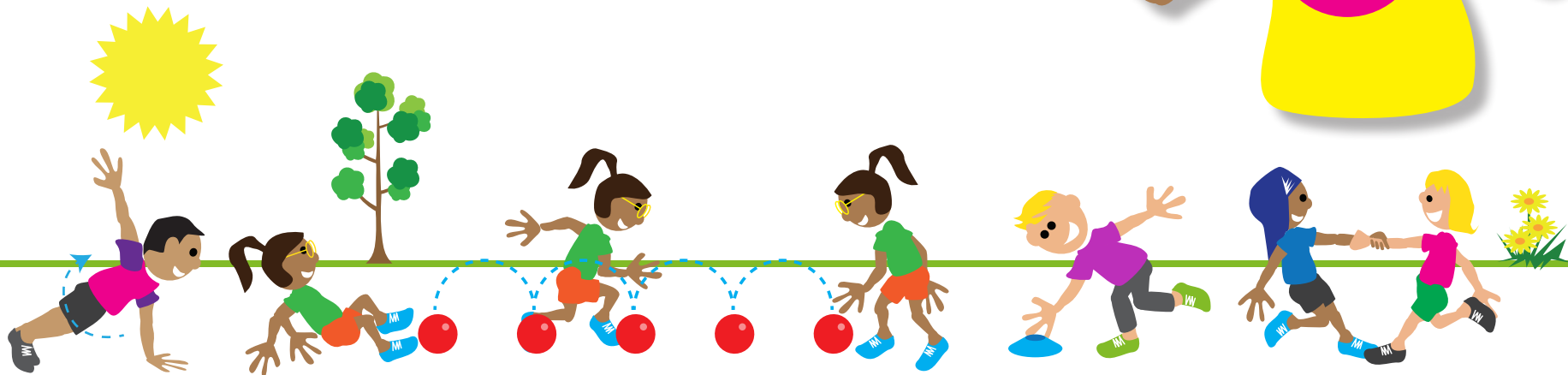
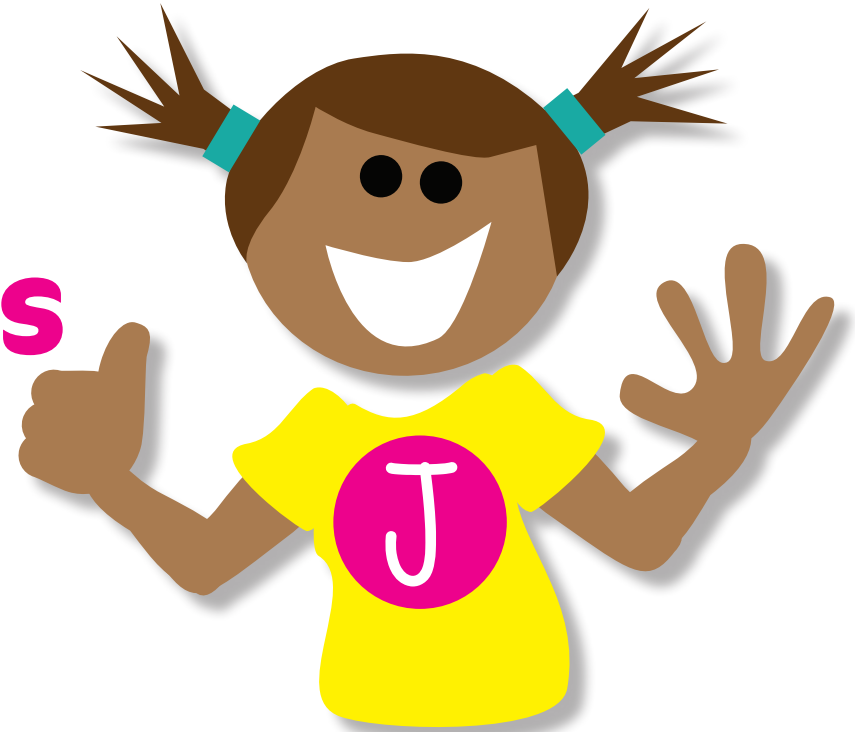


# FUNS

(Fundamental Movement Skills)

