



# Luckington Community School

## Skills and Knowledge Progression

### P.E.

**Intent:** to ensure that all children see exercise as a vital, everyday part of their lives for good physical and mental health.

Dance			
	Dance Skills	Compete and perform	Evaluate
Year Group	Skills and Knowledge		
EYFS	To move in time to music.	To move energetically such as running, jumping, dancing, hopping and skipping.	To watch and talk about dance and performance art, expressing their feelings and responses. To create dances and experiment with ways of changing them.
1	To copy and repeat actions. To put a sequence of actions together to create a motif. To vary the speed of their actions. To use simple choreographic devices such as unison, canon and mirroring. To begin to improvise independently to create a simple dance.	To perform using a range of actions and body parts with some coordination. To begin to perform learnt skills with some control.	To watch and describe performances. Begin to say how they could improve.
2	To copy, remember and repeat actions. To create a short motif inspired by a stimulus. To change the speed and level of their actions. To use simple choreographic devices such as unison, canon and mirroring. To use different transitions within a dance motif. To move in time to music. To improve the timing of their actions.	To perform sequences of their own composition with coordination. To perform learnt skills with increasing control. To compete against self and others.	To watch and describe performances, and use what they see to improve their own performance. To talk about the differences between their work and that of others.
3	To begin to improvise with a partner to create a simple dance. To create motifs from different stimuli. To begin to compare and adapt movements and motifs to create a larger sequence. To use simple dance vocabulary to compare and improve work. To perform with some awareness of rhythm and expression.	To develop the quality of the actions in their performances. To perform learnt skills and techniques with control and confidence. To compete against self and others in a controlled manner.	To watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.
4	To identify and repeat the movement patterns and actions of a chosen dance style. To compose a dance that reflects the chosen dance style. To confidently improvise with a partner or on their own. To compose longer dance sequences in a small group. To demonstrate precision and some control in response to stimuli. To begin to vary dynamics and develop actions and motifs in response to stimuli. Demonstrate rhythm and spatial awareness. To change parts of a dance as a result of self-evaluation. To use simple dance vocabulary when comparing and improving work.	To perform and create sequences with fluency and expression. To perform and apply skills and techniques with control and accuracy.	To watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. To modify their use of skills or techniques to achieve a better result.

5	<p>To identify and repeat the movement patterns and actions of a chosen dance style. Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>To show a change of pace and timing in their movements.</p> <p>To develop an awareness of their use of space.</p> <p>To demonstrate imagination and creativity in the movements they devise in response to stimuli.</p> <p>To use transitions to link motifs smoothly together.</p> <p>To improvise with confidence, still demonstrating fluency across the sequence.</p> <p>To ensure their actions fit the rhythm of the music.</p> <p>To modify parts of a sequence as a result of self and peer evaluation.</p> <p>To use more complex dance vocabulary to compare and improve work.</p>	<p>To perform own longer, more complex sequences in time to music.</p> <p>To consistently perform and apply skills and techniques with accuracy and control.</p>	<p>To choose and use criteria to evaluate own and others' performances.</p> <p>To explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>
6	<p>To identify and repeat the movement patterns and actions of a chosen dance style. Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>To use dramatic expression in dance movements and motifs. To perform with confidence, using a range of movement patterns.</p> <p>To demonstrate strong and controlled movements throughout a dance sequence. Combine flexibility, techniques and movements to create a fluent sequence.</p> <p>To move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</p> <p>To show a change of pace and timing in their movements.</p> <p>To move rhythmically and accurately in dance sequences.</p> <p>To improvise with confidence, still demonstrating fluency across their sequence.</p> <p>To dance with fluency and control, linking all movements and ensuring that transitions flow.</p> <p>To demonstrate consistent precision when performing dance sequences.</p> <p>To modify some elements of a sequence as a result of self and peer evaluation.</p> <p>To use complex dance vocabulary to compare and improve work.</p>	<p>To link actions to create a complex sequence using a full range of movement.</p> <p>To perform the sequence in time to music.</p> <p>To perform and apply a variety of skills and techniques confidently, consistently and with precision.</p>	<p>To thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>

