



FUNs Skills Progression

	Key Stage One			Key Stage Two		
FUNs Station One Static balance – one leg standing BALANCE	Stand on one foot for ten seconds without losing balance.	Stand on one foot for thirty seconds without losing balance. Introduce up to 5 mini squats without losing balance.	Stand on one foot for thirty seconds with your eyes closed without losing balance. Try to squat (as if your sitting on a chair) without losing balance. Try to do 5 mini squats without losing balance. Stand on one foot and lift your heel off the floor (extending ankle) repeat 5 times for each foot).	Can you stand still on one foot on an uneven surface for 30 seconds without losing balance? Next try it with your eyes closed. Squat 5 times up onto ankle extension without losing balance. Complete 5 squats without losing balance.	Can you complete 5 ankle extensions with your eyes closed without losing balance? Still with your eyes closed, can you complete 10 squats into ankle extensions? Try the above challenges on an even surface, then on an even surface with eyes closed.	Imagining that you are in the middle of a clock face ,facing 12o'clock and place cones beside you at 12,3,6 and 9 o'clock. Standing on one foot can you pick them up with the same hand without losing balance? Repeat with eyes closed or on an uneven surface.
FUNs Station Two Static balance seated BALANCE	To keep balance for 10 seconds during 6 seated challenges.	With both hands and feet off the ground and knees bent pick up cones/beanbag and place it on the other side.	With both hands and feet off the ground and knees bent pick up cones/beanbag and place it on the other side, then with the same hand. Change to a dish shaped seated balance by lying flat on your back with arms straight behind your head, lift straight legs and back off the floor for 5 seconds.	With both hands and feet off the floor and knees bent, reach out and pick up a cone that is an arms distance away to your side, bring it across your tummy, swap hands and place it on the other side. Can you bring it back the opposite way? Repeat without swapping hands Change your body to make a 'V' shape and hold for 10 seconds.	With both hands and feet off the floor and knees bent, retrieve cones from in front, to the side and behind. Repeat with eyes closed, then with eyes open and a partner applying a gentle force. Followed by eyes closed and a gentle force.	Sitting length ways on a bench with your hands and feet in the air and your knees bent, can you reach and pick up cones to your side on the floor without losing balance? Rotate 360 degrees in the same position, repeat using a swiss ball and kneeling.
FUNs Station Three Static balance floorwork BALANCE	To hold a mini front support position on their knees. Then reach round and point to the ceiling with one hand.	Whilst holding a mini front support position, place a cone on your back and take it off with the hand maintaining balance. Repeat for mini back support.	Whilst holding a full front support position, raise one hand to the ceiling. Place a cone on your back and take it off with one hand maintaining balance. Repeat for mini back support.	Hold a front support position and transfer a tennis ball on and off your back. In a full back support position (tummy facing upwards) transfer a cone on and off your tummy. Still holding a full back support transfer a tennis ball.	Hold a front support position but with only one foot in contact with the floor and transfer a cone on and off your back. Try with the other foot on the floor. Starting in a front support position, lift one arm up and rotate fluently until in a back support position. Continue rotating with fluency.	Hold a front support position with only one foot in contact with the floor and transfer a tennis ball on and off the back. Repeat with other foot on the floor or with eyes closed.

