • Ability to turn over either shoulder and catch the ball between the knees • Timing to get I the right position • Balance/control when collecting the ball.

Continuation of PE end of year milestones

	Static balance: seated	Static balance: stance	Dynamic balance: jumping and landing	Coordination: sending and receiving	Coordination: footwork	Agility: action and response
Nursery	<p>In a seated position:</p> <ol style="list-style-type: none"> Balance with both hands/feet down with... Balance with 1 hand/2 feet down with... Balance with 2 hands/1 foot down with... Balance with 1 hand/1 foot down with... Balance with 1 hand or 1 foot down with... Balance with no hands or feet down with... <ul style="list-style-type: none"> Hands/feet up for 10 seconds Minimum wobble (control) Balance held without strain 	<ol style="list-style-type: none"> Stand on a line with good stance for 10 seconds with... <ul style="list-style-type: none"> Both feet facing forwards Feet still Minimum wobble (control) 	<ol style="list-style-type: none"> Jump from 2 feet to 2 feet forwards, backwards and side-to-side with... <ul style="list-style-type: none"> Good take off and height Balance and control on landing Soft landings 	<ol style="list-style-type: none"> Roll large ball and collect the rebound with... Roll small ball and collect the rebound with... Throw large ball and catch the rebound with... <ul style="list-style-type: none"> Accuracy when sending Appropriate power/height when sending A good position when receiving 	<ol style="list-style-type: none"> Side step in both directions with... Gallop, leading with either foot with... Hop on either foot with... Skip with... <ul style="list-style-type: none"> Good control Good balance Smooth movements 	<p>From 1 metre:</p> <ol style="list-style-type: none"> React and catch tennis ball dropped from shoulder height after 1 bounce with... <ul style="list-style-type: none"> Quick reaction Quick controlled movement Control when slowing down after catch

