



Balance Skills Progression

Y1	To be able to balance on 2 feet whilst standing still
	To be able to balance when moving between standing on 2 feet to one foot and back again
	To be able to balance when on one foot
Y2	To be able to balance when on one foot
	To be able to balance when on one foot when quickly moved from 2 feet
	To be able to balance when on one (strong and weak leg) foot when quickly moved from 2 feet
Y3	To be able to balance when on one (strong and weak leg) foot when quickly moved from 2 feet
	To be able to move from one foot balances alternating strong to weak leg
	To be able to stop in a one foot balance after moving forwards
Y4	To be able to stop in a one foot balance after moving forwards
	To be able to stop in a one foot balance after moving forwards, backwards or sideways
	To be able to stop in a one foot balance after moving quickly forwards, backwards or sideways
Y5	To be able to stop in a one foot balance after moving quickly forwards, backwards or sideways
	To maintain a one foot or two foot balance after moving in a variety of directions quickly and maintain controlled movement of the upper body
	To maintain a one foot or two foot balance after moving in a variety of directions quickly and maintain controlled movement of the upper body in a game/routine situation
Y6	To maintain a one foot or two foot balance after moving in a variety of directions quickly and maintain controlled movement of the upper body in a game/routine situation
	To maintain a one foot or two foot balance after running in a variety of directions quickly and maintain controlled movement of the upper body in a game/routine situation
	To maintain a one foot or two foot balance after running in a variety of directions quickly and maintain controlled movement of the upper body in a game/routine situation considering space and/or opponents around them.