

# UNIT 1

## Static Balance: One leg (FUNS Station 1)

Stand still for 10 seconds on each leg.

Stand still for 30 seconds on each leg.

Complete 5 mini squats on each leg.

Stand still for 30 seconds on each leg with eyes closed.

Complete 5 squats on each leg.

Complete 5 ankle extensions on each leg.

Stand still on an uneven surface for 30 seconds on each leg.

Stand still on an uneven surface for 30 seconds on each leg with eyes closed.

Complete 10 squats into ankle extension on each leg.

Complete 5 squats on each leg with eyes closed.

Complete 5 ankle extensions on each leg with eyes closed.

Complete 10 squats into ankle extensions with eyes closed.

Complete 5 ankle extensions on an uneven surface.

Complete 10 squats into ankle extensions on an uneven surface.

Complete 5 ankle extensions with eyes closed on an uneven surface.

Complete 10 squats into ankle extensions with eyes closed on an uneven surface.

## UNIT 1

### Co-ordination: Footwork (FUNS Station 10)

Side-step in both directions.

Gallop, leading with reach foot.

Hop on both feet.

Skip

Combine side-steps with 180 ° front pivot off each foot.

Combine side-steps with 180 ° reverse pivot off each foot.

Skip with knee and opposite elbow at 90 ° angle.

Hopscotch forwards and backwards.

Hopscotch forwards alternating hopping leg each time.

Hopscotch backwards alternating hopping leg each time.

Move in a 3 step zigzag pattern forwards and backwards.

Move in a 3 step zigzag pattern with cross-over (swerve).

Move in a 3 step zigzag pattern with knee raise across body.

Move in a 3 step zigzag pattern, with foot behind.

Complete all tasks, increasing to maximum speed.

Move in a 3 step zigzag pattern (with fluency and control) while alternating knee raise across body with foot behind.

Move backwards in a 3 step zigzag pattern with cross-over (swerve).

Move backwards in a 3 step zigzag pattern with knee raise across body.

Complete all challenges at maximum speed.

## UNIT 2

### Dynamic Balance to Agility: Jumping and Landing (FUNS Station 6)

<b>Jump from 2 feet to 2 feet forwards.</b>	
<b>Jump from 2 feet to 2 feet backwards.</b>	
<b>Jump from 2 feet to 2 feet side-to-side.</b>	
<b>Jump from 2 feet to 2 feet with a quarter turn.</b>	
<b>Jump from 2 feet to each foot and freeze on landing.</b>	
<b>Jump from 2 feet to 2 feet with 180 ° turn.</b>	
<b>Complete a tucked jump.</b>	
<b>Complete a tucked jump with 180 ° turn.</b>	
<b>Jump from 2 feet to 2 feet forwards and backwards to land on a line.</b>	
<b>Jump from 2 feet to 2 feet side-to-side to land on a line.</b>	
<b>Hop forwards and backwards to land on a line and freeze.</b>	
<b>Jump from 2 feet to 1 foot to land on a line and freeze.</b>	
<b>Jump from 1 foot to the other forwards and backwards to land on a line and freeze.</b>	
<b>Hop sideways, raising knee and freezing on landing.</b>	
<b>Jump from 1 foot to the other sideways, raising knee and freezing on landing.</b>	
<b>Jump from 2 feet to 2 with a 180° turn, in both directions, starting and landing on a line.</b>	
<b>Jump from 2 feet to 2 with a 180° turn in both directions on a low beam.</b>	
<b>Jump from 2 feet to 2 with a tuck and a 180° turn, in both directions, starting and landing on a line.</b>	
<b>Jump from 2 feet to 2 with a tuck and a 180° turn, in both directions, on a low beam.</b>	
<b>Stand with legs together (vertical stance), jump into a lunge position, then jump back into a vertical stance, starting and landing on a line.</b>	
<b>Stand with legs together (vertical stance), jump into a lunge position, then jump back into a vertical stance on a low beam.</b>	

## UNIT 2

### Static Balance: Seated (FUNS Station 2)

Balance in a seated position with both hands and feet touching the floor for 10 seconds.

Balance in a seated position with 1 hand and 2 feet touching the floor for 10 seconds.