<p>Reception</p>	<p>In a seated position:</p> <ol style="list-style-type: none"> 1. Pick up a cone from one side, swap hands and place it on the other side with... 2. Return the cone to the opposite side with... <ul style="list-style-type: none"> • Feet and hands off the floor throughout • Minimum wobble • Balance held without strain 	<ol style="list-style-type: none"> 1. Stand on a low beam with good stance for 10 seconds with... <ul style="list-style-type: none"> • Both feet facing forwards • Feet still • Minimum wobble (control) 	<ol style="list-style-type: none"> 1. Jump from 2 feet to 2 feet with quarter turn in both directions with... 2. Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot) with... <ul style="list-style-type: none"> • Good take off and height • Balance and control on landing • Soft landings 	<ol style="list-style-type: none"> 1. Throw tennis ball, catch rebound with same hand after 1 bounce with... 2. Throw tennis ball, catch rebound with same hand with... 3. Throw tennis ball, catch rebound with other hand after 1 bounce with... 4. Throw tennis ball, catch rebound with other hand without bounce with... 5. Strike large, soft ball along ground with hand 5 times in a rally with... <ul style="list-style-type: none"> • Accuracy when sending • Appropriate power/weight when sending • A good position when receiving 	<ol style="list-style-type: none"> 1. Combine side-steps with 180-degree front pivots off either foot with... 2. Combine side-steps with 180-degree reverse pivots off either foot with... 3. Skip with knee and opposite elbow at 90-degree angle with... 4. Hopscotch forwards and backwards, hopping on the same leg (right and left) with... <ul style="list-style-type: none"> • Balance and control throughout • Fluent, smooth movements • Movements performed in both 	<p>From 1 and 2 metres:</p> <ol style="list-style-type: none"> 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg with... <ul style="list-style-type: none"> • Quick reaction • Quick controlled movement • Control when slowing down after catch
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					directions/on both sides	
Year 1	<p>In a seated position:</p> <ol style="list-style-type: none"> 1. Pick up a cone from one side and place it on the other side with same hand with... <ul style="list-style-type: none"> • Feet and hands off floor throughout • Minimum wobble • Balance held without strain 	<p>On a line/low beam:</p> <ol style="list-style-type: none"> 1. Receive a small force from various angles with... 2. Raise alternate feet 5 times with... <ul style="list-style-type: none"> • Both feet facing forwards • Balance maintained throughout • Minimum wobble (control) 	<ol style="list-style-type: none"> 1. Jump from 2 feet to 2 feet with 180 degrees turn in either direction with... <ul style="list-style-type: none"> • Good take off and height • Balance and control on landing • Soft landings 	<ol style="list-style-type: none"> 1. Strike a call with alternate hands in a rally with... <ul style="list-style-type: none"> • Accuracy and weight when sending • A good position when receiving • Fluency/rhythm throughout 	<ol style="list-style-type: none"> 1. Hopscotch forwards and backwards, alternating hopping leg each time with... <ul style="list-style-type: none"> • Balance and control throughout • Fluent and smooth movements • Movements performed in both directions/on both sides 	<p>From 1 and 2 metres:</p> <ol style="list-style-type: none"> 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg with... <ul style="list-style-type: none"> • Quick reaction • Quick controlled movement • Control when slowing down after catch
Year 2	<p>In a seated position:</p> <ol style="list-style-type: none"> 1. Pick up a cone from one side and place it on the other side with same hand with... 2. Return it to the opposite 	<p>On a line/low beam:</p> <ol style="list-style-type: none"> 1. Receive a small force from various angles with... 2. Raise alternate feet 5 times with... 3. Raise alternate knees 5 times with... <p>Catch ball at chest height and throw it back with...</p>	<ol style="list-style-type: none"> 1. Jump from 2 feet to 2 feet with 180 degrees turn in either direction with... 2. Complete a tucked jump 3. Complete a tucked jump with 180 degrees turn in either direction with... <ul style="list-style-type: none"> • Good take off and height 	<ol style="list-style-type: none"> 1. Strike a call with alternate hands in a rally with... 2. Kick a ball with the same foot with... 3. Kick a call with alternate feet. Roll 2 	<ol style="list-style-type: none"> 1. Hopscotch forwards and backwards, alternating hopping leg each time with... 2. Move in a 3-step zigzag pattern forwards with... 3. Move in a 3-step zigzag pattern backwards with... <ul style="list-style-type: none"> • Balance and control throughout 	<p>From 1, 2 and 3 metres:</p> <ol style="list-style-type: none"> 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg with... <ul style="list-style-type: none"> • Quick reaction • Quick controlled movement

	<p>side using the other hand with...</p> <p>3. Sit on a dish shape and hold it for 5 seconds with...</p> <ul style="list-style-type: none"> Feet and hands off floor throughout Minimum wobble Balance held without strain 	<ul style="list-style-type: none"> Both feet facing forwards Balance maintained throughout Minimum wobble (control) 	<ul style="list-style-type: none"> Balance and control on landing Soft landings 	<p>balls alternately using both hands, sending 1 as the other is returning with...</p> <ul style="list-style-type: none"> Accuracy and weight when sending A good position when receiving Fluency/rhythm throughout 	<ul style="list-style-type: none"> Fluent and smooth movements Movements performed in both directions/on both sides 	<ul style="list-style-type: none"> Control when slowing down after catch
Year 3	<p>In a seated position:</p> <p>1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions) with...</p> <ul style="list-style-type: none"> Feet and hands off the floor throughout Minimum wobble Balance held without strain 	<p>On a line//low beam:</p> <p>1. Raise alternate knees to opposite elbow 5 times with...</p> <p>2. Catch large ball thrown at knee height and above head with...</p> <ul style="list-style-type: none"> Balance maintained throughout Minimum wobble (control) Good posture (head 	<p>1. Jump 2 feet to 2 feet forwards, backwards and side-to-side with...</p> <p>2. Hop forward and backwards, freezing on landing with...</p> <ul style="list-style-type: none"> Good take off and height Balance and control on landing Soft and controlled landings 	<p>1. Alternately throw and catch 2 tennis balls against a wall with...</p> <ul style="list-style-type: none"> Accuracy and weight of throws Fluency/rhythm throughout A good position when receiving 	<p>1. Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg with...</p> <ul style="list-style-type: none"> Smooth, controlled movements Fluency and rhythm Movements performed in both directions/on both sides 	<p>From 1 metre:</p> <p>1. React and step across body, bring hand across body and catch tennis ball after 1 bounce with...</p> <ul style="list-style-type: none"> Quick reaction and good acceleration Quick, controlled movement Balance and control after catch.