Games - REAL PE												
	Balance	Balance	Balance	Balance	Balance	Agility	Balance	Coordination	Coordination	Coordination	Agility	Agility
Yr Grp	Static Balance one leg Station 1	Static Balance seated Station 2	Static Balance Floor work Station 3	Static Balance Stance Station 4	Dynamic Balance Station 5	Dynamic Balance to Agility Station 6	Counter balance with a partner Station 7	Sending & receiving Station 8	Ball skills Station 9	Footwork Station 10	Ball Chasing Station 11	Reaction & Response Station 12

EYFS	I can balance on one leg for 10 seconds on my left and right legs.	In a seated position for 10 seconds: I can balance with both hands and feet on the floor.	I can hold a mini-front support position.	I can stand on a line with my feet shoulder width apart with the weight on the balls of my feet and hold my balance.	1. Walk forwards with fluidity and minimum wobble.  2. Walk backwards with fluidity and minimum wobble.	To jump and land appropriately.	1. Sit holding hands with toes touching, lean in together then apart.	To show increasing control over an object in pushing, patting, throwing, catching or kicking it.	To show increasing control over an object in pushing, patting, throwing, catching or kicking it.	To negotiate space successfully and travel with skill and confidence around equipment.	To show increasing control over an object in pushing, patting, throwing, catching or kicking it.	To show increasing control over an object in pushing, patting, throwing, catching or kicking it.
1	I can balance on one leg for 10 seconds on my left and right legs.	In a seated position for 10 seconds: I can balance with both hands and feet on the floor. I can balance with 1 hand and 2 feet on the floor. I can balance with both hands and 1 foot on the floor. I can balance with 1 hand and 1 foot on the floor. I can balance with no hands or feet on the floor.	Maintaining balance throughout:  I can hold a mini-front support position.  I can reach around and point to the ceiling with either hand in a mini-front support.	I can stand on a line with my feet shoulder width apart with the weight on the balls of my feet and hold my balance.	1. Walk forwards with fluidity and minimum wobble.  2. Walk backwards with fluidity and minimum wobble.	1. Jump from 2 feet to 2 feet forwards, backwards and side-to-side.	1. Sit holding hands with toes touching, lean in together then apart.  2. Sit holding 1 hand with toes touching, lean in together then apart.  3. Sit holding hands with toes touching and rock forwards, backwards and side-to-side.	1. Roll large ball and collect the rebound.  2. Roll small ball and collect the rebound.  3. Throw large ball and catch the rebound with 2 hands.	1. Sit and roll a ball along the floor around body using 2 hands.  2. Sit and roll a ball along the floor around body using 1 hand (right and left).  3. Sit and roll a ball down legs and around upper body using 2 hands.  4. Stand and roll a ball up and down legs and round upper body using 2 hands.	1. Side-step in both directions.  2. Gallop, leading with either foot.  3. Hop on either foot.  4. Skip.	1. Roll a ball, chase and collect it in balanced position facing opposite direction.  2. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.	From 1, 2 and 3 metres: 1. React and catch large ball dropped from shoulder height after 2 bounces.  2. React and catch large ball dropped from shoulder height after 1 bounce.
2	I can balance on one leg for 30 seconds on my left and right legs.  I can complete 5 mini squats on my left and right legs.	In a seated position with no hands or feet on the floor: I can pick up a cone from one side and swap hands and place it on the other side.  I can return the cone to the other side.	Maintaining balance throughout:  I can place a cone on my back and take it off with the other hand in a mini-front support.  I can hold a mini-back support position.  I can place a cone on my tummy and take it off with the other hand in a mini-back support.	I can stand on a low beam with my feet shoulder width apart with the weight on the balls of my feet and hold my balance for 10 seconds.	1. Walk fluidly, lifting knees to 90°.  2. Walk fluidly, lifting heels to bottom.	1. Jump from 2 feet to 2 feet with quarter turn in both directions.  2. Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).	1. Hold on and, with a long base, lean back, hold balance and then move back together.  2. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.	1. Throw tennis ball, catch rebound with same hand after 1 bounce.  2. Throw tennis ball, catch rebound with same hand without a bounce.  3. Throw tennis ball, catch rebound with other hand after 1 bounce.  4. Throw tennis ball, catch rebound with other hand without a bounce.  5. Strike large, soft ball along ground with hand 5 times in a rally.	1. Sit and roll a ball up and down legs and round upper body using 1 hand.  2. Stand and roll a ball up and down legs and round upper body using 1 hand.	1. Combine side-steps with 180° front pivots off either foot.  2. Combine side-steps with 180° reverse pivots off either foot.  3. Skip with knee and opposite elbow at 90° angle.  4. Hopscotch forwards and backwards, hopping on the same leg (right and left).	1. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction.  2. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.	From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce.
3	I can balance on one leg for 30 seconds with my eyes closed on left and right legs.  I can complete 5 squats.	In a seated position with no hands or feet on the floor:  I can pick up a cone from one side and place it on the other side.	Maintaining balance throughout:  I can hold a full front support position.	I can stand on a line on the balls of my feet and hold my balance while my partner applies a small force from various angles.	1. March, lifting knees and elbows up to a 90° angle.  2. Walk fluidly with heel to toe landing.	1. Jump from 2 feet to 2 feet with 180° turn in either direction.  2. Complete a tucked jump.  3. Complete a tucked jump with	1. Hold on and, with a short base, lean back, hold balance and then move back together.  2. Hold on with 1 hand and, with a short base, lean back, hold balance	1. Strike a ball with alternate hands in a rally.  2. Kick a ball with the same foot.  3. Kick a ball with alternate feet Roll 2 balls alternately	In 20 seconds or less:  1. Stand with legs apart and move a ball around 1 leg 16 times (right and left leg).	1. Hopscotch forwards and backwards, alternating hopping leg each time.  2. Move in a 3-step zigzag pattern forwards.	1. Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction.  2. Chase a large bouncing ball, let it	From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.

