



Progression of Skills



Shape	Balance	Travel	Flight	Rotation
Exceeding				
↑ - Perform (Consolidated) Trickiest Shape skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickiest Balance skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickiest Travel skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickiest Flight skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickiest Rotation skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)
↑ - Perform (Consolidated) Trickier Shape skills (1/2/3) combined with two or more of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickier Balance skills (1/2/3) combined with two or more of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickier Travel skills (Travel 1/2/3) combined with two or more of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickier Flight skills (Flight 1/2/3) combined with two or more of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickier Rotation skills (Rotation 1/2/3) combined with two or more of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)

Expected end of upper KS2				
↑ - Perform (Consolidated) Trickiest Shape skills on the floor (1/2/3). - Perform (Consolidated) Trickier Shape skills combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickiest Balance skills on the floor (1/2/3). - Perform (Consolidated) Trickier Balance skills combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickiest Travel skills on the floor (1/2/3). - Perform (Consolidated) Trickier Travel skills combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickiest Flight skills on the floor (1/2/3). - Perform (Consolidated) Trickier Flight skills combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickiest Rotation skills on the floor (1/2/3). - Perform (Consolidated) Trickier Rotation skills combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)

Expected end of lower KS2				
↑ - Perform (Consolidated) Trickier Shape skills on the floor (1/2/3). - Perform (Consolidated) Tricky Shape skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickier Balance skills on the floor (1/2/3). - Perform (Consolidated) Tricky Balance skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickier Travel skills on the floor (1/2/3). - Perform (Consolidated) Tricky Travel skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickier Flight skills on the floor (1/2/3). - Perform (Consolidated) Tricky Flight skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Trickier Rotation skills on the floor (1/2/3). - Perform (Consolidated) Tricky Rotation skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)

Expected end of KS1				
↑ - Perform (Consolidated) Tricky Shape skills on the floor (1/2/3). - Explore Tricky Shape skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Tricky Balance skills on the floor (1/2/3). - Explore Tricky Balance skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Tricky Travel skills on the floor (1/2/3). - Explore Tricky Travel skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Tricky Flight skills on the floor (1/2/3). - Explore Tricky Flight skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	- Perform (Consolidated) Tricky Rotation skills on the floor (1/2/3). - Explore Tricky Rotation skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)

Fundamental Movement Skills Links:

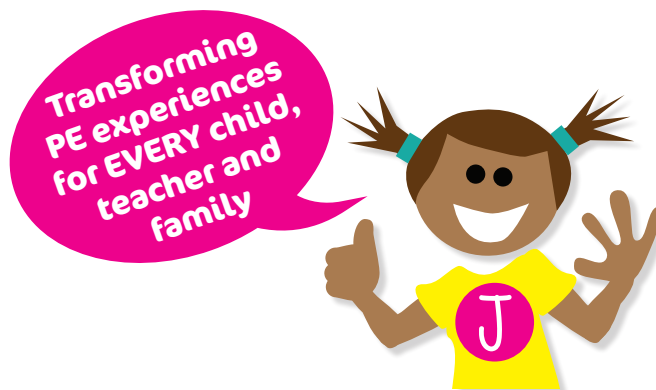
Shape	Balance	Travel	Flight	Rotation
Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: Stance	Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: With a Partner	Dynamic Balance: On a Line Dynamic Balance: Jumping and Landing Coordination: Footwork	Dynamic Balance: Jumping and Landing Coordination: Footwork	Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Dynamic Balance: On a Line





Harrow Business Centre
429-433 Pinner Road
Harrow HA1 4HN

020 8863 0304
realPE.co.uk



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