

Skill: Ball Skills



Yellow Challenge

Maintaining control:

1. I can sit and roll a ball along the floor around my body using 2 hands.
2. I can sit and roll a ball along the floor around my body using 1 hand (right and left).
3. I can sit and roll a ball down to my toes and back up, then around my upper body using 2 hands.
4. I can stand and roll a ball down to my toes and back up, then round my upper body using 2 hands.

Green Challenge

With both right and left hand, maintaining control:

1. I can sit and roll a ball up and down my legs and round my upper body using 1 hand.
2. I can stand and roll a ball up and down my legs and round my upper body using 1 hand.

Red Challenge

In less than 20 seconds and in both directions, maintaining control:

1. I can stand with my legs apart and move a ball around one leg 16 times (right and left leg).
2. I can move a ball round my waist 17 times.
3. I can stand with my legs apart and move a ball around alternate legs 16 times.

Creative Skills

Level 3

- I can recognise similarities and differences in movements and expression.
- I can make up my own rules and versions of activities.
- I can respond differently to a variety of tasks.

Level 2

- I can select and link movements together to fit a theme.
- I can begin to compare my movements and skills with those of others.

Level 1

- I can explore and describe different movements.

Skill: Partner Balance



Yellow Challenge

With a partner, maintaining balance throughout:

1. I can sit holding hands with toes touching, lean in together then apart.
2. I can sit holding 1 hand with toes touching, lean in together then apart.
3. I can sit holding hands with toes touching and rock forwards, backwards and side-to-side.

Green Challenge

With a partner, maintaining balance throughout:

1. I can hold on and, with a long base, lean back, hold our balance and move back together again.
2. I can hold on with 1 hand and, with a long base, lean back, hold our balance and move back together again.

Red Challenge

With a partner, maintaining balance throughout:

1. I can hold and, with a short base, lean back, hold our balance and then move back together.
2. I can hold on with 1 hand and, with a short base, lean back, hold our balance and then move back together.
3. I can perform both short base challenges with eyes closed.

Creative

Unit 4

Creative Skills