Balance in a seated position with 1 foot and 2 hands touching the floor for 10 seconds.

Balance in a seated position with 1 foot and 1 hand touching the floor for 10 seconds.

Balance in a seated position without hands or feet touching the floor.

In a seated position without hands and feet touching the floor, pick up a cone from one side, swap hands and place it on the other side.

Return the cone to the opposite side in the same way.

In a seated position without hands and feet touching the floor, pick up a cone from one side and place it on the other side with the same hand.

Return the cone to the opposite side using the other hand.

Hold a dish shape with straight arms and legs for 5 seconds.

In a seated position without hands and feet touching the floor, reach and pick up a cone an arm's distance away, swap hands and place it on the other side.

Reach, pick up and return the cone to the opposite side using the other hand.

Hold a V-shape with straight arms and legs for 10 seconds.

In a seated position without hands or feet touching the floor reach and pick up cones from in front, to the side and from behind.

In a seated position without hands or feet touching the floor reach and pick up cones from in front, to the side and from behind with eyes closed.

In a seated position without hands or feet touching the floor reach and pick up cones from in front, to the side and from behind while a partner applies a force, e.g. using a resistance band.

In a seated position without hands or feet touching the floor reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force, e.g. using a resistance band.

## UNIT 3

### Dynamic Balance: On a Line (FUNS Station 5)

Walk forwards fluidly, along a line, with minimum wobble.

Walk backwards fluidly, along a line, with minimum wobble.

Walk forwards fluidly, along a line, lifting knees up to 90 ° angle.

Walk forwards fluidly, along a line, lifting heels up to bottom.

Perform a marching action, along a line, lifting knees and elbows up to a 90 ° angle.

Walk fluidly, along a line, with a heel to toe landing.

Walk fluidly, along a line, lifting knees up and with heel to toe landing.

Walk fluidly, along a line, lifting heels to bottom and with heel to toe landing.

Walk forwards fluidly, along a line, lifting heel to bottom, knees up and with heel to toe landing.

Lunge walk forwards along a line (heels to bottom, knees up, extend leg forward, sink hips, heel to toe landing).

Lunge walk forwards along a line, bringing opposite elbow up to 90 ° angle.

Complete all red challenges with eyes closed.

Side-step along a line in both directions.

Stand sideways and complete continuous 180° front pivots along a line.

Stand sideways and complete continuous 180° reverse pivots along a line.

Stand sideways and move by stepping across the body along a line (lateral step-over)

Perform 'grapevines' along a line (lateral step-over, side-step, lateral step-behind, repeat)

Complete all blue challenges and pink challenges with eyes closed.

### UNIT 3

#### Static Balance: Stance (FUNS Station 4)

Stand on a line with a good stance for 10 seconds.

Stand on a low beam with a good stance for 10 seconds.

Maintain balance whilst receiving a small force from various angles (standing on a line).

Maintain balance whilst receiving a small force from various angles (standing on a low beam).

Maintain balance whilst raising alternate feet 5 times (standing on a line).

Maintain balance whilst raising alternate feet 5 times (standing on a low beam).

Maintain balance whilst raising alternate knees 5 times (standing on a line).

Maintain balance whilst raising alternate knees 5 times (on a low beam).

Maintain balance whilst catching a ball at chest height and throw it back (standing on a line).

Maintain balance whilst catching a ball at chest height and throw it back (on a low beam).

Maintain balance whilst raising knees alternately to opposite elbow 5 times (standing on a line).

Maintain balance whilst raising knees alternately to opposite elbow 5 times (standing on a low beam).

Maintain balance whilst catching a large ball thrown at knee height and above head (standing on a line).

Maintain balance whilst catching a large ball thrown at knee height and above head (standing on a low beam).

Maintain balance whilst catching a large ball thrown away from the body (standing on a line).

Maintain balance whilst catching a large ball thrown away from the body (on a low beam).

Maintain balance whilst catching a small ball thrown close to the body (standing on a line).

Maintain balance whilst catching a small ball thrown close to the body (on a low beam).

Maintain balance whilst catching a small ball thrown away from the body (standing on a line).

Maintain balance whilst catching a small ball thrown away from the body (on a low beam).