		up/back straight)				
Year 4	<p>In a seated position:</p> <ol style="list-style-type: none"> 1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions) with... 2. Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions) with... 3. Hold a V-shape with 	<p>On a line//low beam:</p> <ol style="list-style-type: none"> 1. Raise alternate knees to opposite elbow 5 times with... 2. Catch large ball thrown at knee height and above head with... 3. Catch large ball thrown away from body with... <p>Catch small ball thrown close to and away from body with...</p> <ul style="list-style-type: none"> • Balance maintained throughout • Minimum wobble (control) • Good posture (head up/back straight) 	<ol style="list-style-type: none"> 1. Jump 2 feet to 2 feet forwards, backwards and side-to-side with... 2. Hop forward and backwards, freezing on landing with... 3. Jump 1 foot to other forwards and backwards freezing on landing with... 4. Hop sideways, raising knee and freeze on landing with... 5. Jump 1 foot to other sideways, raising knee and freeze on landing with... <ul style="list-style-type: none"> • Good take off and height • Balance and control on landing • Soft and controlled landings 	<ol style="list-style-type: none"> 1. Alternately throw and catch 2 tennis balls against a wall with... 2. Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over) with... 3. Throw 2 tennis balls against a wall in a circuit in both directions with... <ul style="list-style-type: none"> • Accuracy and weight of throws • Fluency/rhythm throughout <ul style="list-style-type: none"> • A good position when receiving 	<ol style="list-style-type: none"> 1. Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg with... 2. Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction with... 3. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction with... <ul style="list-style-type: none"> • Smooth, controlled movements • Fluency and rhythm • Movements performed in both directions/on both sides 	<p>From 1, 2 and 3 metres:</p> <ol style="list-style-type: none"> 1. React and step across body, bring hand across body and catch tennis ball after 1 bounce with... <ul style="list-style-type: none"> • Quick reaction and good acceleration • Quick, controlled movement • Balance and control after catch.

	<p>straight arms and legs for 10 seconds with...</p> <ul style="list-style-type: none"> • Feet and hands off the floor throughout • Minimum wobble • Balance held without strain 					
Year 5	<p>In a seated position:</p> <ol style="list-style-type: none"> 1. Reach and pick up cones from in front, to the side and from behind with... 2. Reach and pick up cones from in front, to the side and from behind with eyes closed with... 3. Reach and pick up cones from in front, to the side and from behind while a partner applies force with... 	<p>On a line/low beam:</p> <ol style="list-style-type: none"> 1. Throw and catch 2 small balls alternately, using both hands, both close to and away from the body with... 2. Strike small ball back to a partner with a racket with... 3. Strike a small ball back to a partner from across body with a racket with... <ul style="list-style-type: none"> • Balance maintained throughout 	<ol style="list-style-type: none"> 1. Jump 2 feet to 2 feet with 180 degree turn in the middle (both directions) with. 2. Jump from 2 feet to 2 feet with a tuck and a 180 degree turn (both directions) with... 3. stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides) with... <ul style="list-style-type: none"> • Good take off and height • Balance and control on landing • Soft and controlled landings 	<ol style="list-style-type: none"> 1. With a partner, simultaneously pass large ball along floor with feet and throw tennis ball for 10 continuous passes with... 2. With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds with... <ul style="list-style-type: none"> • Movement and timing to get in a good position • Accuracy and weight of throws • Fluency/rhythm throughout 	<ol style="list-style-type: none"> 1. Move in 3-step zigzag pattern while alternating knee raise and foot behind with... 2. Move backwards in 3-step zigzag pattern with cross-over (swerve) with... 3. Move backwards in 3-step zigzag pattern with knee raise across body with... <ul style="list-style-type: none"> • Smooth, controlled movements • Fluency and rhythm • Movements performed in both directions/on both sides 	<p>From 1, 2 and 3 metres:</p> <ol style="list-style-type: none"> 1. React and step across body, bring hand across body and catch tennis ball after 1 bounce with... 2. Perform above challenge but react to sound of the bounce rather than call with... <ul style="list-style-type: none"> • Quick reaction and good acceleration • Quick, controlled movement • Balance and control after catch.