	I can complete 5 ankle extensions.	<p>with the same hand.</p> <p>I can return it to the opposite side using the other hand.</p> <p>I can sit in a dish shape with straight arms and legs and hold it for 5 seconds.</p>	<p>I can lift one arm and point to the ceiling with either hand in a front support.</p> <p>I can transfer a cone on and off my back in a front support.</p>	<p>I can stand on a line on the balls of my feet and maintain my balance while raising alternate feet 5 times.</p> <p>I can stand on a line on the balls of my feet and maintain my balance while raising alternate knees 5 times.</p> <p>I can stand on a line on the balls of my feet and maintain my balance while catching a ball at my chest and throwing it back.</p> <p>I can do all the above on a low beam.</p>	3. Walk fluidly, lifting knees and using heel to toe landing. Walk fluidly, lifting heels to bottom and using heel to toe landing.	180° turn in either direction.	and then move back together.	using both hands, sending 1 as the other is returning.	<p>2. Move a ball round waist 17 times.</p> <p>3. Stand with legs apart and move a ball around alternate legs 16 times.</p>	<p>3. Move in a 3-step zigzag pattern backwards.</p>	<p>roll through legs and then collect it in balanced position facing the opposite direction.</p> <p>3. Complete above challenges with tennis ball.</p>	
4	<p>I can balance on an uneven surface for 30 seconds on left and right legs.</p> <p>I can do the above with my eyes closed.</p> <p>I can squat and move up onto the balls of my feet without losing balance ten times in a row.</p> <p>I can do 5 squats with my eyes closed without losing my balance.</p>	<p>1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions).</p> <p>2. Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).</p> <p>3. Hold a V-shape with straight arms and legs for 10 seconds.</p>	<p>Maintaining balance throughout: I can hold a front support and transfer a tennis ball on and off my back.</p> <p>In a back support I can transfer a cone on and off my tummy.</p> <p>In a back support I can transfer a tennis ball on and off my tummy.</p>	<p>I can stand on a line on the balls of my feet and maintain my balance while lifting alternate knees and touching knee to opposite elbow 5 times.</p> <p>I can stand on a line on the balls of my feet and maintain my balance while catching a ball aimed at my knees and above my head.</p> <p>I can stand on a line on the balls of my feet and maintain my balance while catching a ball away from my body.</p> <p>Using a smaller ball, I can stand on a line on the balls of my feet</p>	<p>1. Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing.</p> <p>2. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing).</p> <p>3. Lunge walk forwards, bringing opposite elbow up to a 90° angle.</p> <p>4. Complete all red challenges with eyes closed.</p>	<p>1. Jump 2 feet to 2 feet forwards, backwards and side-to-side.</p> <p>2. Hop forward and backwards, freezing on landing.</p> <p>3. Jump 1 foot to other forwards and backwards, freezing on landing.</p> <p>4. Hop sideways, raising knee and freezing on landing.</p> <p>5. Jump 1 foot to other sideways, raising knee and freeze on landing.</p>	<p>1. Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together.</p> <p>2. Stand on 1 leg while holding on to partner's opposite foot.</p>	<p>1. Alternately throw and catch 2 tennis balls against a wall.</p> <p>2. Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over).</p> <p>3. Throw 2 tennis balls against a wall in a circuit, in both directions.</p>	<p>In 20 seconds or less:</p> <p>1. Stand with legs apart and move ball in figure of 8 around both legs 12 times.</p> <p>2. Move ball around waist into figure of 8 around both legs 10 times.</p> <p>3. Move ball around waist and then around alternate legs 12 times.</p> <p>4. Stand with legs apart and perform 24 criss-crosses, with and then without a bounce.</p>	<p>1. Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg.</p> <p>2. Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction.</p> <p>3. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.</p>	<p>1. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction.</p> <p>2. Perform above challenge with tennis ball.</p> <p>3. Roll and chase large ball, stopping it with head in front support position facing opposite direction.</p>	<p>From 1, 2 and 3 metres:</p> <p>1. React and step across body, bring hand across body and catch tennis ball after 1 bounce.</p>



