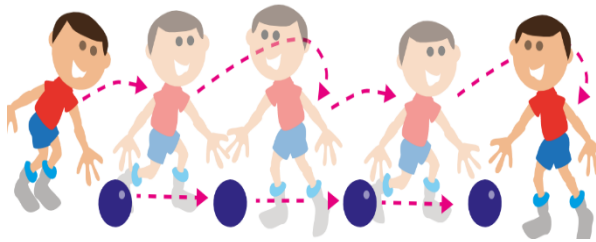


## Skill: Ball Chasing



### Yellow Challenge

Over a distance of up to 10 metres and turning both ways:

1. I can roll a ball, chase and collect it in a balanced position facing the opposite direction.
2. I can chase a ball rolled by a partner and collect it in a balanced position facing the opposite direction.

### Green Challenge

Over a distance of up to 10 metres and turning both ways:

1. Starting in a seated/lying position, I can throw a bouncing ball, chase and collect it in a balanced position facing the opposite direction.
2. Starting in a seated/lying position, I can chase a bouncing ball fed by a partner and collect it in a balanced position facing the opposite direction.

### Red Challenge

Over a distance of up to 10 metres and turning both ways:

1. I can chase a large rolled ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction.
2. I can chase a large bouncing ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction.
3. I can complete the above challenges using a tennis ball.

## Health skills

### Level 3

- I can explain why we need to warm-up and cool down.
- I can describe how and why my body changes during and after exercise.

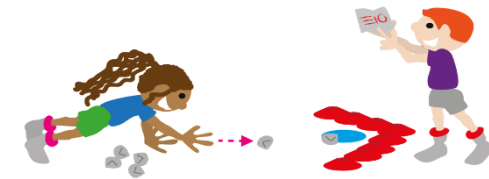
### Level 2

- I use equipment appropriately and move and land safely.
- I can say how my body feels before, during and after exercise.

### Level 1

- I am aware of why exercise is important for good health.

## Skill: Floor Work



### Yellow Challenge

Maintaining balance throughout:

1. I can hold a mini-front support position.
2. I can reach round and point to the ceiling with either hand in a mini-front support.

### Green Challenge

Maintaining balance throughout:

1. I can place a cone on my back and take it off with the other hand in a mini-front support.
2. I can hold a mini-back support position.
3. I can place a cone on my tummy and take it off with the other hand in a mini-back support.

### Red Challenge

Maintaining balance throughout:

1. I can hold a full front support position.
2. I can lift 1 arm and point to the ceiling with either hand in a front support.
3. I can transfer a cone on and off my back in a front support.

**Health and Fitness**  
**Unit 6**  
**Health and Fitness Skills**