	<p>4. Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force with...</p> <ul style="list-style-type: none"> • Feet and hands off the floor throughout • Minimum wobble • Balance held without strain 	<ul style="list-style-type: none"> • Minimum wobble (maintaining control of body) • Good posture (head up/back straight) 				
Year 6	<p>In a seated position:</p> <ol style="list-style-type: none"> 1. Reach and pick up cones on the floor whilst on a bench, without losing balance with... 2. Turn 360 degrees in either direction, first on the floor then on a bench with... 3. Balance on an uneven surface, e.g. wobble 	<p>On a line/low beam:</p> <ol style="list-style-type: none"> 1. Throw and catch small ball, catching across body with either hand with... 2. Throw and catch 2 balls alternately, catching across body with either hand with... 3. Volley large ball back to a partner with either foot with... 	<ol style="list-style-type: none"> 1. Jump from vertical stance forwards into lunge position while holding ball off centre (both sides) with... 2. Jump from vertical stance backwards into lunge position while holding medicine ball off centre 	<ol style="list-style-type: none"> 1. Working with a partner simultaneously pass ball along the floor with feet and throw 2 tennis balls continuously with... 2. Working with a partner, simultaneously volley tennis ball with racket and pass ball along the ground continuously with... 	<p>1. Move backwards in 3-step zigzag pattern with foot behind with...</p> <p>2. Move backwards in 3-step zigzag pattern with alternating knee lift and foot behind with...</p> <ul style="list-style-type: none"> • Smooth, controlled movements • Fluency and rhythm • Movements performed in both directions/on both sides 	<p>From 1, 2 and 3 metres:</p> <ol style="list-style-type: none"> 1. React and step across body, bring hand across body and catch tennis ball after 1 bounce with... 2. Perform above challenge but react to sound of the bounce rather than call with...

	cushion for 10 seconds with...	<ul style="list-style-type: none"> • Balance maintained throughout • Minimum wobble (control) • Good posture (head up/back straight) 	(both sides)	<ul style="list-style-type: none"> • Movement and timing to get in good position • Accuracy and weight of throws • Fluency/rhythm throughout 		3. Perform above challenge, but also step across body and bring hand across body to catch ball with one hand with...
	4. Reach and pick up cones on the floor whilst on an uneven surface with... <ul style="list-style-type: none"> • Feet and hands off the floor throughout • Minimum wobble • Balance held without strain 		3. Jump 2 feet to 2 feet with 360 degrees turn (in both directions/0 with... <ul style="list-style-type: none"> • Good take off and height • Balance and control on landing • Soft and controlled landings 			<ul style="list-style-type: none"> • Quick reaction and good acceleration • Quick, controlled movement • Balance and control after catch.

