

01

BALANCE

BODY MANAGEMENT



**EYES
FORWARD**



**ARMS
OUT**



3 LEVEL ASSESSMENT

LEVEL 1

balances on one foot with some control

LEVEL 2

balances on either foot for a short time

LEVEL 3

balances confidently on either foot with control



TEACHABLE POINTS



Head and trunk stable



Support foot flat and still



Non-support leg lifted and bent



Arms out to help balance



Eyes fixed on a target



SIMPLE CUES



Statue still



Eyes forward



Aeroplane arms



Tall body



Foot flat



PRACTICE IDEAS



One-foot freeze



Beanbag balance



Balance and switch legs

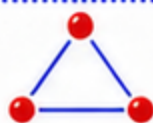
02

CLIMB

BODY MANAGEMENT



**THREE
POINTS OF
CONTACT**



**LOOK
BEFORE
YOU STEP**



TEACHABLE POINTS



Keep three points of contact



Place hands and feet securely



Keep body close to the apparatus



Look for the next hold



Climb up and down with control



SIMPLE CUES



Slow and steady



Hold and step



Three points on



Look where you're going



Climb down safely



PRACTICE IDEAS



Traverse low apparatus



Climbing frame route



Climb and descend with control



03

FORWARD ROLL

BODY MANAGEMENT



**CHIN
TUCKED**



**ROUND
BACK**



3 LEVEL ASSESSMENT

LEVEL 1

rocks and rolls in tucked or straight shapes with some control

LEVEL 2

performs a teddy bear or log roll with control

LEVEL 3

performs a forward roll with control and a balanced finish



TEACHABLE POINTS



Squat low to start



Chin tucked to chest



Hands flat on mat



Push from legs and roll over shoulders



Finish in a squat or stand



SIMPLE CUES



Tuck chin



Hands down



Make a ball



Push and roll



Stand up



PRACTICE IDEAS



Egg rolls on a mat



Wedge-mat forward rolls



Roll and stand challenge



03

04

LINE WALK

BODY MANAGEMENT



**EYES
UP**



**HEEL
TO TOE**



3 LEVEL ASSESSMENT

LEVEL 1

walks along a line
with some control

LEVEL 2

walks heel-to-toe
along a line with
control

LEVEL 3

walks forwards and
backwards along a
line with control



TEACHABLE POINTS



Eyes looking forward



Walk heel to toe



Keep feet on the line



Arms out to help
balance



Move slowly with
control



SIMPLE CUES



Walk the line



Heel then toe



Eyes up



Aeroplane arms



Slow and steady



PRACTICE IDEAS



Straight line
walk



Backward line
walk



Beanbag-on-head
line walk



04

05

CONTINUOUS LEAP

LOCOMOTOR

ONE FOOT
TO THE OTHERSOFT
LANDING

TEACHABLE POINTS

Take off from one foot
and land on the other

Drive the knee forward

Use opposite
arm actionKeep eyes
looking forwardLand softly and
continue in rhythm

SIMPLE CUES



Leap and land



Knee up



Opposite arm



Soft landing



Keep going



PRACTICE IDEAS

Hoop-to-
hoop leapsLeap
over spotsRiver leap
course

3 LEVEL ASSESSMENT

LEVEL 1

leaps from one foot
to the other with
some control

LEVEL 2

performs continuous
leaps with balance
and rhythm

LEVEL 3

performs continuous
leaps fluently over
distance with control

06

DODGE

LOCOMOTOR



**CHANGE
DIRECTION**



EYES UP



TEACHABLE POINTS



Knees bent and body low



Plant one foot to change direction



Push away quickly into space



Eyes looking up



Quick feet and balance



SIMPLE CUES



Bend and push



Plant and go



Eyes up



Quick feet



Change direction



PRACTICE IDEAS



Cone weave



Mirror
dodge



Dodge the
tagger

3 LEVEL ASSESSMENT

LEVEL 1

attempts to move around an obstruction with some control

LEVEL 2

changes direction to avoid an obstruction while staying controlled

LEVEL 3

dodges opponents or objects quickly with balance, control, and clear change of direction



