

FUNS Framework – Skills 1 to 4

Static Balance: 1 Leg	Static Balance: Seated	Static Balance: Floorwork	Static Balance: Stance
<p>On both legs:</p> <ol style="list-style-type: none"> Stand still for 30 seconds with eyes closed. Complete 5 squats. Complete 5 ankle extensions. 	<ol style="list-style-type: none"> Pick up a cone from one side and place it on the other side with same hand. Return it to the opposite side using the other hand. Sit in a dish shape and hold it for 5 seconds. 	<ol style="list-style-type: none"> Hold full front support position. Lift 1 arm and point to the ceiling with either hand in front support. Transfer cone on and off back in front support. 	<ol style="list-style-type: none"> Receive a small force from various angles. Raise alternate feet 5 times. Raise alternate knees 5 times. Catch ball at chest height and throw it back.
<p>Expected - End of Key Stage 1</p>			
<p>On both legs:</p> <ol style="list-style-type: none"> Stand still for 30 seconds. Complete 5 mini-squats. 	<ol style="list-style-type: none"> Pick up a cone from one side, swap hands and place it on the other side. Return the cone to the opposite side. 	<ol style="list-style-type: none"> Place cone on back and take it off with other hand in mini-front support. Hold mini-back support position. Place cone on tummy and take it off with other hand in mini-back support. 	<ol style="list-style-type: none"> Stand on low beam with good stance for 10 seconds.
<p>On both legs:</p> <ol style="list-style-type: none"> Stand still for 10 seconds. 	<ol style="list-style-type: none"> Balance with both hands/ feet down. Balance with 1 hand/ 2 feet down. Balance with 2 hands/ 1 foot down. Balance with 1 hand/ 1 foot down. Balance with 1 hand or 1 foot down. Balance with no hands or feet down. 	<ol style="list-style-type: none"> Hold mini-front support position. Reach round and point to ceiling with either hand in mini-front support. 	<ol style="list-style-type: none"> Stand on line with good stance for 10 seconds.

Exceedingg

FUNS Framework – Skills 5 to 8

Dynamic Balance: On a Line	Dynamic Balance: Jumping & Landing	Counter Balance: In Pairs	Coordination: Sending & Receiving
<p>Exceedingg</p> <ol style="list-style-type: none"> 1. March, lifting knees and elbows up to a 90° angle. 2. Walk fluidly with heel to toe landing. 3. Walk fluidly, lifting knees and using heel to toe landing. Walk fluidly, lifting heels to bottom and using heel to toe landing. 	<ol style="list-style-type: none"> 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 180° turn in either direction. 	<ol style="list-style-type: none"> 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 and then move back together. 3. Perform above challenges with eyes closed. 	<ol style="list-style-type: none"> 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 using both hands, sending 1 as the other is returning.
<p>Expected - End of Key Stage 1</p>			
<ol style="list-style-type: none"> 1. Walk fluidly, lifting knees to 90°. 2. Walk fluidly, lifting heels to bottom. 	<ol style="list-style-type: none"> 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). 	<ol style="list-style-type: none"> 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. 	<ol style="list-style-type: none"> 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.
<ol style="list-style-type: none"> 1. Walk forwards with fluidity and minimum wobble. 2. Walk backwards with fluidity and minimum wobble. 	<ol style="list-style-type: none"> 1. Jump from 2 feet to 2 feet forwards, backwards and side-to-side. 	<ol style="list-style-type: none"> 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. 	<ol style="list-style-type: none"> 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.

FUNS Framework – Skills 9 to 12

Coordination: Ball Skills	Coordination: Footwork	Agility: Ball Chasing	Agility: Reaction & Response
<p>In 20 seconds or less:</p> <ol style="list-style-type: none"> 1. Stand with legs apart and move a ball around 1 leg 16 times (right and left leg). 2. Move a ball round waist 17 times. 3. Stand with legs apart and 	<ol style="list-style-type: none"> 1. Hopscotch forwards and backwards, alternating hopping leg each time. 2. Move in a 3-step zigzag pattern forwards. 3. Move in a 3-step zigzag pattern backwards. 	<ol style="list-style-type: none"> 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 roll through legs and then collect it in balanced position 	<p>From 1, 2 and 3 metres:</p> <ol style="list-style-type: none"> 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.
<p>Expected - End of Key Stage 1</p>			
<ol style="list-style-type: none"> 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. 	<ol style="list-style-type: none"> 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). 	<ol style="list-style-type: none"> 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. 	<p>From 1, 2 and 3 metres:</p> <ol style="list-style-type: none"> 1. React and catch tennis ball dropped from shoulder height after 1 bounce.
<ol style="list-style-type: none"> 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. 	<ol style="list-style-type: none"> 1. Side-step in both directions. 2. Gallop, leading with either foot. 3. Hop on either foot. 4. Skip. 	<ol style="list-style-type: none"> 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. 	<p>From 1, 2 and 3 metres:</p> <ol style="list-style-type: none"> 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.