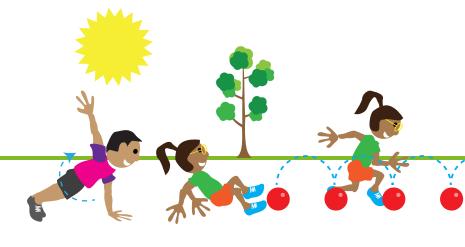


FUNS

(Fundamental Movement Skills)

Progression of Skills











FUNS Framework - Skills 1 to 4

Static Balance: 1 Leg

On both legs:

- 1. Place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.
- **2.** Perform above challenge with eyes closed.
- **3.** Stand on uneven surface and place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.

Static Balance: Seated

- **1.** Reach and pick up cones on the floor whilst on a bench, without losing balance.
- **2.** Turn 360° in either direction, first on the floor then on a bench.
- **3.** Balance on an uneven surface, e.g. wobble cushion, for 10 seconds.
- **4.** Reach and pick up cones on the floor whilst on an uneven surface.

Static Balance: Floorwork

- 1. Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back.
- 2. Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back with eyes closed.

Static Balance: Stance

- **1.** Throw and catch small ball, catching across body with either hand.
- **2.** Throw and catch 2 balls alternately, catching across body with either hand.
- **3.** Volley large ball back to a partner with either foot.

On both legs:

- **1.** Complete 5 ankle extensions with eyes closed.
- **2.** Complete 10 squats into ankle extensions with eyes closed.
- **3.** Complete above 2 challenges on uneven surface with eyes open.
- **4.** Complete first 2 challenges on uneven surface with eyes closed.

- **1.** Reach and pick up cones from in front, to the side and from behind.
- **2.** Reach and pick up cones from in front, to the side and from behind with eyes closed.
- **3.** Reach and pick up cones from in front, to the side and from behind while a partner applies a force.
- **4.** Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.

- **1.** Hold front support position with only 1 foot in contact with floor and transfer cone on and off back.
- **2.** Rotate fluently from front support to back support, and then continue rotating with fluency.
- 1. Throw and catch 2 small balls alternately, using both hands, both close to and away from body.
- **2.** Strike small ball back to a partner with a racket.
- **3.** Strike a small ball back to a partner from across body with a racket.

Expected - End of Upper Key Stage 2





1

On both legs:

- **1.** Stand still on uneven surface for 30 seconds.
- **2.** Stand still on uneven surface for 30 seconds with eyes closed.
- **3.** Complete 10 squats into ankle extensions.
- **4.** Complete 5 squats with eyes closed.

- 1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions).
- **2.** Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).
- **3.** Hold a V-shape with straight arms and legs for 10 seconds.

- **1.** Transfer tennis ball on and off back in a front support.
- **2.** Transfer cone on and off tummy in back support.
- **3.** Transfer tennis ball on and off tummy in back support.
- **1.** Raise alternate knees to opposite elbow 5 times.
- **2.** Catch large ball thrown at knee height and above head.
- **3.** Catch large ball thrown away from body.
- **4.** Catch small ball thrown close to and away from body.

Expected - End of Lower Key Stage 2







On both legs:

- **1.** Stand still for 30 seconds with eyes closed.
- 2. Complete 5 squats.
- **3.** Complete 5 ankle extensions.
- **1.** Pick up a cone from one side and place it on the other side with same hand.
- **2.** Return it to the opposite side using the other hand.
- **3.** Sit in a dish shape and hold it for 5 seconds.

- 1. Hold full front support position.
- Lift 1 arm and point to the ceiling with either hand in front support.
- **3.** Transfer cone on and off back in front support.
- **1.** Receive a small force from various angles.
- 2. Raise alternate feet 5 times.
- 3. Raise alternate knees 5 times.
- **4.** Catch ball at chest height and throw it back.

Expected - End of Key Stage 1







On both legs:

- 1. Stand still for 30 seconds.
- **2.** Complete 5 mini-squats.
- **1.** Pick up a cone from one side, swap hands and place it on the other side.
- **2.** Return the cone to the opposite side.

- **1.** Place cone on back and take it off with other hand in minifront support.
- **2.** Hold mini-back support position.
- **3.** Place cone on tummy and take it off with other hand in miniback support.
- **1.** Stand on low beam with good stance for 10 seconds.







- 1. Stand still for 10 seconds.
- **1.** Balance with both hands/ feet down.
- 2. Balance with 1 hand/ 2 feet down.
- **3.** Balance with 2 hands/
- **4.** Balance with 1 hand/ 1 foot down.
- **5.** Balance with 1 hand or 1 foot down.
- **6.** Balance with no hands or feet down.

- **1.** Hold mini-front support position.
- **2.** Reach round and point to ceiling with either hand in mini-front support.
- **1.** Stand on line with good stance for 10 seconds.

FUNS Framework - Skills 5 to 8

Dynamic Balance: On a Line

- 1. Lunge walk backwards.
- **2.** Lunge walk backwards with opposite elbow at 90°.
- **3.** Lunge walk along curved pathway, forwards then backwards, with opposite elbow at 90°.
- **4.** Perform above challenges with eyes closed.

Dynamic Balance: Jumping & Landing

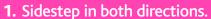
- **1.** Jump from vertical stance forwards into lunge position while holding ball off centre (both sides).
- **2.** Jump from vertical stance backwards into lunge position while holding medicine ball off centre (both sides).
- **3.** Jump 2 feet to 2 feet with 360° turn (in both directions).