RealPE Gym

	Shape	Balance	Travel	Flight	Rotation
Nursery	Fundamental movement skill links: Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: Stance	Fundamental movement skill links: Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: With a Partner	Fundamental movement skill links: Dynamic Balance: On a Line Dynamic Balance: Jumping and Landing Coordination: Footwork	Fundamental movement skill links: Dynamic Balance: Jumping and Landing Coordination: Footwork	Fundamental movement skill links: Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Dynamic Balance: On a Line
Reception	Fundamental movement skill links: Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: Stance	Fundamental movement skill links: Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: With a Partner	Fundamental movement skill links: Dynamic Balance: On a Line Dynamic Balance: Jumping and Landing Coordination: Footwork	Fundamental movement skill links: Dynamic Balance: Jumping and Landing Coordination: Footwork	Fundamental movement skill links: Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Dynamic Balance: On a Line
Year 1	<ul style="list-style-type: none"> Perform (Consolidated) Tricky Shape skills on the floor (1/2/3). Perform (Consolidated) Trickier Shape skills combined with one of the following: - Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- Large Apparatus (7) Perform (Consolidated) Tricky Shape skills (1/2/3) 	<ul style="list-style-type: none"> Perform (Consolidated) Tricky balance skills on the floor (1/2/3). Perform (Consolidated) Trickier balance skills combined with one of the following: - Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- Large Apparatus (7) Perform (Consolidated) Tricky Shape skills (1/2/3) 	<ul style="list-style-type: none"> Perform (Consolidated) Tricky Shape skills on the floor (1/2/3). Perform (Consolidated) Trickier travel skills combined with one of the following: - Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- Large Apparatus (7) Perform (Consolidated) Tricky Shape skills (1/2/3) 	<ul style="list-style-type: none"> Perform (Consolidated) Tricky Shape skills on the floor (1/2/3). Perform (Consolidated) Trickier flight skills combined with one of the following: - Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- Large Apparatus (7) Perform (Consolidated) Tricky Shape skills (1/2/3) 	<ul style="list-style-type: none"> Perform (Consolidated) Tricky Shape skills on the floor (1/2/3). Perform (Consolidated) Trickier rotation skills combined with one of the following: - Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- Large Apparatus (7) Perform (Consolidated) Tricky Shape skills (1/2/3)

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

	Low Apparatus (5)- Partner/s (6)- Large Apparatus (7)	Apparatus (4)- Low Apparatus (5)- Partner/s (6)- Large Apparatus (7)	Low Apparatus (5)- Partner/s (6)- Large Apparatus (7)	Low Apparatus (5)- Partner/s (6)- Large Apparatus (7)	Low Apparatus (5)- Partner/s (6)- Large Apparatus (7)
Year 4	<ul style="list-style-type: none"> • Perform (Consolidated) Trickier Shape skills on the floor (1/2/3). • Perform (Consolidated) Tricky Shape skills on the floor (1/2/3). • Perform (Consolidated) Trickier Shape skills combined with one of the following: - Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- Large Apparatus (7) • Perform (Consolidated) Tricky Shape skills (1/2/3) combined with one of the following:- Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- 	<ul style="list-style-type: none"> • Perform (Consolidated) Trickier balance skills on the floor (1/2/3). • Perform (Consolidated) Tricky balance skills on the floor (1/2/3). • Perform (Consolidated) Trickier balance skills combined with one of the following: - Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- Large Apparatus (7) • Perform (Consolidated) Tricky balance skills (1/2/3) combined with one of the following:- Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- 	<ul style="list-style-type: none"> • Perform (Consolidated) Trickierflight skills on the floor (1/2/3). • Perform (Consolidated) Tricky Shape skills on the floor (1/2/3). • Perform (Consolidated) Trickier Shape skills combined with one of the following: - Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- Large Apparatus (7) • Perform (Consolidated) Tricky Shape skills (1/2/3) combined with one of the following:- Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- 	<ul style="list-style-type: none"> • Perform (Consolidated) Trickier Shape skills on the floor (1/2/3). • Perform (Consolidated) Tricky Shape skills on the floor (1/2/3). • Perform (Consolidated) Trickier Shape skills combined with one of the following: - Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- Large Apparatus (7) • Perform (Consolidated) Tricky Shape skills (1/2/3) combined with one of the following:- Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- 	<ul style="list-style-type: none"> • Perform (Consolidated) Trickier Shape skills on the floor (1/2/3). • Perform (Consolidated) Tricky Shape skills on the floor (1/2/3). • Perform (Consolidated) Trickier Shape skills combined with one of the following: - Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)- Large Apparatus (7) • Perform (Consolidated) Tricky Shape skills (1/2/3) combined with one of the following:- Hand Apparatus (4)- Low Apparatus (5)- Partner/s (6)-