				<p>and maintain my balance while catching a ball close to my body and away from my body. (proximal and distal feeds)</p> <p>I can do all of the above on a low beam.</p>								
5	<p>I can do 5 ankle extensions with my eyes closed without losing my balance.</p> <p>I can do 10 squats into ankle extensions with my eyes closed without losing my balance.</p> <p>I can do the above two challenges on an uneven surface.</p> <p>I can do the top two challenges on an uneven surface with my eyes closed.</p>	<p>1. Reach and pick up cones from in front, to the side and from behind.</p> <p>2. Reach and pick up cones from in front, to the side and from behind with eyes closed.</p> <p>3. Reach and pick up cones from in front, to the side and from behind while a partner applies a force.</p> <p>4. Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.</p>	<p>Maintaining balance throughout:</p> <p>I can hold a front support with only one foot on the floor and transfer a cone on and off my back.</p> <p>I can do this with the other foot on the floor.</p> <p>I can start in a front support position, lift one arm up and rotate fluently into a back support position.</p>	<p>I can stand on a line on the balls of my feet and maintain my balance while throwing and catching two balls alternately using both left and right hands. (proximal feeds first then distal)</p> <p>I can stand on a line on the balls of my feet and maintain my balance while striking a ball back to my partner with a racket.</p> <p>I can stand on a line on the balls of my feet and maintain my balance while striking a ball back to my partner across my body.</p> <p>I can do all of the above on a low beam.</p>	<p>1. Sidestep in both directions.</p> <p>2. Stand sideways and complete continuous 180° front pivots. Then with 180° reverse pivots</p> <p>3. Move sideways, stepping across body (lateral step-over).</p> <p>4. Perform 'grapevines' (step-over, sidestep, step-behind, repeat).</p> <p>5. Complete blue challenges then above challenges with eyes closed.</p>	<p>1. Jump 2 feet to 2 feet with a 180° turn in the middle (both directions).</p> <p>2. Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions).</p> <p>3. Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides).</p>	<p>1. Complete all blue challenges with eyes closed.</p> <p>2. Step onto bench facing partner, hold with both hands with feet side by side, lean back, hold and then move back together.</p> <p>3. Step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms.</p>	<p>1. With a partner, simultaneously pass large ball along the floor with feet and throw tennis ball for 10 continuous passes.</p> <p>2. With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds.</p>	<p>In 20 seconds or less:</p> <p>1. Stand with legs apart and complete 20 front to back catches with a bounce in between.</p> <p>2. Perform above 30 times without ball bouncing in between.</p> <p>3. Complete above tasks with head up throughout.</p> <p>4. Complete 11 overhead throw and catches.</p>	<p>1. Move in 3-step zigzag pattern while alternating knee raise and foot behind.</p> <p>2. Move backwards in 3 step zigzag pattern with cross-over (swerve).</p> <p>3. Move backwards in 3-step zigzag pattern with knee raise across body.</p>	<p>1. Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce.</p> <p>2. Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce.</p>	<p>From 1, 2 and 3 metres:</p> <p>1. React to call from partner when they drop a ball, turn and catch it after 1 bounce.</p> <p>2. Perform above challenge but react to sound of the bounce rather than call.</p>
6	<p>I can Place 4 cones at 12, 3, 6 and 9 o'clock on a circle around me and standing on one leg I can pick the cones up[ without losing balance. I can do this with</p>	<p>1. Reach and pick up cones on the floor whilst on a bench, without losing balance.</p> <p>2. Turn 360° in either direction, first on the floor then on a bench.</p>	<p>Maintaining balance throughout:</p> <p>I can hold a front support position with only one foot in contact with the floor and</p>	<p>I can stand on a line on the balls of my feet and maintain my balance while throwing and catching a tennis ball with both left and right</p>	<p>1. Lunge walk backwards.</p> <p>2. Lunge walk backwards with opposite elbow at 90°.</p> <p>3. Lunge walk along curved</p>	<p>1. Jump from vertical stance forwards into lunge position while holding ball off centre (both sides).</p> <p>2. Jump from vertical stance backwards into lunge position while</p>	<p>1. Stand on a line facing partner, hold with both hands, lean back and then swap places whilst maintaining counter balance position.</p>	<p>1. Working with a partner, simultaneously pass ball along the floor with feet and throw 2 tennis balls continuously.</p> <p>2. Working with a partner, simultaneously</p>	<p>In 20 seconds or less:</p> <p>1. Complete 12 long circle (forwards and then backwards).</p> <p>2. Complete 20 over the opposite shoulder throw and catches with the</p>	<p>1. Move backwards in 3-step zigzag pattern with foot behind.</p> <p>2. Move backwards in 3-step zigzag pattern with alternating knee lift and foot behind.</p>	<p>1. Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce.</p> <p>2. Perform above challenge but catch</p>	<p>From 1, 2 and 3 metres:</p> <p>1. React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg.</p> <p>2. Perform above challenge but react</p>

