



Progression of Skills



Shape



Flight



Balance



Travel



Rotation



Shape

Balance

Travel

Flight

Rotation

Exceeding



- Perform (Consolidated) **Trickiest** Shape skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickiest** Travel skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickiest** Rotation skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickier** Shape skills (1/2/3) combined with **two or more** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickier** Travel skills (Travel 1/2/3) combined with **two or more** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickier** Rotation skills (Rotation 1/2/3) combined with **two or more** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

Expected end of upper KS2



- Perform (Consolidated) **Trickiest** 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) **Trickiest** 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)



- Perform (Consolidated) **Trickiest** 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)

Expected end of lower KS2



- 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:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- 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:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- 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:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

Expected end of KS1



- Perform (Consolidated) **Tricky** Shape skills on the **floor** (1/2/3).
- 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)



- Perform (Consolidated) **Tricky** Travel skills on the **floor** (1/2/3).
- Explore **Tricky** Travel skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Tricky** Rotation skills on the **floor** (1/2/3).
- Explore **Tricky** Rotation skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

FUNS 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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