FUNs Station Four Static balance – small base BALANCE	Stand on a line with feet shoulder width apart, weight on the balls of their feet and hold their balance for ten seconds.	Stand on a small beam with feet shoulder width apart, weight on the balls of their feet and hold their balance for ten seconds.	Stand on a line or small beam with feet shoulder width apart, weight on the balls of their feet and hold their balance for ten seconds. Partner applies a small force from different angles. Raise alternate feet 5 times each. Lift alternate knees to waist height five times each. Catch and throw a ball at chest height whilst balanced.	Standing on a line or low beam, keep balance while lifting alternate knees and touching knee to opposite elbow 3 times. Hold balance while catching a ball at knee height and above head. Gradually increase distance. Use smaller balls and catch closer to body.	Standing on a line or low beam, stay balanced while throwing and catching two balls alternately, using both left and right hands. Gradually increase /decrease distance. Remain balanced whilst striking a ball back to your partner with a racket. In a balanced position strike the ball back to your partner from across your body.	Remain balanced while throwing and catching a tennis ball, catching across the body (both left and right hands). Repeat using two tennis balls. Remaining balanced and volley a large ball back to your partner with your foot (use both left and right).
FUNs Station Five Dynamic balance BALANCE	To walk naturally (forwards and backwards) with fluidity and minimum wobble whilst staying on a line.	To walk naturally (forwards and backwards) lifting knees up to a 90 degree angle with fluidity and minimum wobble whilst staying on a line. Repeat lifting heels up to bottom.	Complete challenges both forwards and backwards, remaining on a line. Perform a marching action lifting knees and elbows to a 90 degree angle. Walk with a fluid landing of heel first, rolling foot to toes. Combine marching action and heel to toe landing. Include lifting heels up to bottom.	Walk fluidly lifting heels up to bottom, bringing knees up and landing heel to toe. Try forwards and backwards. Remain balanced and lunge walking (Heel to bottom, knees up extend leg forward and sink hips, heel to toe landing. Lunge walk, bringing opposite elbow up to a 90 degree angle. Try with eyes closed.	Remain balanced while sidestepping in both directions along a line. Standing sideways complete continuous 180 degree front pivots along a line. Repeat with reverse pivots. Standing sideways move along a line by stepping across your body with one leg (lateral step over). Remain balanced while performing 'grapevines' (lateral stepover, sidestep lateral step behind) Try with eyes closed.	Remaining balanced lunge walk backwards along a line. Repeat with opposite elbow at 90 degrees. Lunge walk forwards and backwards along a curved path. Do all tasks with eyes closed.
FUNs Station Six Dynamic balance to agility AGILITY	Jump from 2 feet to 2 feet forwards, backwards and side to side in rhythm and retaining good balance.	Jump from 2 feet to 2 feet with a quarter turn both ways retaining good balance. Standing on a line, jump 2 feet to 1 foot freezing on landing. Use both feet to land on.	Jump from 2 feet to 2 feet with a 180 degree turn both ways retaining good balance. Complete a tucked jump, bringing you knees up to your chest and land keeping your balance. Complete a tucked jump both ways with a 180 degree turn and balanced landing.	On a line jump 2 feet to 2 feet forwards, backwards and side to side, landing with balance. Standing on 1 foot, hop forward and backwards freezing on landing, repeat jumping one foot to the other. Starting on one foot hop sideways, raising knee and freezing on landing. Repeat landing on other foot, start with left and right feet.	Jump 2 feet to 2 feet with 180 degree turn landing balanced. Complete 2 feet to 2 feet tucked jump with 180 degree turn landing balanced. In a vertical stance (standing straight, legs together) jump into a lunge position and then back to vertical stance landing balanced. Change leading leg.	Move from a vertical stance into a lunge, holding a medicine off centre as you move. Move the ball to the opposite side at each lunge. Repeat backwards. Jump 2 feet to 2 feet with a 360 degree turn and land in balance in both directions.

FUNs Station Seven Counter balance in pairs BALANCE	In pairs, sit facing each other toes touching holding hands. Lean together and apart maintaining balance.	In pairs, stand facing each other create a long base with one foot touching their partners'. Holding each others' wrists. Lean away using 2 then 1 hand maintaining balance.	In pairs, stand facing each other create a short base with both feet touching their partners'. Holding each others' wrists. Lean away using 2 then 1 hand maintaining balance move on to eyes closed.	In pairs, stand on one leg facing each other with toes touching, holding with one hand. Hold the balance and lean back together. Standing on one leg, facing their partner keep the balance whilst holding on to the partner's opposite leg.	In pairs, stand on one leg facing each other with toes touching holding one hand lean back eyes closed. Face each other on a bench , hold hands feet touching lean back and hold balance. Perform a counter balance on the bench, try to swap places without losing balance.	Standing on a line face a partner in the counter-balance position, swap places without losing balance. Repeat on a low beam keeping arms straight.
FUNs Station Eight Co-ordination with equipment CO-ORDINATION	To roll large and small balls against a wall so it rebounds and it can be collected effectively.	Complete tasks with both right and left hands:- Stand between 3 and 5m away from a wall, can you throw a tennis ball and catch it with same hand after one bounce, then without bounce? Can you repeat throwing with one hand and catching with the other? Can you strike a large, soft ball along the ground against the wall 5 times?	Complete tasks with both right and left hands:- Can you kick the ball against the wall with the same foot? Can you kick the ball against the wall using alternate feet? Can you strike a large, soft ball along the ground against the wall 5 times? With a small/large ball in each hand can you roll the balls against the wall sending 1 ball as the other is returning?	With a tennis ball in each hand, throw them alternately at the wall and catch with the same hand you throw them with. Repeat, but this time catch with opposite hand. Still with a ball in each hand throw one at the wall and change hands with the other, always throwing with the same hand (try the other way).	Working with your partner simultaneous pass a ball along the floor with your feet and throw a tennis ball for 10 continuous passes. Working with a partner can you keep 3 tennis balls going in a throwing circuit for 30 seconds.	Working with a partner, simultaneously pass a ball along the floor using your feet and throw 2 tennis balls continuously. Repeat simultaneously volleying a tennis ball with a racket and pass a ball.
FUNs Station Nine Ball skills CO-ORDINATION	To complete rolling tasks using both right and left hands sitting on the floor and standing up. Large and smaller balls.	Complete rolling tasks on the floor and standing up using only one hand .Transfer the ball from one hand to the other when appropriate. Use large and smaller balls.	Standing with legs apart move a football or netball around one leg then the other 16 times. Create a figure '8' around both legs 16 times without dropping the ball or lifting legs. Take the ball around your body at tummy height 17 times. Challenge partners and the clock.	Standing with legs apart make a figure of eight with a ball moving it around one leg with one hand then the other leg with the other hand. Complete 12 circuits in a row. Add in taking the ball around the back. Standing with legs apart hold the ball with one hand at the front, one at the back of the legs. Quickly swap hands, initially with a bounce then without.	Front to back catch Standing with legs apart hold a ball between them with both hands at the front, allow the ball to bounce and then catch it with hands behind the legs. Complete 20 times alternating catches in front and behind Complete 30 times without letting the ball bounce in between, keeping head up throughout. Overhead throw and catch. Standing up throw a ball over the head, catch it behind and then throw it forwards over head and catch in front. Repeat up to 20 times without dropping the ball.	Complete an overhead throw from behind the back to catch in front, followed by a 'front to back' catch. Repeat 12 times forwards then backwards. Stand with ball in one hand, throw it over the opposite shoulder and catch it behind your back with the same hand. Complete 20 times without dropping the ball, also with other hand and back to front.