Throw and catch 2 small balls alternately, using both hands while standing on a line. Start with feet close to the body then further away.

Throw and catch 2 small balls alternately, using both hands while standing on a low beam. Start with feet close to the body then further away.

Strike a small ball back to a partner with a racket while standing on a line.

Strike a small ball back to a partner with a racket while standing on a low beam.

Strike a large ball to a partner from across the body while standing on a line.

Strike a large ball to a partner from across the body while standing on a low beam.

## UNIT 4

### Co-ordination: Ball Skills (FUNS Station 9)

Sit and roll a ball along the floor around the body using 2 hands.

Sit and roll a ball along the floor around the body using 1 hand.

Sit and roll a ball up and down legs and round the upper body using 2 hands.

Stand and roll a ball up and down legs and round the upper body using 2 hands.

Sit and roll a ball up and down legs and round the upper body using each hand.

Stand and roll a ball up and down legs and round the upper body using each hand.

Complete 16 around 1 leg circuits in less than 20 seconds (left and right leg in both directions)

Complete 17 around the waist circuits in less than 20 seconds (in both directions).

Complete 16 around alternate legs circuits in less than 20 seconds (in both directions)

Complete 12 figure of 8 circuits using both hands in less than 20 seconds).

Complete 10 around the waist into figure of 8 circuits in less than 20 seconds.

Complete 12 around the waist into around alternate legs circuits in less than 20 seconds.

Complete 24 criss-cross catches with a bounce in between.

Complete 24 criss-cross catches without a bounce in between.

In less than 20 seconds complete 20 'front-to-back catches', with a bounce in between.

In less than 20 seconds complete 20 'back-to-front catches', with a bounce in between.

In less than 20 seconds complete 30 'front-to-back catches', without a bounce in between.

In less than 20 seconds complete 30 'back-to-front catches', without a bounce in between.

Complete above challenges with head up throughout.

Complete 11 'overhead throw and catches'.

## UNIT 4

### Counter Balance: With a Partner (FUNS Station 7)

Sit holding hands with toes touching, lean in together then apart.

Sit holding 1 hand with toes touching, lean in together then apart.

Sit holding hands with toes touching and rock forwards, backwards and side-to-side.

Stand facing each other and hold wrists. With a long base, lean back, hold balance and then move back together.

Stand facing each other and hold on with 1 hand. With a long base, lean back, hold balance and then move back together.

Stand facing each other and hold wrists. With a short base, lean back, hold balance and then move back together.

Stand facing each other and hold on with 1 hand. With a short base, lean back, hold balance and then move back together.

Stand facing each other with eyes closed and hold wrists. With a short base, lean back, hold balance and then move back together.

Stand facing each other with eyes closed and hold on with 1 hand. With a short base, lean back, hold balance and then move back together.

Stand facing each other and hold on with 1 hand. Lift up one leg and lean back, hold balance and then move back together.

Stand on 1 leg while holding on to partner's opposite leg.

Complete all blue challenges with eyes closed.

Step onto a bench facing each other with feet side by side, hold hands, lean back, hold and then move back together.

Step onto a bench facing each other and swap places whilst leaning back with arms straight.

## UNIT 5

### Co-ordination: Sending and Receiving (FUNS Station 8)

Roll a large ball against a wall and collect the rebound with each hand.

Roll a small ball against a wall and collect the rebound with each hand.

Throw a large ball to a partner.

Catch a ball thrown by a partner with two hands.

Throw a tennis ball and catch the rebound with the same hand after 1 bounce.

Throw a tennis ball and catch the rebound with the same hand without a bounce.

Throw a tennis ball and catch the rebound with the other hand after 1 bounce.

Throw a tennis ball and catch the rebound with the other hand without a bounce.

Strike a large, soft ball along the ground 5 times in a rally.

Strike a ball with alternate hands against a wall, or to a partner, in a rally.

Kick a ball against a wall, or to a partner, with the same foot.

Kick a ball against a wall, or to a partner, with alternate feet.

Roll 2 balls alternately against a wall, or to a partner, using both hands, sending 1 as the other is returning.

Throw and catch 2 tennis balls alternately against a wall.

Throw 2 tennis balls against a wall and catch them with the opposite hand (cross-over).

