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Progression of Skills

Shape

Flight

Balance

Travel

Rotation

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) **Trickiest** Balance skills on the floor (1/2/3).

- Perform (Consolidated) **Trickiest** Travel skills on the floor (1/2/3).

- Perform (Consolidated) **Trickiest** Flight skills on the floor (1/2/3).

- Perform (Consolidated) **Trickiest** Rotation 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) **Trickier** Balance skills combined with **one** of the following:
  - Hand Apparatus (4)
  - Low Apparatus (5)
  - Partner/s (6)
  - Large Apparatus (7)

- 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) **Trickier** Flight skills combined with **one** of the following:
  - Hand Apparatus (4)
  - Low Apparatus (5)
  - Partner/s (6)
  - Large Apparatus (7)

- 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)

FUNS Links:

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

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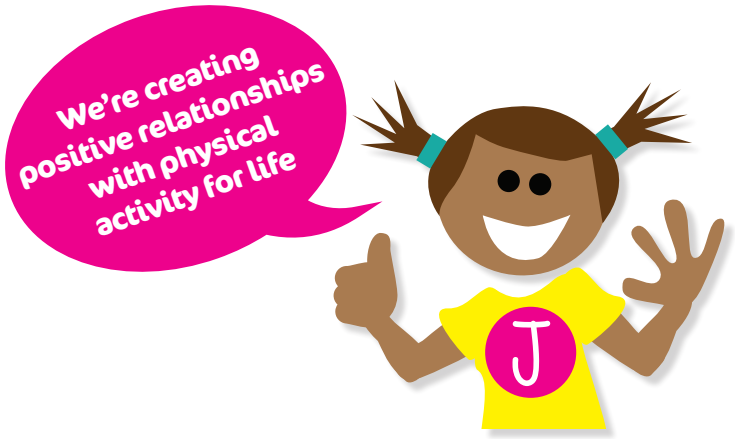

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