FUNs Station Ten Floor movement patterns CO-ORDINATION	To sidestep, gallop, hop and skip with both right and left foot leading.	Combine sidesteps with 180 degree front pivots' so facing the opposite way each time. Alternate pivots of both feet. Repeat using reverse pivots. Skip with knees at 90 degrees to the opposite elbow which should also come up at 90 degrees. Hopscotch alternating on 1 foot with 2 footed jumps. Try backwards.	Hop-scotch but this time alternating hopping leg each time? Have a go backwards. Do a 3 step zig zag pattern forwards by completing 2 side steps together then changing the lead leg and altering direction so to make zig zag pattern? Complete 3 step zigzag pattern moving backwards? Gradually increase speed for each task?	Do a 3 step zigzag with a cross over (swerve) changing your lead leg (cross your other leg over the lead leg planting on the floor). Repeat raising the knee across your body. Gradually increase speed.	Do a 3 step zigzag with alternating knee lifts and heel lifts. Do a 3 step swerve whilst moving backwards. Do a 3 step zigzag with knee raises across your body whilst moving backwards. Gradually increase speed.	Do a 3 step zigzag with heel lifts whilst moving backwards. Repeat with alternating knee lifts and heel lifts, whilst moving backwards. Gradually increase speed.
FUNs Station Eleven Ball chasing AGILITY	Use both right and left hands roll a ball, chase it and collect it in a balance position (run past the ball and turn so you are facing your start position).	Use both right and left hands throw a bouncing ball over a distance of up to 10 metres, chase it and collect it in a balance position (run past the ball and turn so you are balanced and facing your start position). Start from seated and lying positions. Ask a partner to feed a bouncing ball.	Use both right and left hands throw a bouncing ball over a distance of up to 10 metres, chase it and collect it in a balance position (run past the ball and turn so you are balanced and facing your start position). Start from seated and lying positions. Ask a partner to feed a bouncing ball. Repeat the tasks using a tennis ball and rolling ball.	Over a distance of up to 10 metres roll a large ball, chase after it and stop it with your knee sideways onto the ball (<i>'long barrier position'</i>) facing the opposite direction. Repeat using a tennis ball. Try using your head to stop the ball whilst in a front support position.	Stand facing your partner ask them to feed the ball over your head turn and collect the ball after only one bounce. Standing facing away from your partner, ask them to feed the ball over your head, react quickly and collect the ball after one bounce.	Facing away from a partner, ask them to feed the ball over your head, react quickly and collect the ball by catching it between your knees or feet after 1 bounce. Repeat catching ball on the instep of the foot and lower to the ground.
FUNs Station Twelve Agility/React/Response AGILITY	To stand 1 metre in front of your partner then catch the ball after 2 bounces when dropped from shoulder height.	Stand 1 metre in front of a partner, then catch a tennis ball after 1 bounce when dropped from shoulder height .by your partner. Try the task from 2m and then 3m and a ball in each hand,	Stand 1 metre in front of a partner, then catch a tennis ball balancing on one leg after 1 bounce when dropped from shoulder height .by your partner. and then 3m and a ball in each hand.	Complete tasks with a partner standing opposite with a tennis ball in each hand. Standing a metre away react quickly stepping across your body also bring hand across body to catch after one bounce. Repeat from 2m away, then 3m away.	Complete tasks facing away from your partner who stands with their arms stretched out to the side at shoulder height and a tennis ball in each hand. Standing 1m away, react to a call from your partner when they drop the ball, turn and catch the ball after one bounce. Repeat for 2m and 3m away from your partner. Repeat tasks responding to the sound of the bounce.	Facing away from a partner who stands with their arms stretched out and a tennis ball in each hand. Firstly from 1m then 2m ,3m react to a call turn quickly and catch the ball after one bounce, balancing on one leg. Repeat reacting to the sound of the bounce rather than a call. Complete tasks catching the ball stepping across the body.