Throw 2 tennis balls against a wall in a circuit, in both directions.

With a partner, simultaneously pass a large ball along the floor with your feet and throw a tennis ball for 10 consecutive passes.

With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds.

## UNIT 5

### Agility: Reaction/Response (FUNS Station 12)

React and catch a large ball dropped from shoulder height after 2 bounces, from a distance of 1 metre.

React and catch a large ball dropped from shoulder height after 2 bounces, from a distance of 2 metres.

React and catch a large ball dropped from shoulder height after 2 bounces from a distance of 3 metres.

React and catch a large ball dropped from shoulder height after 1 bounce, from a distance of 1 metre.

React and catch a large ball dropped from shoulder height after 1 bounce, from a distance of 2 metres.

React and catch a large ball dropped from shoulder height after 1 bounce, from a distance of 3 metres.

React and catch a tennis ball dropped from shoulder height after 1 bounce, from a distance of 1 metre.

React and catch a tennis ball dropped from shoulder height after 1 bounce, from a distance of 2 metres.

React and catch a tennis ball dropped from shoulder height after 1 bounce, from a distance of 3 metres.

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

React and catch a tennis ball dropped from shoulder height after 1 bounce from a distance of 2 metres.

React and catch a tennis ball dropped from shoulder height after 1 bounce from a distance of 3 metres.

React and step across the body, bringing the hand across the body to catch a tennis ball after 1 bounce, from a distance of 1 metre.

React and step across the body, bringing the hand across the body to catch a tennis ball after 1 bounce, from a distance of 2 metres.

React and step across the body, bringing the hand across the body to catch a tennis ball after 1 bounce, from a distance of 3 metres.

Face away from partner and react to a call from your partner when they drop a ball, turn and catch it after 1 bounce from a distance of 1 metre.

Face away from partner and react to a call from your partner when they drop a ball, turn and catch it after 1 bounce from a distance of 2 metres.

Face away from partner and react to a call from your partner when they drop a ball, turn and catch it after 1 bounce from a distance of 3 metres.

Complete the above challenges reacting to the sound of the bounce rather than a call.

## UNIT 6

### Agility: Ball Chasing (FUNS Station 11)

Roll and chase a large ball and collect it in a balanced position.

Chase a large ball rolled by a partner and collect it in a balanced position.

Start in a seated position, throw and chase a large bouncing ball and collect it in a balanced position.

Start in a lying position, throw and chase a large bouncing ball and collect it in a balanced position.

Start in a seated position, chase a large bouncing ball thrown by a partner and collect it in a balanced position.

Start in a lying position, chase a large bouncing ball thrown by a partner and collect it in a balanced position.

Roll and chase a large ball, let it roll through legs and then collect it in a balanced position.

Roll and chase a large bouncing ball, let it roll through legs and then collect it in a balanced position.

Roll and chase a tennis ball, let it roll through legs and then collect it in a balanced position.

Roll and chase a bouncing tennis ball, let it roll through legs and then collect it in a balanced position.

Roll and chase a large ball, stopping it with knee sideways onto the ball.

Roll and chase a tennis ball, stopping it with knee sideways onto the ball.

Roll and chase a large ball, stopping it with the head in a front support position.

Stand facing a partner, turn and catch a ball fed over your head after 1 bounce.

Stand facing away from a partner, react and catch a ball fed over your head after 1 bounce.

## UNIT 6

### Static Balance: Floor Work (FUNS Station 3)

Hold a mini-front support.

In a mini-front support, lift each arm in turn and point to the ceiling.

In a mini-front support, place a cone on your back and take it off with the other hand.

Hold a mini-back support position.

In a mini-back support position, place a cone on your tummy and take it off with the other hand.

Hold a full front support.

In a front support lift each arm in turn and point to the ceiling.

In a front support, transfer a cone on and off your back.

In a front support, transfer a tennis ball off your back.

In a back support, transfer a cone on and off your tummy.

In a back support, transfer a tennis ball on and off your tummy.

In a front support and with only 1 foot in contact with the floor, transfer a cone on and off your back.

From a front support lift 1 arm up and rotate fluently into a back support, then continue rotating with fluency.