

Skill: Jumping and Landing



Yellow Challenge

Maintaining balance throughout:

1. I can jump from 2 feet to 2 feet forwards, backwards and side to side.

Green Challenge

Maintaining balance throughout:

1. I can jump from 2 feet to 2 feet with a quarter turn in both directions.
2. I can stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).

Red Challenge

Maintaining balance throughout:

1. I can jump from 2 feet to 2 feet with 180° turn in either direction.
2. I can complete a tucked jump.
3. I can complete a tucked jump with 180° turn in either direction.

Social Skills.

Level 3

- I am happy to show and tell others about my ideas.
- I show patience and support others listening carefully to them about our work.

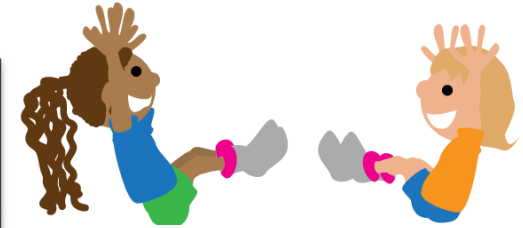
Level 2

- I can help, praise and encourage others in their learning.

Level 1

- I can work sensibly with others, taking turns and sharing

Skill: Seated Balance



Yellow Challenge

In a seated position for 10 seconds:

1. I can balance with both hands and feet touching the floor.
2. I can balance with 1 hand and 2 feet touching the floor.
3. I can balance with 2 hands and 1 foot touching the floor.
4. I can balance with 1 hand and 1 foot touching the floor.
5. I can balance with 1 hand and 1 foot touching the floor.
6. I can balance with no hands or feet touching the floor.

Green Challenge

In a seated position with no hands or feet touching the floor:

- I can pick up a cone from one side, swap hands and place it on the other side.
- I can return the cone to the opposite side.

Red Challenge

In a seated position with no hands or feet touching the floor:

1. I can pick up a cone from one side and place it on the other side with the same hand.
2. I can return it to the opposite side using the other hand.
3. I can sit in a dish shape with straight arms and legs and hold it for 5 seconds.

Social

Unit 2

Social Skills