Counter Balance: In Pairs

- 1. Stand on a line facing partner, hold with both hands, lean back and then swap places whilst maintaining counter balance position.
- 2. Stand on a low beam facing partner, hold with both hands then swap places whilst maintaining counter balance position.

Coordination: Sending & Receiving

- Working with a partner, simultaneously pass ball along the floor with feet and throw 2 tennis balls continuously.
- 2. Working with a partner, simultaneously volley tennis ball with racket and pass ball along the ground continuously.



- 2. Stand sideways and complete continuous 180° front pivots. Then with 180° reverse pivots
- 3. Move sideways, stepping across body (lateral step-over).
- 4. Perform 'grapevines' (step-over, sidestep, step-behind, repeat).
- **5.** Complete blue challenges then above challenges with eyes closed.

- **1.** Jump 2 feet to 2 feet with a 180° turn in the middle (both directions).
- **2.** Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions).
- **3.** Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides).

- **1.** Complete all blue challenges with eyes closed.
- **2.** Step onto bench facing partner, hold with both hands with feet side by side, lean back, hold and then move back together.
- **3.** Step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms.
- 1. With a partner, simultaneously pass large ball along the floor with feet and throw tennis ball for 10 continuous passes.
- **2.** With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds.



Expected - End of Upper Key Stage 2



1

- 1. Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing.
- **2.** Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing).
- **3.** Lunge walk forwards, bringing opposite elbow up to a 90° angle.
- **4.** Complete all red challenges with eyes closed.

- **1.** Jump 2 feet to 2 feet forwards, backwards and side-to-side.
- **2.** Hop forward and backwards, freezing on landing.
- **3.** Jump 1 foot to other forwards and backwards, freezing on landing.
- **4.** Hop sideways, raising knee and freezing on landing.
- **5.** Jump 1 foot to other sideways, raising knee and freeze on landing.

- 1. Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together.
- **2.** Stand on 1 leg while holding on to partner's opposite foot.
- **1.** Alternately throw and catch 2 tennis balls against a wall.
- **2.** Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over).
- **3.** Throw 2 tennis balls against a wall in a circuit, in both directions.

Expected - End of Lower Key Stage 2







- **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.
- 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.
- 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.

- **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.

Expected - End of Key Stage 1







- **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.** 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 sideto-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.

FUNS Framework - Skills 9 to 12

Coordination: Ball Skills

In 20 seconds or less:

- 1. Complete 12 long circle (forwards and then backwards).
- 2. Complete 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions).

Coordination: Footwork

- Move backwards in 3-step zigzag pattern with foot behind.
- **2.** Move backwards in 3-step zigzag pattern with alternating knee lift and foot behind.

Agility: Ball Chasing

- 1. Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce.
- **2.** Perform above challenge but catch ball on instep of foot and lower it to the ground.

Agility:

Reaction & Response

From 1, 2 and 3 metres:

- 1. React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg.
- **2.** Perform above challenge but react to sound of bounce rather than call.
- **3.** Perform above challenges, but also step across body and bring hand across body to catch ball with one hand.

In 20 seconds or less:

- 1. Stand with legs apart and complete 20 front to back catches with a bounce in between.
- **2.** Perform above 30 times without ball bouncing in between.
- **3.** Complete above tasks with head up throughout.
- **4.** Complete 11 overhead throw and catches.

- **1.** Move in 3-step zigzag pattern while alternating knee raise and foot behind.
- **2.** Move backwards in-3 step zigzag pattern with cross-over (swerve).
- **3.** Move backwards in 3-step zigzag pattern with knee raise across body.
- **1.** Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce.
- **2.** Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce.

From 1, 2 and 3 metres:

- **1.** React to call from partner when they drop a ball, turn and catch it after 1 bounce.
- **2.** Perform above challenge but react to sound of the bounce rather than call.





Expected - End of Upper Key Stage 2







In 20 seconds or less:

- **1.** Stand with legs apart and move ball in figure of 8 around both legs 12 times.
- **2.** Move ball around waist into figure of 8 around both legs 10 times.
- **3.** Move ball around waist and then around alternate legs 12 times.
- **4.** Stand with legs apart and perform 24 criss-crosses, with and then without a bounce.

- 1. Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg.
- **2.** Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction.
- **3.** Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.

- 1. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction.
- **2.** Perform above challenge with tennis ball.
- **3.** Roll and chase large ball, stopping it with head in front support position facing opposite direction.

From 1, 2 and 3 metres:

1. React and step across body, bring hand across body and catch tennis ball after 1 bounce.

Expected - End of Lower Key Stage 2







In 20 seconds or less:

- 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 move a ball around alternate legs 16 times.

- **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.
- 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 facing the opposite direction.
- **3.** Complete above challenges with tennis ball.

From 1, 2 and 3 metres:

1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.

Expected - End of Key Stage 1





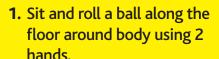


- 1. Sit and roll a ball up and down legs and round upper body using 1 hand.
- **2.** Stand and roll a ball up and down legs and round upper body using 1 hand.
- **1.** Combine side-steps with 180° front pivots off either foot.
- **2.** Combine side-steps with 180° reverse pivots off either foot.
- **3.** Skip with knee and opposite elbow at 90° angle.
- **4.** Hopscotch forwards and backwards, hopping on the same leg (right and left).
- 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.





- **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.



- **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.