## Progression of Skills



## FUNS Framework – Skills 1 to 4

Static Balance: 1 Leg	Static Balance: Seated	Static Balance: Floorwork	Static Balance: Stance
<p><b>On both legs:</b></p> <ol style="list-style-type: none"> <li>Place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.</li> <li>Perform above challenge with eyes closed.</li> <li>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.</li> </ol>	<ol style="list-style-type: none"> <li>Reach and pick up cones on the floor whilst on a bench, without losing balance.</li> <li>Turn 360° in either direction, first on the floor then on a bench.</li> <li>Balance on an uneven surface, e.g. wobble cushion, for 10 seconds.</li> <li>Reach and pick up cones on the floor whilst on a cones on surface.</li> </ol>	<ol style="list-style-type: none"> <li>Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back.</li> <li>Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back with eyes closed.</li> </ol>	<ol style="list-style-type: none"> <li>Throw and catch small ball, catching across body with either hand.</li> <li>Throw and catch 2 balls alternately, catching across body with either hand.</li> <li>Volley large ball back to a partner with either foot.</li> </ol>
<p><b>On both legs:</b></p> <ol style="list-style-type: none"> <li>Complete 5 ankle extensions with eyes closed.</li> <li>Complete 10 squats into ankle extensions with eyes closed.</li> <li>Complete above 2 challenges on uneven surface with eyes open.</li> <li>Complete first 2 challenges on uneven surface with eyes closed.</li> </ol>	<ol style="list-style-type: none"> <li>Reach and pick up cones from in front, to the side and from behind.</li> <li>Reach and pick up cones from in front, to the side and from behind with eyes closed.</li> <li>Reach and pick up cones from in front, to the side and from behind while a partner applies a force.</li> <li>Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.</li> </ol>	<ol style="list-style-type: none"> <li>Hold front support position with only 1 foot in contact with floor and transfer cone on and off back.</li> <li>Rotate fluently from front support to back support, and then continue rotating with fluency.</li> </ol>	<ol style="list-style-type: none"> <li>Throw and catch 2 small balls alternately, using both hands, both close to and away from body.</li> <li>Strike small ball back to a partner with a racket.</li> <li>Strike a small ball back to a partner from across body with a racket.</li> </ol>

### Expected - End of Upper Key Stage 2

<p><b>On both legs:</b></p> <ol style="list-style-type: none"> <li>Stand still on uneven surface for 30 seconds.</li> <li>Stand still on uneven surface for 30 seconds with eyes closed.</li> <li>Complete 10 squats into ankle extensions.</li> <li>Complete 5 squats with eyes closed.</li> </ol>	<ol style="list-style-type: none"> <li>Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions).</li> <li>Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions).</li> <li>Hold a V-shape with straight arms and legs for 10 seconds.</li> </ol>	<ol style="list-style-type: none"> <li>Transfer tennis ball on and off back in a front support.</li> <li>Transfer cone on and off tummy in back support.</li> <li>Transfer tennis ball on and off tummy in back support.</li> </ol>	<ol style="list-style-type: none"> <li>Raise alternate knees to opposite elbow 5 times.</li> <li>Catch large ball thrown at knee height and above head.</li> <li>Catch large ball thrown away from body.</li> <li>Catch small ball thrown close to and away from body.</li> </ol>
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### Expected - End of Lower Key Stage 2

<p><b>On both legs:</b></p> <ol style="list-style-type: none"> <li>Stand still for 30 seconds with eyes closed.</li> <li>Complete 5 squats.</li> <li>Complete 5 ankle extensions.</li> </ol>	<ol style="list-style-type: none"> <li>Pick up a cone from one side and place it on the other side with same hand.</li> <li>Return it to the opposite side using the other hand.</li> <li>Sit in a dish shape and hold it for 5 seconds.</li> </ol>	<ol style="list-style-type: none"> <li>Hold full front support position.</li> <li>Lift 1 arm and point to the ceiling with either hand in front support.</li> <li>Transfer cone on and off back in front support.</li> </ol>	<ol style="list-style-type: none"> <li>Receive a small force from various angles.</li> <li>Catch large ball 5 times.</li> <li>Raise alternate knees 5 times.</li> <li>Catch ball at chest height and throw it back.</li> </ol>
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### Expected - End of Key Stage 1

