## Progression of Skills



| Shape | Balance | Travel | Flight | Rotation |
| :---: | :---: | :---: | :---: | :---: |
| Exceeding |  |  |  |  |
|  | - Perform (Consolidated) (1/2/3) combine skil one of the following: Hand Apparatus (4) Partner/s (6) Large Apparatus (7) |  |  | - Perform (Consolidated) (1/2/3) combined with one of the following: Low Apparatus (5) Partner/s (6) Large Apparatus (7) |
| $\cdots$ |  |  |  |  |
| 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 Balance 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 (Trave two or more of the following: Hand Apparatus (4) Low Apparatus (5) Large Apparatus (7) |  |  |

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 Balance skills (1/2/3) combined wis
Hand Apparatus (4)
Low Apparatus (5)
Partner/s (6)

- Perform (Consolidated) Trickier Balance skills two or more of the following: Low Apparatus (5)

Large Apparatus (7)

- Perform (Consolidated) Trickiest Travel skills (1/2/3) combined with one of the following Low Apparatus (5) Partner/s (6)
 Trickier Travel skills (Trave /2/3) combined with following

Low Apparatus (5)

- Large Apparatus (7)

Perform (Consolidated) Trickiest Flight skills one of the following: Hand Apparatus (4) Low Apparatus (5) Partner/s (6)

Perform (Consolidated) rickier Flight skills (Fligh wo or more of the following: Low Apparatus (5) Large Apparatus (7)

Perform (Consolidated (1/2/3) combined with one of the following: tand Apparatus Low Apparatus ( Partner/s (6)

- Perform (Consolidated) Trickier Rotation skill (Rotation 1/2/3) combined following: Hand Apparatus (4) Partner/s (6) Large Apparatus (7)
- 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 Balance skills on the floor ( $1 / 2 / 3$ ).

- Perform (Consolidated) Tricky Balance skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Low Apparatus - Large Apparatus (7)

Expected end of upper KS2
 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 Balance skills on the floor $(1 / 2 / 3)$.
- Explore Tricky Balance 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) Hand Apparatus (4) Partner/s (6) Large Apparatus (7)

Perform (Consolidated) Trickiest 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)
- 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)
Large Apparatus (7)

Expected end of lower KS2

- Large Apparatus (7)

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

Perform (Consolidated) Trickier Rotation skill 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 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 Flight skills on the floor ( $1 / 2 / 3$ ).

- Explore Tricky Flight skills ( $1 / 2 / 3$ ) combined with one of the following: Hand Apparatus (4) - Low Apparatus (5) - Low Apparatur/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)

| Shape | Balance | Travel | Flight | Rotation |
| :---: | :---: | :---: | :---: | :---: |
| Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: Stance | Static Balance: One Leg <br> Static Balance: Seated Static Balance: Floor Work <br> Static Balance: With a Partn |  | Dynamic Balance: Jumping and Landing | Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Dynamic Balance: On a Lin |



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