	<p>my left and right hands and feet.</p> <p>I can do the above with my eyes closed.</p> <p>I can do the above standing on an uneven surface.</p>	<p>3. Balance on an uneven surface, e.g. wobble cushion, for 10 seconds.</p> <p>4. Reach and pick up cones on the floor whilst on an uneven surface.</p>	<p>transfer a tennis ball on and off my back.</p> <p>I can do this with my other foot on the floor.</p> <p>I can do the above with my eyes closed.</p>	<p>hands and across the body.</p> <p>I can stand on a line on the balls of my feet and maintain my balance while throwing and catching two balls alternately across my body with both hands.</p> <p>I can stand on a line on the balls of my feet and maintain my balance while volleying a large ball to my partner with my left and right feet.</p> <p>I can do all of the above on a low beam..</p>	<p>pathway, forwards then backwards, with opposite elbow at 90°.</p> <p>4. Perform above challenges with eyes closed.</p>	<p>holding medicine ball off centre (both sides).</p> <p>3. Jump 2 feet to 2 feet with 360° turn (in both directions).</p>	<p>2. Stand on a low beam facing partner, hold with both hands then swap places whilst maintaining counter balance position.</p>	<p>volley tennis ball with racket and pass ball along the ground continuously.</p>	<p>same hand 20 times (with either hand, in both directions).</p>		<p>ball on instep of foot and lower it to the ground.</p>	<p>to sound of bounce rather than call.</p> <p>3. Perform above challenges, but also step across body and bring hand across body to catch ball with one hand.</p>
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Yr Grp	Shape	Travel	Flight	Rotation	Balance
EYFS	To demonstrate strength, balance and coordination.	To move energetically such as running, jumping, hopping, skipping and climbing.	To jump off an object and land appropriately.	To perform pencil rolls,	To balance on two feet.
1	To perform straight, tuck star, pike and straddle shapes on the floor, with hand apparatus, on low apparatus and on large apparatus.	To walk, march, jog, side step, skip and slide on the floor, with hand apparatus, on low apparatus and on large apparatus.	To perform 1 foot to 1 foot (same), 2 feet to 2 feet, straight and tuck jumps on the floor, with hand apparatus, on low apparatus and on large apparatus.	To perform pencil, dish and arch rolls and spin on the bottom on the floor, with hand apparatus, on low apparatus and on large apparatus.	To balance on 1 foot, stomach, side, bottom and feet, hands and feet and hands and 1 knee on the