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

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

	Shape	skills	partnering	Artistry
Nursery	Fundamental movement skill links: Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: Stance	Fundamental movement skill links: Dynamic Balance: Jumping and Landing Coordination: Footwork	Fundamental movement skill links: Counterbalance with a Partner Dynamic Balance: Jumping and Landing Coordination: Footwork	Fundamental movement skill links: Static Balance: One Leg Dynamic Balance: Jumping and Landing Coordination: Footwork
Reception	Fundamental movement skill links: Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: Stance	Fundamental movement skill links: Dynamic Balance: Jumping and Landing Coordination: Footwork	Fundamental movement skill links: Counterbalance with a Partner Dynamic Balance: Jumping and Landing Coordination: Footwork	Fundamental movement skill links: Static Balance: One Leg Dynamic Balance: Jumping and Landing Coordination: Footwork
Year 1	I can: <ul style="list-style-type: none"> Create multiple standing and floor shapes- balanced on both feet. - with limbs in different planes. - with 3 points of contact. - facing down. I Travel between shapes including jumping. 	I can: <ul style="list-style-type: none"> Create movements led by large horizontal single arm circles and semi-circles leading into- stepping. - turning. I Jump from a static position, arms up and down. 	<ul style="list-style-type: none"> Partnering (Shapes) I can: Create standing and floor partnering in contrast to my partner's- with our body parts crossing over. I Travel between shapes in unison. Partnering (Circles) I can: Turn forwards and backwards through 	Artistry (Abstraction) I can: <ul style="list-style-type: none"> Create 2 ways of moving linked to the silk- using both hands at the same time. - connected to standing shapes. Artistry (Musicality) I can: <ul style="list-style-type: none"> Create shapes and movements to express how the music makes me feel- following 1 instrument. -

			<p>horizontal large arm circle- and finish away.- in unison. - in canon. Create, in unison, jumps with rotation from a static position.</p> <p>Partnering (Lifts)*</p> <p>I can:</p> <p>I Create partner balances - with hand on shoulder contact.- facing my partner. I Create and support jumps- with hand to elbow contact. - with hands on waist and shoulders in contact.- facing my partner. - with 2-feet take-off and landing.</p>	<p>following a story with movement.</p> <p>Artistry (Making)</p> <p>I can:</p> <ul style="list-style-type: none"> Create a sequence of 4 moves with some being different to my partner's.
Year 2	<p>I can:</p> <ul style="list-style-type: none"> Create multiple standing and floor shapes- with torso beginning to rotate. - with 3 points of contact with the floor.- facing down and up. I Travel between shapes 	<p>I can:</p> <ul style="list-style-type: none"> Create movements led by large vertical single arm circles and semi-circles leading into- stepping.- body movements.- turning. - jumps 	<p>Partnering (Shapes)</p> <p>I can:</p> <ul style="list-style-type: none"> Create standing and floor shapes- opposite and entwined with my partner. - in close contact but without touching. I Incorporate jumping when 	<p>Artistry (Abstraction)</p> <p>I can:</p> <ul style="list-style-type: none"> Create 2 ways of moving linked to the silk- using 3 or 4 limbs and pausing throughout my movement.- fluently and without stopping.

	including jumping with rotation.	with 180° and 360° rotations.	<p>travelling between shapes - in canon.</p> <p>Partnering (Circles) I can:</p> <ul style="list-style-type: none"> • Create movement and turn forwards and backwards through horizontal and vertical large arm circle and semi-circle- in unison.- finishing in partner shapes. I Create jumps from foot circles- jumping in unison. <p>Partnering (Lifts) I can:</p> <ul style="list-style-type: none"> • Create partner balances leaning away from each other with hand-to-hand contact. • Create and support jumps with hand to elbow contact- facing each other.- using a 2-foot take-off and landing, with 180° rotation. 	<p>Artistry (Musicality)I can:</p> <ul style="list-style-type: none"> • Create shapes, circles and silk movements to-express the music. - change my moves so they match different music. Artistry (Making) I can: • I Create a sequence of 5 static and dynamic moves- in contrast to my partner's. - using different partner shapes.- at different levels.- with different timings.
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Year 3

I can:

- Create multiple standing and floor shapes- with torso rotated. - with 3 points of contact with the floor.- facing up and sideways. I Travel between shapes including stepping into jumping. I Rotate in jumps.

