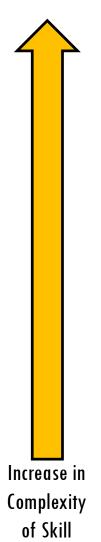
Progressions: Balance



- Children can maintain balance when performing a task on one leg (this
 applies when static or when moving) (Develop through setting challenges
 where children must perform tasks on one leg. I.e Throw and catch bean
 bag with alternate hands on one leg Individual or as pairs)
- Children can maintain their balance whilst standing on one foot (Set time challenges, use apparatus to focus children. Encourage the children to look at something that is level with their eyes — ears govern our balance! Some children will initially find it easier balancing with a bend in their knee, allowing the Quadriceps to contract slightly and control their body)
- Children maintain their balance whilst standing in a stationary position and performing a task (2 feet) (Develop by asking children to balance a bean bag on their shoulder>back of hand>head>on head whilst holding arms out and touching nose with one hand)
- Children maintain balance when standing in a stationary position on the floor (2 feet) (Develop this skill through activities involving a 'freeze' OR ask children to balance objects on particular parts of their body. I.e - Bean Bag/Cone)





As children develop their balance, ask them to hold their limbs further away from their core!





Progressions: Catching



- Standing Practice catching with a medium sized ball
- Resting on knee's Practice catching with a medium sized hall
- Sitting practice catching with a medium sized ball
- Standing Practice catching with a bean bag
- Resting on knee's Practice catching with a bean bag
- Sitting practice catching with a bean bag (doesn't roll away!)

- Standing Using two bean bags!
- Standing Practice catching with a medium sized ball
- Resting on knee's Practice catching with a medium sized ball
- Sitting practice catching with a medium sized ball
- Standing Practice catching with a bean bag
- Resting on knee's Practice catching with a bean bag
- Sitting practice catching with a bean bag (doesn't roll away!)

- Large group working in a set space, one child acts as the DEF, the rest keep hall away from DEF
- Standing in a circle, no adult in the middle, practice catching with a medium sized hall.
- In a circle, no adult in middle, practice catching a bean bag
- Standing in a circle, adult in the middle, practice catching with a medium sized hall
- Standing in a circle, adult in the middle, practice catching with a bean bag

Individual In Pairs In a Small Group

Increase in Complexity of Skill

Progressions: Running

& Stopping

- Children maintain balance when moving fast in all directions & changing directions. Children react to variables and maintain balance whilst moving in a range of directions and stopping with competency (Development would now begin to integrate other factors such as another FMS Kicking, Catching, Throwing, Jumping etc)
- Children maintain their balance when changing direction in a regimented fashion, show an understanding that not crossing legs when changing direction helps them to maintain balance (Development would then focus on activities/games requiring children dodging, chasing, avoiding moving objects/people)
- Children maintain their balance when moving forwards, show an understanding that bending at the knee helps them to stop quickly. Struggle to maintain balance when changing direction in a regimented fashion (I.e Running in & out of cone slaloms)
- Children show a clear in-balance when moving forwards at any pace faster than walking. Need to numerous steps when coming to a stop (Development would focus on lots of activities/games requiring straight line running)



When changing direction DON'T cross your feet!



Increase in Complexity of Skill

Progressions: Throwing

- Can utilise the over-arm throw to throw to a target/area with moderate success (a greater distance away)
- Begins to use the over-arm throw to throw over a greater distance
- Can throw objects under-arm to targets 3-4 metres away with moderate success
- Can throw objects under-arm to targets 1-2 metres away with moderate success
- Can throw objects under-arm in a general direction with a degree of success (i.e — Forwards)

- Can utilise the over-arm throw to throw to the chest with moderate success (a greater distance away)
- Begins to use the over-arm throw to throw over a greater distance (close to partner's chest)
- Can throw objects under-arm to chest
 3-4 metres away with moderate
 success
- Can throw objects under-arm to chest
 1-2 metres away with moderate
 success
- Can throw objects under-arm in a general direction with a degree of success (i.e — Towards their partner)

- Children select appropriate types of throw, reacting to changing situations in game play successfully (bounce pass to avoid defender)
- Children can use teaching points to successfully complete different types of throw on command
- Children can list the teaching points of different types of throw (I.e — How to perform a chest pass/bounce pass)
- Takes part in activities using one type of throw

Individual In Pairs Activity specific

Increase in Complexity of Skill