<p><b>On both legs:</b></p> <ol style="list-style-type: none"> <li>Stand still for 30 seconds.</li> <li>Complete 5 mini-squats.</li> </ol>	<ol style="list-style-type: none"> <li>Pick up a cone from one side, swap hands and place it on the other side.</li> <li>Return the cone to the opposite side.</li> </ol>	<ol style="list-style-type: none"> <li>Place cone on back and take it off with other hand in mini-front support.</li> <li>Hold mini-back support position.</li> <li>Place cone on tummy and take it off with other hand in mini-back support.</li> </ol>	<ol style="list-style-type: none"> <li>Stand on low beam with good stance for 10 seconds.</li> </ol>
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<p><b>On both legs:</b></p> <ol style="list-style-type: none"> <li>Stand still for 10 seconds.</li> </ol>	<ol style="list-style-type: none"> <li>Balance with both hands/feet down.</li> <li>Balance with 1 hand/2 feet down.</li> <li>Balance with 2 hands/1 foot down.</li> <li>Balance with 1 hand/1 foot down.</li> <li>Balance with 1 hand or 1 foot down.</li> <li>Balance with no hands or feet down.</li> </ol>	<ol style="list-style-type: none"> <li>Hold mini-front support position.</li> <li>Reach round and point to ceiling with either hand in mini-front support.</li> </ol>	<ol style="list-style-type: none"> <li>Stand on line with good stance for 10 seconds.</li> </ol>
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## FUNS Framework – Skills 5 to 8

Dynamic Balance: On a Line	Dynamic Balance: Jumping & Landing	Counter Balance: In Pairs	Coordination: Sending & Receiving
<ol style="list-style-type: none"> <li>Walk backwards.</li> <li>Lunge walk backwards with opposite elbow at 90°.</li> <li>Lunge walk along curved pathway, forwards then backwards, with opposite elbow at 90°.</li> <li>Perform above challenges with eyes closed.</li> </ol>	<ol style="list-style-type: none"> <li>Jump from vertical stance forwards into lunge position while holding ball off centre (both sides).</li> <li>Jump from vertical stance backwards into lunge position while holding medicine ball off centre (both sides).</li> <li>Jump 2 feet to 2 feet with 360° turn (in both directions).</li> </ol>	<ol style="list-style-type: none"> <li>Stand on a line facing partner, hold with both hands, lean back and then swap places whilst maintaining counter balance position.</li> <li>Stand on a low beam facing partner, hold with both hands then swap places whilst maintaining counter balance position.</li> </ol>	<ol style="list-style-type: none"> <li>Working with a partner, simultaneously pass ball along the floor with feet and throw 2 tennis balls continuously.</li> <li>Working with a partner, simultaneously volley tennis ball with racket and pass ball along the ground continuously.</li> </ol>

<ol style="list-style-type: none"> <li>Sidestep in both directions.</li> <li>Stand sideways and complete continuous 180° front pivots. Then with 180° reverse pivots.</li> <li>Move sideways, stepping across body (lateral step-over).</li> <li>Perform 'grapevines' (step-over, sidestep, step-behind, repeat).</li> <li>Complete blue challenges then above challenges with eyes closed.</li> </ol>	<ol style="list-style-type: none"> <li>Jump 2 feet to 2 feet with a 180° turn in the middle (both directions).</li> <li>Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions).</li> <li>Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides).</li> </ol>	<ol style="list-style-type: none"> <li>Complete all blue challenges with eyes closed.</li> <li>Step onto bench facing partner, hold with both hands, lean back, hold and then move back together.</li> <li>Step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms.</li> </ol>	<ol style="list-style-type: none"> <li>With a partner, simultaneously pass large ball along the floor with feet and throw tennis ball for 10 continuous passes.</li> <li>With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds.</li> </ol>
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### Expected - End of Upper Key Stage 2

<ol style="list-style-type: none"> <li>Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing.</li> <li>Lunge walk forwards (heel to bottom, knees up, extending leg, sink hips, heel to toe landing).</li> <li>Lunge walk forwards, bringing opposite elbow up to a 90° angle.</li> <li>Complete all red challenges with eyes closed.</li> </ol>	<ol style="list-style-type: none"> <li>Jump 2 feet to 2 feet forwards, backwards and side-to-side.</li> <li>Hop forward and backwards, freezing on landing.</li> <li>Jump 1 foot to other forwards and backwards, freezing on landing.</li> <li>Hop sideways, raising knee and freezing on landing.</li> <li>Jump 1 foot to other sideways, raising knee and freeze on landing.</li> </ol>	<ol style="list-style-type: none"> <li>Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together.</li> <li>Stand on 1 leg while holding on to partner's opposite foot.</li> </ol>	<ol style="list-style-type: none"> <li>Alternately throw and catch 2 tennis balls against a wall.</li> <li>Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over).</li> <li>Throw 2 tennis balls against a wall in a circuit, in both directions.</li> </ol>
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### Expected - End of Lower Key Stage 2