I can:

- Create exact and repeatable movement led by both single arm and leg circles and semi- circles leading into- body dropping and turning. - turning with body tilted. - jumps with 180° and 360° forward and backward rotations (starfish and barrel roll jumps).

Partnering (Shapes) I can:

- Create standing and floor shapes- opposite and entwined with my partner.- as close as possible without touching. - facing up, down and sideways. - jumping with rotation when moving between shapes.- in canon.

Partnering

(Circles) I can:

- Create movement led by horizontal and vertical single arm circles and semi-circles- followed with steps. - followed with body action. - in unison.- in canon.- mirroring my partner.

Partnering

(Lifts)* I can:

- Create partner balances with one standing and the other on the floor. I Create and support

Artistry (Abstraction) I

can:

Create multiple ways of moving linked to the silk- pausing my movement to create shapes.- using those shapes as my starting and finishing positions. - including jumps with rotation.

Artistry (Musicality) I can:

- Create shapes, circle and silk movements- at different speeds to follow the music without stopping.- making them specific to stress what the music is doing.

Artistry (Making)

I can:

- Create a sequence of a minimum of 5 moves- similar and then in contrast to my partner's. - with various starting and finishing positions.

			jumps palm to palm/palm to lower back with a 180° turn in the air and 1 foot take-off and landing.	
Year 4	<p>I can:</p> <ul style="list-style-type: none"> Create multiple standing and floor shapes - balanced on 1 foot.- with arms at different planes. - with torso rotated and bent. - with 2 points of contact with the floor. - facing up and sideways. I Travel between shapes including rotation - on the floor and in the air.- in different directions. 	<p>I can:</p> <ul style="list-style-type: none"> Create sequences of movement led by combined arm, shoulder, leg and foot circles and/ or semi-circles leading into- turning. - jumping with good height, speed and various body shapes in the air. 	<p>Partnering (Shapes) I can:</p> <ul style="list-style-type: none"> Create standing and floor shapes - at different levels. - without contact. - with 1 hand contact. I Jump with backward rotation when moving between shapes. <p>Partnering (Circles) I can:</p> <ul style="list-style-type: none"> Create sequences of movement led by large horizontal and vertical single arm and leg circles and semi-circles - with turns led by arms, foot and knee. - in unison. - at different speeds/directions. <p>Partnering (Lifts) I can:</p> <ul style="list-style-type: none"> Create and support jumps 	<p>Artistry (Abstraction) I can:</p> <ul style="list-style-type: none"> Create multiple ways of moving linked to the silk - where silk moves lead me into stepping, jumping, floor moves and floor shapes. Artistry (Musicality)* I can: Create combination of shapes, circle and silk moves - matching the energy of the music. - in time to the beat and the rhythm. - matching 1 instrument playing off the main beat. <p>Artistry (Making) I can:</p> <ul style="list-style-type: none"> Create a sequence of a minimum of 5