07

GALLOP

LOCOMOTOR



**LEAD
FOOT**



**STEP
TOGETHER**



3 LEVEL ASSESSMENT

LEVEL 1

gallops using a basic step-together pattern

LEVEL 2

gallops with rhythm and control using a preferred lead

LEVEL 3

gallops fluently on either lead leg or changes direction with control



TEACHABLE POINTS



Lead foot steps forward first



Trailing foot closes to the lead foot



Feet do not cross



Body stays tall and facing forward



Action keeps a smooth rhythm



SIMPLE CUES



Step together



Lead leg first



Face forward



Keep the rhythm



Smooth and light



PRACTICE IDEAS



Horse gallops



Gallop to markers



Music gallop



07

08

HOP

LOCOMOTOR

SAME
FOOTSPRINGY
LANDING

3 LEVEL ASSESSMENT

LEVEL 1

hops on a preferred
foot on the spot

LEVEL 2

hops on a preferred
foot in different
directions

LEVEL 3

hops on either foot in
different directions
with control

TEACHABLE POINTS

Push from the ball
of the footTake off and land on
the same footBend the support
leg on landingSwing leg helps
with rhythmArms help balance
and eyes look forward

SIMPLE CUES



Same foot



Springy ankle



Knee soft



Look forward



Arms help



PRACTICE IDEAS

Spot-to-spot
hops

Hopscotch

Hop and
freeze

08

09

JUMP FOR DISTANCE

LOCOMOTOR


**TWO-FOOT
TAKE-OFF**

**REACH
FORWARD**


3 LEVEL ASSESSMENT

LEVEL 1

 jumps on the spot
with two feet

LEVEL 2

 jumps forwards and
backwards over a line
with control

LEVEL 3

 jumps over a low
hurdle or for distance,
landing with control


TEACHABLE POINTS


 Bend ankles,
knees and hips
to prepare

 Swing arms back
then forward

 Take off from two
feet together

 Reach forward
through the jump

 Land on two feet
with soft knees


SIMPLE CUES



Ready position



Swing and spring


 Jump off
two feet


Reach forward



Soft landing



PRACTICE IDEAS


 Standing
long jump

 Jump
over ropes

 Jump to
target spots


10

JUMP FOR HEIGHT

LOCOMOTOR



SWING UP



REACH HIGH



3 LEVEL ASSESSMENT

LEVEL 1

jumps on the spot with two feet

LEVEL 2

jumps forwards and backwards over a line with control

LEVEL 3

jumps vertically and lands softly



TEACHABLE POINTS



Feet apart with knees bent



Arms swing back then up



Legs extend strongly to jump



Jump upward with the body tall



Land softly on two feet



SIMPLE CUES



Bendy knees



Arms back



Swing and spring



Reach high



Soft landing



PRACTICE IDEAS



Touch the ribbon



Jump and clap high



Jump and land on spots



11

SIDE GALLOP

LOCOMOTOR



**SIDEWAYS
TRAVEL**



**FEET
DON'T CROSS**



3 LEVEL ASSESSMENT

LEVEL 1

gallops using a
basic step-together
pattern

LEVEL 2

gallops with
rhythm and control
using a
preferred lead

LEVEL 3

gallops fluently
on either lead leg
or changes direction
with control



TEACHABLE POINTS



Body stays side-on



Lead foot steps
sideways first



Other foot
closes to it



Feet do not
cross over



Action stays smooth
and balanced



SIMPLE CUES



Step close



Face the front



Lead and follow



Don't cross



Smooth sideways



PRACTICE IDEAS



Side gallop
between cones