<ol style="list-style-type: none"> <li>March, lifting knees and elbows up to a 90° angle.</li> <li>Walk fluidly with heel to toe landing.</li> <li>Walk fluidly, lifting knees and using heel to toe landing. Walk fluidly, lifting heels to bottom and using heel to toe landing.</li> </ol>	<ol style="list-style-type: none"> <li>Jump from 2 feet to 2 feet with 180° turn in either direction.</li> <li>Complete a tucked jump.</li> <li>Complete a tucked jump with 180° turn in either direction.</li> </ol>	<ol style="list-style-type: none"> <li>Hold on and, with a short base, lean back, hold balance and then move back together.</li> <li>Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together.</li> <li>Perform above challenges with eyes closed.</li> </ol>	<ol style="list-style-type: none"> <li>Strike a ball with alternate hands in a rally.</li> <li>Kick a ball with the same foot.</li> <li>Kick a ball with alternate feet. Roll 2 balls alternately using both hands, sending 1 as the other is returning.</li> </ol>
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### Expected - End of Key Stage 1

<ol style="list-style-type: none"> <li>Walk fluidly, lifting knees to 90°.</li> <li>Walk fluidly, lifting heels to bottom.</li> </ol>	<ol style="list-style-type: none"> <li>Jump from 2 feet to 2 feet with quarter turn in both directions.</li> <li>Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).</li> </ol>	<ol style="list-style-type: none"> <li>Hold on and, with a long base, lean back, hold balance and then move back together.</li> <li>Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.</li> </ol>	<ol style="list-style-type: none"> <li>Throw tennis ball, catch rebound with same hand after 1 bounce.</li> <li>Throw tennis ball, catch rebound with same hand without a bounce.</li> <li>Throw tennis ball, catch rebound with other hand after 1 bounce.</li> <li>Throw tennis ball, catch rebound with other hand without a bounce.</li> <li>Strike large, soft ball along ground with hand 5 times in a rally.</li> </ol>
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<ol style="list-style-type: none"> <li>Walk forwards with fluidity and minimum wobble.</li> <li>Walk backwards with fluidity and minimum wobble.</li> </ol>	<ol style="list-style-type: none"> <li>Jump from 2 feet to 2 feet forwards, backwards and side-to-side.</li> </ol>	<ol style="list-style-type: none"> <li>Sit holding hands with toes touching, lean in together then apart.</li> <li>Sit holding 1 hand with toes touching, lean in together then apart.</li> <li>Sit holding hands with toes touching and rock forwards, backwards and side-to-side.</li> </ol>	<ol style="list-style-type: none"> <li>Roll large ball and collect the rebound.</li> <li>Roll small ball and collect the rebound.</li> <li>Throw large ball and catch the rebound with 2 hands.</li> </ol>
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## FUNS Framework – Skills 9 to 12

Coordination: Ball Skills	Coordination: Footwork	Agility: Ball Chasing	Agility: Reaction & Response
<p><b>In 20 seconds or less:</b></p> <ol style="list-style-type: none"> <li>Complete 12 long circle (forwards and then backwards).</li> <li>Throw 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions).</li> </ol>	<ol style="list-style-type: none"> <li>Move backwards in 3-step zigzag pattern with foot behind.</li> <li>Move backwards in 3-step zigzag pattern with cross-over (swerve).</li> <li>Move backwards in 3-step zigzag pattern with knee raise across body.</li> </ol>	<ol style="list-style-type: none"> <li>Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce.</li> <li>Perform above challenge but catch ball on instep of foot and lower it to the ground.</li> </ol>	<p><b>From 1, 2 and 3 metres:</b></p> <ol style="list-style-type: none"> <li>React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg.</li> <li>React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg.</li> <li>Perform above challenge but react to sound of bounce rather than call.</li> <li>Perform above challenges, but also step across body and bring hand across body to catch ball with one hand.</li> </ol>

