



Jumping Skills Progression

Y1	To be able to jump 2:2 feet on the spot with some balance on landing
	To be able to jump 2:1 feet on the spot with balance on landing
	To be able to jump 2:2, 2:1, 1;2 feet on the spot with a balanced landing
Y2	To be able to jump 2:2, 2:1, 1;2 feet on the spot with a balanced landing
	To be able to jump 2:2 feet forwards with some balance on landing
	To be able to jump 2:1 feet forwards with balance on landing
Y3	To be able to jump 2:1 feet forwards with balance on landing
	To be able to jump 2:2 feet forwards/backwards/sideways with some balance on landing
	To be able to jump 2:1 feet forwards/backwards/sideways with some balance on landing
Y4	To be able to jump 2:1 feet forwards/backwards/sideways with some balance on landing
	To be able to jump 2:2 feet forwards with some balance on landing whilst conducting another skill
	To be able to jump 2:1 feet forwards with some balance on landing whilst conducting another skill
Y5	To be able to jump 2:1 feet forwards with some balance on landing whilst conducting another skill
	To be able to jump 2:2 feet forwards/backwards/sideways with some balance on landing whilst conducting another skill
	To be able to jump 2:2 feet forwards/backwards/sideways with some balance on landing whilst conducting another skill
Y6	To be able to jump 2:2 feet forwards/backwards/sideways with some balance on landing whilst conducting another skill
	To be able to jump 2:2 feet forwards/backwards/sideways with some balance on landing whilst conducting another skill in a game/routine situation
	To be able to jump 2:1 feet forwards/backwards/sideways with some balance on landing whilst conducting another skill in a game/routine situation