			<p>palm to palm/palm to lower back - with 360° rotation in the air.- with 1 foot take-off and landing.- holding star shape in the air.- finishing by leaning against my partner. - in canon.</p>	<p>moves- with limbs in different planes and directions. I Perform both in my and my partner's place.</p> <p>Artistry (Abstraction) I can: I Create 2 ways of moving linked to the silk- using 3 or 4 limbs and pausing throughout my movement.- fluently and without stopping.</p> <p>Artistry (Musicality I can:</p> <ul style="list-style-type: none"> • Create shapes, circles and silk movements to- express the music. - change my moves so they match different music. <p>Artistry (Making) I can: I Create a sequence of 5 static and dynamic moves- in contrast to my partner's. - using different partner shapes.- at different levels.-</p>
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				<p>with different timings. Artistry (Abstraction) I can:</p> <ul style="list-style-type: none"> Create multiple ways of moving linked to the silk- pausing my movement to create shapes.- using those shapes as my starting and finishing positions. - including jumps with rotation.
<p>Year 5 (trickiest skills 1)</p>	<p>I can:</p> <ul style="list-style-type: none"> Create multiple standing and floor shapes - balanced on 1 foot with other foot higher than 45°.- with 2 points of contact using combination of hands, arms and shoulders for support. Travel between shapes including rotation- on the floor (spirals and turns) and in the air. - in different directions.- at different speeds. 	<p>I can:</p> <ul style="list-style-type: none"> Create complex movement led by a combination of circles made with different body parts and in different planes leading into- stepping, body movements and turns. - jumps with 1 foot take-off and landing, other leg extended.- jumps with 180° rotation and change of direction in the 	<p>Partnering (Shapes) I can:</p> <ul style="list-style-type: none"> Create standing and floor shapes in close contact- both balancing on 1 foot. - cross-bodied with 2 points of contact with the floor. I Travel with my partner- incorporating spirals, rotation on the floor, jumping and crossbodied finishing positions. <p>Partnering (Circles) I can:</p>	<p>Artistry (Abstraction) I can:</p> <ul style="list-style-type: none"> Create multiple ways of moving linked to the silk- where the silk moves lead me into jumping, a turn and a jump, floor and floor shapes.- fluently without stopping. <p>Artistry (Musicality) I can:</p> <ul style="list-style-type: none"> Create a combination of shapes, circle and silk moves- both matching and in contrast to the melody or the

<p>Year 6 (trickiest skills 2)</p>		<p>air (landing facing backwards).</p>	<ul style="list-style-type: none"> Create sequences of movement led by combinations of circles made with different body parts and in different planes - leading into and out of turning. - in unison. - while mirroring. <p>Partnering (Lifts) I can:</p> <ul style="list-style-type: none"> Create sequences of movement, turning and jumping- leading into and out of partner supports.- leaning towards and away from my partner. - in unison.- in canon. - independently from my partner. 	<p>main song line.- responding to musical phrases.</p> <p>Artistry (Making) I can:</p> <ul style="list-style-type: none"> Create a sequence of a minimum of 6 various moves - with movements made both with arms and legs. - in unison followed by moves in contrast and performed independently of my partner.
	<p>I can:</p> <ul style="list-style-type: none"> Create multiple standing and floor shapes - balanced on 1 foot with other foot higher than 45°.- with 2 points of contact using combination of 	<p>I can:</p> <p>Create complex movement led by a combination of circles made with different body parts and in different planes leading into- stepping, body</p>	<p>Partnering (Shapes) I can:</p> <ul style="list-style-type: none"> Create standing and floor shapes in close contact- both balancing on 1 foot. - cross-bodied with 2 points of contact with the floor. I 	<p>Artistry (Abstraction) I can:</p> <ul style="list-style-type: none"> Create multiple ways of moving linked to the silk- where the silk moves lead me into jumping, a turn and a jump, floor and floor

	<p>hands, arms and shoulders for support.</p> <p>Travel between shapes including rotation- on the floor (spirals and turns) and in the air. - in different directions.- at different speeds.</p>	<p>movements and turns. - jumps with 1 foot take-off and landing, other leg extended.- jumps with 180° rotation and change of direction in the air (landing facing backwards).</p>	<p>Travel with my partner- incorporating spirals, rotation on the floor, jumping and crossbodied finishing positions.</p> <p>Partnering (Circles) I can:</p> <ul style="list-style-type: none"> • Create sequences of movement led by combinations of circles made with different body parts and in different planes - leading into and out of turning. - in unison. - while mirroring. <p>Partnering (Lifts) I can:</p> <p>Create sequences of movement, turning and jumping- leading into and out of partner supports.- leaning towards and away from my partner. - in unison.- in canon. - independently from my partner.</p>	<p>shapes.- fluently without stopping.</p> <p>Artistry (Musicality) I can:</p> <ul style="list-style-type: none"> • Create a combination of shapes, circle and silk moves- both matching and in contrast to the melody or the main song line.- responding to musical phrases. <p>Artistry (Making) I can:</p> <p>Create a sequence of a minimum of 6 various moves - with movements made both with arms and legs. - in unison followed by moves in contrast and performed independently of my partner.</p>
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