<p><b>In 20 seconds or less:</b></p> <ol style="list-style-type: none"> <li>Stand with legs apart and complete 20 front to back catches with a bounce in between.</li> <li>Perform above 30 times without ball bouncing in between.</li> <li>Complete above tasks with head up throughout.</li> <li>Complete 11 overhead throw and catches.</li> </ol>	<ol style="list-style-type: none"> <li>Move in 3-step zigzag pattern while alternating knee raise and foot behind.</li> <li>Move backwards in 3-step zigzag pattern with cross-over (swerve).</li> <li>Move backwards in 3-step zigzag pattern with knee raise across body.</li> </ol>	<ol style="list-style-type: none"> <li>Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce.</li> <li>Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce.</li> </ol>	<p><b>From 1, 2 and 3 metres:</b></p> <ol style="list-style-type: none"> <li>React to call from partner when they drop a ball, turn and catch it after 1 bounce.</li> <li>Perform above challenge but react to sound of the bounce rather than call.</li> </ol>
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### Expected - End of Upper Key Stage 2

<p><b>In 20 seconds or less:</b></p> <ol style="list-style-type: none"> <li>Stand with legs apart and move ball in figure of 8 around both legs 12 times.</li> <li>Move ball around waist into figure of 8 around both legs 10 times.</li> <li>Move ball around waist and then around alternate legs 12 times.</li> <li>Stand with legs apart and perform 24 cross-crosses, with and then without a bounce.</li> </ol>	<ol style="list-style-type: none"> <li>Combine 3-step zigzag pattern with cross-over (swerve) when changing lead leg.</li> <li>Move in 3-step zigzag pattern, with knee raise across body and direction.</li> <li>Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.</li> </ol>	<ol style="list-style-type: none"> <li>Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction.</li> <li>Perform above challenge with tennis ball.</li> <li>Roll and chase large ball, stopping it with head in front support position facing opposite direction.</li> </ol>	<p><b>From 1, 2 and 3 metres:</b></p> <ol style="list-style-type: none"> <li>React and step across body, bring hand across body and catch tennis ball after 1 bounce.</li> </ol>
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### Expected - End of Lower Key Stage 2

<p><b>In 20 seconds or less:</b></p> <ol style="list-style-type: none"> <li>Stand with legs apart and move a ball around 1 leg 16 times (right and left leg).</li> <li>Move a ball round waist 17 times.</li> <li>Stand with legs apart and move a ball around alternate legs 16 times.</li> </ol>	<ol style="list-style-type: none"> <li>Hopscotch forwards and backwards, alternating hopping leg each time.</li> <li>Move in a 3-step zigzag pattern forwards.</li> <li>Move in a 3-step zigzag pattern backwards.</li> </ol>	<ol style="list-style-type: none"> <li>Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction.</li> <li>Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction.</li> <li>Complete above challenges with tennis ball.</li> </ol>	<p><b>From 1, 2 and 3 metres:</b></p> <ol style="list-style-type: none"> <li>React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</li> </ol>
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### Expected - End of Key Stage 1

<ol style="list-style-type: none"> <li>Sit and roll a ball up and down legs and round upper body using 1 hand.</li> <li>Stand and roll a ball up and down legs and round upper body using 1 hand.</li> </ol>	<ol style="list-style-type: none"> <li>Combine side-steps with 180° front pivots off either foot.</li> <li>Combine side-steps with 180° reverse pivots off either foot.</li> <li>Skip with knee and opposite elbow at 90° angle.</li> <li>Hopscotch forwards and backwards, hopping on the same leg (right and left).</li> </ol>	<ol style="list-style-type: none"> <li>Stand in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction.</li> <li>Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.</li> </ol>	<p><b>From 1, 2 and 3 metres:</b></p> <ol style="list-style-type: none"> <li>React and catch tennis ball dropped from shoulder height after 1 bounce.</li> </ol>
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<ol style="list-style-type: none"> <li>Sit and roll a ball along the floor around body using 2 hands.</li> <li>Sit and roll a ball along the floor around body using 1 hand (right and left).</li> <li>Sit and roll a ball down legs and around upper body using 2 hands.</li> <li>Stand and roll a ball up and down legs and round upper body using 2 hands.</li> </ol>	<ol style="list-style-type: none"> <li>Side-step in both directions.</li> <li>Gallop, leading with either foot.</li> <li>Hop on either foot.</li> <li>Skip.</li> </ol>	<ol style="list-style-type: none"> <li>Roll a ball, chase and collect it in balanced position facing opposite direction.</li> <li>Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.</li> </ol>	<p><b>From 1, 2 and 3 metres:</b></p> <ol style="list-style-type: none"> <li>React and catch large ball dropped from shoulder height after 2 bounces.</li> <li>React and catch large ball dropped from shoulder height after 1 bounce.</li> </ol>
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