Crab side
gallops



Music
side-step



12

SKIP

LOCOMOTOR



STEP-HOP



ALTERNATE SIDES



3 LEVEL ASSESSMENT

LEVEL 1

attempts a skipping pattern with some rhythm

LEVEL 2

skips with rhythm and coordination in a straight line

LEVEL 3

skips fluently with rhythm, coordination, and control over distance



TEACHABLE POINTS



Step then hop on the same foot



Alternate sides in rhythm



Knees lift as the child skips



Opposite arm action helps



Body stays tall and eyes forward



SIMPLE CUES



Step-hop



Knee up



Hop then switch



Tall body



Light and quick



PRACTICE IDEAS



Skip to music



Skipping pathway



Skip and freeze



12

13

SPRINT RUN

LOCOMOTOR



**ARMS
DRIVE**



**QUICK
FEET**



3 LEVEL ASSESSMENT

LEVEL 1

runs in a straight line or around a marker

LEVEL 2

changes pace and direction with control

LEVEL 3

runs with control in a group, avoiding others



TEACHABLE POINTS



Head and trunk stable



Arms drive forwards and backwards



Eyes looking forward



Elbows bent



Knees lift and feet land on a narrow path



SIMPLE CUES



Head up



Look forward



Pump the arms



Quick feet



Drive the knees



PRACTICE IDEAS



Run along a line



High-knee runs



Sprint and stop under control



14

CATCH

OBJECT CONTROL



**WATCH
THE BALL**



**SOFT
HANDS**



3 LEVEL ASSESSMENT

LEVEL 1

catches a large soft ball or balloon after a self-bounce or gentle feed

LEVEL 2

catches a large ball thrown directly to them

LEVEL 3

catches a large ball with control under minimal pressure



TEACHABLE POINTS



Feet move to get body in line with the ball



Eyes stay on the ball



Hands reach out to meet it



Fingers are soft and slightly cupped



Elbows bend to absorb the ball



SIMPLE CUES



Ready position



Watch the ball



Big hands



Reach and catch



Pull to tummy



PRACTICE IDEAS



Self-toss catch



Partner catch



Bounce and catch

15

FOOT DRIBBLE

OBJECT CONTROL



LITTLE TOUCHES



EYES UP



3 LEVEL ASSESSMENT

LEVEL 1

dribbles in a straight line

LEVEL 2

dribbles around markers

LEVEL 3

dribbles with close control, changes direction confidently, and uses both feet



TEACHABLE POINTS



Use gentle taps on the ball



Keep the ball close to the feet



Use inside and outside of the foot



Look up between touches



Change speed and direction with control



SIMPLE CUES



'Little touches'



'Keep it close'



"Soft feet"



"Eyes up"



PRACTICE IDEAS



Cone dribble



Traffic lights dribble



Dribble and turn

15

16

KICK

OBJECT CONTROL



**PLANT
FOOT**



**FOLLOW
THROUGH**



3 LEVEL ASSESSMENT

LEVEL 1

kicks a stationary ball forward

LEVEL 2

kicks a ball to a partner

LEVEL 3

kicks with accuracy and control while moving or changing direction



TEACHABLE POINTS



Eyes focus on the ball



Non-kicking foot is planted beside the ball



Kicking leg swings through



Strike with control



Follow through towards the target



SIMPLE CUES



'Plant foot'



'Eyes on ball'



'Swing through'



'Point to target'



'Kick and follow through'



