

Fundamental Progressions Balance

Learning Intention

- To develop physical literacy through fundamental movement skills

Success Criteria

- Can show the fundamental skill when running
- Can demonstrate this fundamental skill in a game

Fundamental Progressions for Running Using Set Set Go Run Jump Throw	Balance - Discovery	Balance - Developing	Balance - Consolidating	Balance	Balance
	Year 1	Year 2	Year 3	Year 6	Year 8
	Verbal Cues <ul style="list-style-type: none"> • Eyes ahead • Aeroplane arms 	Verbal Cues <ul style="list-style-type: none"> • Eyes ahead • Aeroplane wings • Tight muscles 	Verbal Cues <ul style="list-style-type: none"> • Eyes ahead • Aeroplane wings • Tight muscles • Head up 	Verbal Cues <ul style="list-style-type: none"> • Eyes ahead • Aeroplane wings • Tight muscles • Head up • 	Verbal Cues <ul style="list-style-type: none"> • Fast Feet • Light fast feet • Hands loosely curled with thumbs on top • Hands go back to hip and up to chin • Eyes forward • Tall body position • Pump arms • Knees up
	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:

Fundamental Progressions Overarm Throw

Learning Intention

- To develop physical literacy through fundamental movement skills

Success Criteria

- Can show the fundamental skill when running
- Can demonstrate this fundamental skill in a game

Fundamental Progressions for Running	Overarm Throw Discovery	Overarm Throw Developing	Overarm Throw Consolidating	Overarm Throw	Overarm Throw
Using Set Set Go Run Jump Throw	Year 1	Year 2	Year 3	Year 6	Year 8
	Verbal Cues <ul style="list-style-type: none"> • Stand side on • Point/aim where you want the ball to go 	Verbal Cues <ul style="list-style-type: none"> • Side on • Step and throw 	Verbal Cues <ul style="list-style-type: none"> • Side on • Step and throw • Uncoil the spring • Follow through 	Verbal Cues <ul style="list-style-type: none"> • Side on • Step and throw • Uncoil the spring • Follow through 	Verbal Cues <ul style="list-style-type: none"> • Side on • Step and throw • Uncoil the spring • Follow through
	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Stand side on • hold the ball- in the fingers only with rabbit ears or crocodile teeth 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Swinging the arm around and bringing it back to head level 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Elbow moves close to the ear, leading the throw • Step forward with the opposite foot 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Grip the ball • Stand side on • Throwing arm moves in a downward and backwards arc 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Grip the ball • Stand side on • Throwing arm moves in a downward and backwards arc

Fundamental Progressions Underarm Throw

Learning Intention

- To develop physical literacy through fundamental movement skills

Success Criteria

- Can show the fundamental skill when running
- Can demonstrate this fundamental skill in a game

Fundamental Progressions for Running Using Set Set Go Run Jump Throw	Underarm Throw - Discovery	Underarm Throw - Developing	Underarm Throw - Consolidating	Underarm Throw	Underarm Throw
	Year 1	Year 2	Year 3	Year 6	Year 8
	Verbal Cues <ul style="list-style-type: none"> • Forward facing • Step and Throw 	Verbal Cues <ul style="list-style-type: none"> • Forward facing • Step and Throw • Swing arm 	Verbal Cues <ul style="list-style-type: none"> • Forward facing • Step and Throw • Swing and Follow Through 	Verbal Cues <ul style="list-style-type: none"> • Forward facing • Step and Throw • Swing and Follow Through • 	Verbal Cues <ul style="list-style-type: none"> • Forward facing • Step and Throw • Swing and Follow Through • Extend
	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Swing arm back, then forward • Keep the chest and head facing forward 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Swing arm back, then forcefully forward • Keep head forward facing 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Keep head and chest facing forward • Swing arm back, and apply the required force fro 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Keep head and chest facing forward • Swing arm back, and apply the required force for the distance required 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Keep head and chest facing forward • Swing arm back, and apply the required force for the distance required

Fundamental Progressions Hopping

Learning Intention

- To develop physical literacy through fundamental movement skills

Success Criteria

- Can show the fundamental skill when running
- Can demonstrate this fundamental skill in a game