					floor, with hand apparatus, on low apparatus and on large apparatus.
2	To perform straight, tuck star, pike, straddle, dish and arch shapes on the floor, with hand apparatus, on low apparatus and on large apparatus. Perform balances with a partner.	To jump, gallop, cat leap, roll, bunny hop, crab walk and bear walk on the floor, with hand apparatus, on low apparatus and on large apparatus.	To perform the above and 1 foot to 2 feet, star, straight 180° and tuck 180° jumps on the floor, with hand apparatus, on low apparatus and on large apparatus.	To perform the above and egg tuck roll and rock 'n' roll to feet and patter turn on the floor, with hand apparatus, on low apparatus and on large apparatus.	To balance on the above and on 1 knee and 1 hand, 2 hands and 2 feet, 2 hands and 1 foot on the floor, with hand apparatus, on low apparatus and on large apparatus.
3	To perform straight, tuck star, pike, straddle, dish, arch shapes and front support and back support on the floor, with hand apparatus, on low apparatus and on large apparatus. To perform matching and contrasting partner balances.	To spring, cross step, hopscotch, lunge walk, caterpillar and bunny hop on the floor, with hand apparatus, on low apparatus and on large apparatus solo and with a partner.	To perform the above and pike, straight 360°, tuck 360°, 2 foot to 1 foot (sissonne), 1 foot to 1 foot (other - leap) jumps on the floor, with hand apparatus, on low apparatus and on large apparatus.	To perform the above and circle roll, scrabble roll, a side roll from wolf split and spin on stomach on the floor, with hand apparatus, on low apparatus and on large apparatus.	To balance on the above and on 1 foot, 1 hand and 1 foot, bottom and shoulders on the floor, with hand apparatus, on low apparatus and on large apparatus.
4	To perform straight, tuck star, pike, straddle, dish, arch shapes and front support and back support on the floor, with hand apparatus, on low apparatus and on large apparatus. To perform balances with and against a partner.	To spring, cross step, hopscotch, lunge walk, caterpillar and bunny hop on the floor, with hand apparatus, on low apparatus and on large apparatus solo and with a partner.	To perform the above and 90° turn, jete, scissor, cat jumps on the floor, with hand apparatus, on low apparatus and on large apparatus.	To perform the above and rock and roll to stand, push turn pivot and knee turn on the floor, with hand apparatus, on low apparatus and on large apparatus.	To balance on the above and on hands and elbows on the floor, with hand apparatus, on low apparatus and on large apparatus.
5	To perform straight, tuck star, pike, straddle, dish, arch shapes and front support and back support on the floor, with hand apparatus, on low apparatus and on large apparatus. To perform part weight partner balances.	To spring, cross step, hopscotch, lunge walk, caterpillar and bunny hop on the floor, with hand apparatus, on low apparatus and on large apparatus solo and with a partner.	To perform the above and arch, cabriole, stag and cossack jumps on the floor, with hand apparatus, on low apparatus and on large apparatus.	To perform the above and forward roll, chaine turn, pirouette and barrel roll on the floor, with hand apparatus, on low apparatus and on large apparatus.	To balance on the above and on one foot in arabesque, passe, side horizontal, forward bend, front scale and front attitude positions on the floor, with hand apparatus, on low apparatus and on large apparatus.
6	To perform straight, tuck star, pike, straddle, dish, arch shapes and front support and back support with hand apparatus, on low apparatus and on large apparatus. To perform part weight partner balances	To spring, cross step, hopscotch, lunge walk, caterpillar and bunny hop on the floor, with hand apparatus, on low apparatus and on large apparatus solo and with a partner.	To perform the above and split, stag ring and ring jumps on the floor, with hand apparatus, on low apparatus and on large apparatus.	To perform the above and forward roll, chaine turn, pirouette and barrel roll on the floor, with hand apparatus, on low apparatus and on large apparatus.	To balance on the above and on one foot in the attitude, ring, penche and Y stand positions on the floor, with hand apparatus, on low apparatus and on large apparatus.