PRACTICE IDEAS



Partner kicking



Target kicking



Dribble then kick

16

17

OVERARM THROW

OBJECT CONTROL



STEP AND THROW



FOLLOW THROUGH



TEACHABLE POINTS



Stand side-on to the target



Throwing arm goes back with elbow high



Step with the opposite foot



Rotate the body through the throw



Release above the shoulder and follow through



SIMPLE CUES



Side on



Elbow high



Step and throw



Point to target



Long follow through



PRACTICE IDEAS



Throw at a target



Partner throws



Distance throw



3 LEVEL ASSESSMENT

LEVEL 1

throws overarm off same foot

LEVEL 2

throws overarm with basic technique

LEVEL 3

throws overarm with control, clear weight shifting and for distance



17

18

UNDERARM THROW

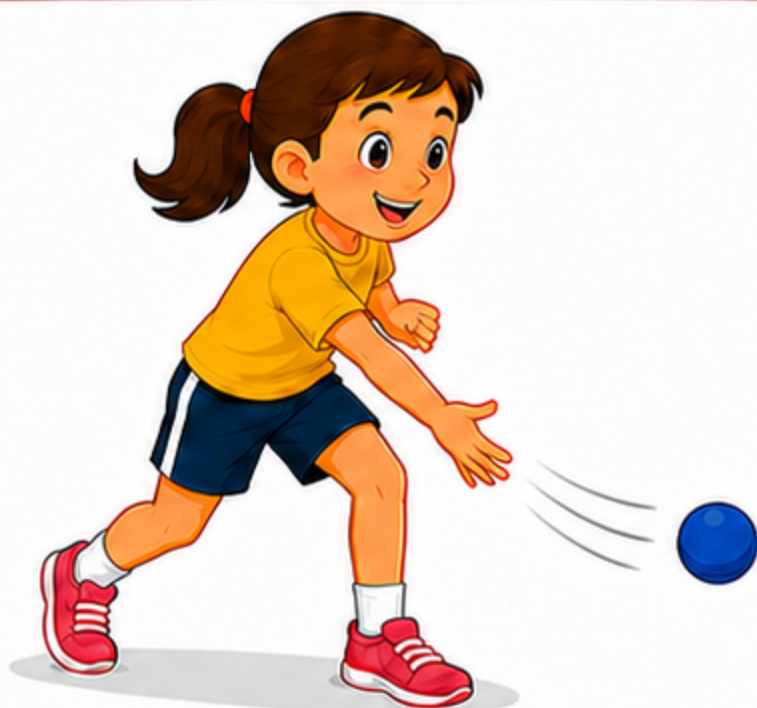
OBJECT CONTROL



SWING LOW



STEP FORWARD



TEACHABLE POINTS



Face the target



Step forward with the opposite foot



Swing the arm back then forward



Release the ball low and smoothly



Follow through towards the target



SIMPLE CUES



Step and swing



Low and smooth



Eyes on target



Point to target



Follow through



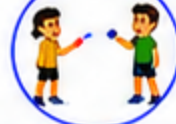
PRACTICE IDEAS



Bowl at skittles



Underarm to hoops



Partner underarm toss



3 LEVEL ASSESSMENT

LEVEL 1

uses same foot

LEVEL 2

uses bent arm or arm crosses body

LEVEL 3

throws with a basic technique



18

19

DRIBBLING WITH HAND

OBJECT CONTROL



**FINGER
PADS**



**BALL BY
YOUR SIDE**



TEACHABLE POINTS



Use finger pads,
not the palm.



Push the ball down
beside the body.



Keep knees bent
and body balanced.



Keep the ball around
waist height or lower.



Eyes look up
between bounces.



SIMPLE CUES



Soft fingers



Push down



Ball by side



Bend knees



Eyes up



PRACTICE IDEAS



Stationary
dribble



Walk and
dribble



Dribble
round cones



3 LEVEL ASSESSMENT

LEVEL 1

dribbles on the spot
with one hand

LEVEL 2

dribbles while moving
with basic control

LEVEL 3

dribbles with either hand
and changes direction
with control



19

20

STRIKING WITH HAND - BAT

OBJECT CONTROL



SIDE ON



EYES ON BALL



TEACHABLE POINTS

- 1 Stand side-on to the target.
- 2 Grip the bat with two hands.
- 3 Watch the ball carefully.
- 4 Step towards the ball and swing the bat through.
- 5 Follow through after contact.



SIMPLE CUES



Side on



Watch the ball



Step and swing



Hit through



Follow through



PRACTICE IDEAS



Strike from a tee



Partner feed and strike



Target batting



3 LEVEL ASSESSMENT

LEVEL 1

strikes a stationary ball with a bat

LEVEL 2

strikes a gently fed ball with basic control

LEVEL 3

strikes with control and can aim into space



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