Fundamental Progressions for Running Using Set Set Go Run Jump Throw	Hopping Discovery	Hopping Developing	Hopping Consolidating	Hopping	Hopping
	Year 1	Year 2	Year 3	Year 6	Year 8
	Verbal Cues <ul style="list-style-type: none"> • Pump other leg • Swing and Spring 	Verbal Cues <ul style="list-style-type: none"> • Pump other leg • Swing and spring • Land safely and quietly 	Verbal Cues <ul style="list-style-type: none"> • Swing and spring • Pump Other leg • Land safely and quietly 	Verbal Cues <ul style="list-style-type: none"> • Swing and spring • Pump Other leg • Land safely and quietly 	Verbal Cues <ul style="list-style-type: none"> • Swing and spring • Pump Other leg • Land safely and quietly
	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Take off and landing are on the same foot • swing your arms backwards then forwards and 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Take off and landing are on the same foot • swinging arms forward 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Hop on the same foot • Use your arms to help with movement 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Hop on the same foot • Use your arms to help with movement • Push off so that your toes leave the ground fast 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Hop on the same foot • Use your arms to help with movement • Push off so that your toes leave the ground fast

Fundamental Progressions Jumping For Height

Learning Intention

- To develop physical literacy through fundamental movement skills

Success Criteria

- Can show the fundamental skill when jumping
- Can demonstrate this fundamental skill in a game

Fundamental Progressions for Running	Jumping - Discovery	Jumping - Developing	Jumping - Consolidating	Jumping for Height	Jumping for Height
Using Set Set Go Run Jump Throw	Year 1	Year 2	Year 3	Year 6	Year 8
	Verbal Cues <ul style="list-style-type: none"> • Land quietly • Bend your knees 	Verbal Cues <ul style="list-style-type: none"> • Land quietly • Swing and spring • Push from the toes 	Verbal Cues <ul style="list-style-type: none"> • Bend ankles, knees and hips • Stretch and reach • Take off tall 	Verbal Cues <ul style="list-style-type: none"> • Maintain rhythm 1, 2, 3 • Flat foot landing • Land like riding a motorbike • Upright trunk with eyes focussed forward • Same leg, other leg, both legs 	Verbal Cues Scissor Technique <ul style="list-style-type: none"> • Swing both arms upwards together • Toes to the sky • High hips • Knees bent • Fast scissor action • Land on feet • Trunk upright • Eyes focussed forward
	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:

Fundamental Progressions Catching

Learning Intention

- To develop physical literacy through fundamental movement skills

Success Criteria

- Can show the fundamental skill when running
- Can demonstrate this fundamental skill in a game

Fundamental Progressions for Running Using Set Set Go Run Jump Throw	Catching Discovery	Catching Developing	Catching Consolidating	Catching	Catching
	Year 1	Year 2	Year 3	Year 6	Year 8
	Verbal Cues <ul style="list-style-type: none"> • Eyes on ball • Hands ready 	Verbal Cues <ul style="list-style-type: none"> • Eyes on ball • Hands ready • Move to the ball 	Verbal Cues <ul style="list-style-type: none"> • Hands ready • Eyes on ball • Move to the ball • Reach for the ball 	Verbal Cues <ul style="list-style-type: none"> • Hands ready • Eyes on ball • Move to the ball • Reach for the ball 	Verbal Cues <ul style="list-style-type: none"> • Hands ready • Eyes on ball • Move to the ball • Reach for the ball
	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Eyes focussed on the ball or object • Hands ready to receive the ball or object 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Eyes focussed on the ball or object • Hands ready to receive the ball or object and making hands the 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Eyes focussed on the ball or object • Hands out and reaching to meet the ball, adjusting 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Eyes focussed on the ball or object • Hands out and reaching to meet the ball, adjusting for the size of the ball 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Eyes focussed on the ball or object • Hands out and reaching to meet the ball, adjusting for the size of the ball

Fundamental Progressions Jumping For Distance

Learning Intention

- To develop physical literacy through fundamental movement skills

Success Criteria

- Can show the fundamental skill when jumping
- Can demonstrate this fundamental skill in a game

Fundamental Progressions for Running	Jumping - Discovery	Jumping - Developing	Jumping - Consolidating	Jumping for Distance	Jumping for Distance
Using Set Set Go Run Jump Throw	Year 1	Year 2	Year 3	Year 6	Year 8
	Verbal Cues <ul style="list-style-type: none"> • Land quietly • Bend your knees 	Verbal Cues <ul style="list-style-type: none"> • Land quietly • Swing and spring • Push from the toes 	Verbal Cues <ul style="list-style-type: none"> • Bend ankles, knees and hips • Stretch and reach • Take off tall 	Verbal Cues <ul style="list-style-type: none"> • Bend your arms • Swing your arms • Shoot like a rocket - reach high • Land like riding a motorbike 	Verbal Cues <ul style="list-style-type: none"> • Bend your arms • Swing your arms • Shoot like a rocket - reach high • Land like riding a motorbike • Eyes up • Drive your opposite kneed forward and jump
	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:

