

Skill: Footwork



Yellow Challenge

With fluency and control:

1. I can side-step in both directions.
2. I can gallop, leading with either foot.
3. I can hop on either foot.
4. I can skip.

Green Challenge

With fluency and control:

1. I can combine side-steps with 180° front pivots off either foot.
2. I can combine side-steps with 180° reverse pivots off either foot.
3. I can skip with knee and opposite elbow both at 90° angle.
4. I can hopscotch forwards and backwards, hopping on the same leg (right and left).

Red Challenge

With fluency and control, starting slowly and then at maximum speed:

1. I can hopscotch forwards and backwards, alternating my hopping leg each time.
2. I can complete 3 step zigzag patterns forwards.
3. I can complete 3 step zigzag patterns backwards.

Personal Skills.

Level 3

- I have begun to challenge myself.
- I know where I am with my learning.

Level 2

- I try several times if at first I don't succeed.
- I ask for help when appropriate.

Level 1

- I can work on simple tasks by myself.
- I can follow instructions and practise safely.

Skill: Balance



Yellow Challenge

Maintaining balance and on both legs:

1. I can stand still for 10 seconds.

Green Challenge

Maintaining balance and on both legs:

1. I can stand still for 30 seconds.
2. I can complete 5 mini-squats.

Red Challenge

Maintaining balance and on both legs:

1. I can stand still for 30 seconds with eyes closed.
2. I can complete 5 squats.
3. I can complete 5 ankle extensions.

Personal

Unit 1 Personal Skills