Fundamental Progressions Kicking

Learning Intention

- To develop physical literacy through fundamental movement skills

Success Criteria

- Can show the fundamental skill when running
- Can demonstrate this fundamental skill in a game

Fundamental Progressions for Running Using Set Set Go Run Jump Throw	Kicking - Discovery	Kicking - Developing	Kicking - Consolidating	Kicking	Kicking
	Year 1	Year 2	Year 3	Year 6	Year 8
	Verbal Cues <ul style="list-style-type: none"> • Keep your eye on the ball • Step and kick 	Verbal Cues <ul style="list-style-type: none"> • Kick with shoelace • Step and kick • Step and swing through 	Verbal Cues <ul style="list-style-type: none"> • Kick with shoelace • Step and kick • Step and swing through 	Verbal Cues <ul style="list-style-type: none"> • Fast Feet • Run on ball of feet • Hands loosely curled with thumbs on top • Hands go back to hip and up to chin • Eyes forward • Tall body position • Pump arms • Knees up 	Verbal Cues <ul style="list-style-type: none"> • Fast Feet • Light fast feet • Hands loosely curled with thumbs on top • Hands go back to hip and up to chin • Eyes forward • Tall body position • Pump arms • Knees up
	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:	Positioning This is what you will see at this stage:

Fundamental Progressions Skipping

Learning Intention

- To develop physical literacy through fundamental movement skills

Success Criteria

- Can show the fundamental skill when running
- Can demonstrate this fundamental skill in a game

Fundamental Progressions for Running	Skipping Discovery	Skipping Developing	Skipping Consolidating	Skipping	Skipping
Jsing Set Set Go Run Jump Throw	Year 1	Year 2	Year 3	Year 6	Year 8
	Verbal Cues <ul style="list-style-type: none"> • Step and hop • One and Two 	Verbal Cues <ul style="list-style-type: none"> • Step, hop down • One and Two • Opposite arm to leg 	Verbal Cues <ul style="list-style-type: none"> • Step, hop down • One and Two • Opposite arm to leg • High knee lift 	Verbal Cues <ul style="list-style-type: none"> • Step, hop down • One and Two • Opposite arm to leg • High knee lift 	Verbal Cues <ul style="list-style-type: none"> • Step, hop down • One and Two • Opposite arm to leg • High knee lift
	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Galloping action/marching action • Step, hop and then switch legs 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Opposite arms to opposite legs • Rhythmic movement • Knee lift 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Fluid rhythmical movements • Arms coordinating with the legs to assist movement 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Fluid rhythmical movements • Arms coordinating with the legs to assist movement 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Fluid rhythmical movements • Arms coordinating with the legs to assist movement

Fundamental Progressions Striking

Learning Intention

- To develop physical literacy through fundamental movement skills

Success Criteria

- Can show the fundamental skill when running
- Can demonstrate this fundamental skill in a game

Fundamental Progressions for Running	Two handed Striking Discovery	Two handed Striking Developing	Two handed Striking Consolidating	Two handed Striking	Two handed Striking
Using Set Set Go Run Jump Throw	Year 1	Year 2	Year 3	Year 6	Year 8
	Verbal Cues <ul style="list-style-type: none"> • Shake hands with the bat • Stand side on 	Verbal Cues <ul style="list-style-type: none"> • Shake hands with the bat • Stand side on • Step and swing 	Verbal Cues <ul style="list-style-type: none"> • Shake hands with the bat • Stand side on • Step and swing • Arms like a swinging gate 	Verbal Cues <ul style="list-style-type: none"> • Shake hands with the bat • Stand side on • Step and swing • Arms like a swinging gate 	Verbal Cues <ul style="list-style-type: none"> • Shake hands with the bat • Stand side on • Step and swing • Arms like a swinging gate
	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Keep eyes on the ball • Holding the implement out 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Standing side on • Starting to rotate the hips and body 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Fluid action, coordinated and have timing 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Fluid action, coordinated and have timing 	Positioning This is what you will see at this stage: <ul style="list-style-type: none"> • Fluid action, coordinated and have timing • Body is side on, with weight on the back foot