

Progression Grid - Physical Education

	EYFS	
	Nursery	Reception
Footwork	<ul style="list-style-type: none"> • Side step in any direction • Gallop with any foot leading in any direction 	<ul style="list-style-type: none"> • Side step in both directions with control • Gallop leading with either foot • Show evidence of hopping on either foot
Seated balance	<ul style="list-style-type: none"> • Balance with both hands and feet down on the floor for 10 seconds and minimal wobble. Balance held without strain. 	<p>Demonstrate the following balances for 10 seconds in a seated position, with minimal wobble and held without strain:</p> <ul style="list-style-type: none"> • Balance with both hands and feet down on the floor • Balance with 1 hand 2 feet down • Balance with 1 hand 1 foot down
Ball chasing	<ul style="list-style-type: none"> • Roll a ball, chase it and collect. • Chase a ball rolled by a partner. 	<p>Perform the following activities with control when starting and stopping quickly. Show timing to get in the right position. Show balance and control when collecting a ball.</p> <ul style="list-style-type: none"> • Roll a large ball, chase and collect it in a balanced position facing the opposite direction. • Chase a large ball rolled by a partner and collect it in a balanced position facing the opposite direction.

Reaction and response	<ul style="list-style-type: none"> ● React to a partner dropping a ball from shoulder height. 	<ul style="list-style-type: none"> ● React and catch a large ball dropped from shoulder height before two bounces. ● Begin to progress to reacting and catching a tennis ball dropped from shoulder height before two bounces. Increase distance from 1 metre, 2 metres and 3 metres.
1 leg balance	<ul style="list-style-type: none"> ● Demonstrating on either leg: stand still for up to 5 seconds with minimum wobble, standing foot still and non-standing foot off the floor. 	<ul style="list-style-type: none"> ● Demonstrating on both legs: stand still for up to 10 seconds with minimum wobble, standing foot still and non-standing foot off the floor.
Dynamic balance on a Line	<ul style="list-style-type: none"> ● Walk forwards with fluidity and minimum wobble following a line. 	<ul style="list-style-type: none"> ● Walk forwards with fluidity and minimum wobble, balance maintained on the line. Opposite arm and leg moving forwards along a line.
Stance	<ul style="list-style-type: none"> ● Stand on a line for 10 seconds. 	<ul style="list-style-type: none"> ● Stand on a line with a good stance for 10 seconds.
Floorwork	<ul style="list-style-type: none"> ● Choose a position and balance for 5 seconds ● Choose another position and hold balance for 5 seconds 	<ul style="list-style-type: none"> ● Hold a mini-front support position with balance maintained throughout and correct position held.
Ball skills	<ul style="list-style-type: none"> ● Sit and roll a ball along the floor around your own body. 	<ul style="list-style-type: none"> ● Sit and roll a ball along the floor around your own body showing the ability to move the ball in both directions with two hands. ● Sit and roll a ball up and down legs with 2 hands controlling the ball throughout.
Sending and receiving	<ul style="list-style-type: none"> ● Roll a large ball to a partner. ● Receive a large ball rolled from a partner. 	<ul style="list-style-type: none"> ● Roll a large ball and collect rebound with good posture and appropriate power and weight when sending

Jumping and landing	<ul style="list-style-type: none"> • Jump from two feet to two feet forwards. 	<ul style="list-style-type: none"> • Jump from two feet to two feet forwards and backwards with good take off and height and showing balance and control when landing.
Counter balance in pairs	<ul style="list-style-type: none"> • With a partner sit holding hands with toes touching, lean in together then apart. 	<ul style="list-style-type: none"> • With a partner sit holding hands with toes touching, lean in together then apart with balance maintained throughout, smooth controlled movements.
	KS1	
	Year 1	Year 2
Footwork	<ul style="list-style-type: none"> • Showing good control, balance and smooth movements pupils will side step in both directions, gallop leading with either foot and show evidence of hopping on either foot. 	<p>All performed with head and back straight, working off the balls of the feet, looking straight ahead and using bent knees to push off and land.</p> <ul style="list-style-type: none"> • Combine side steps with 180 degree front pivots off either foot. • Skip with balance and control with knee and opposite elbow at 90 degree angle. • Hopscotch forwards and backwards with balance and control.
Seated Balance	<p>Demonstrate the following balances for 10 seconds in a seated position, with minimal wobble and held without strain. Back should be straight, head up and still and tummy tight: -</p> <ul style="list-style-type: none"> • Balance with both hands and feet down on the floor • Balance with 1 hand 2 feet down • Balance with 1 hand 1 foot down • Balance with no hands or feet down 	<p>Demonstrate the following balances with feet and hands off the floor throughout, minimal wobble and holding the balance without strain: -</p> <ul style="list-style-type: none"> • Pick up one cone from one side, swap hands and place it on the other side • Return the cone to the opposite side

Ball chasing	<p>Perform the following activities with control when starting and stopping quickly, timing and movement to get in the right position, balance and control when collecting the ball.</p> <ul style="list-style-type: none"> ● Roll a small ball, chase and collect it in a balanced position facing the opposite direction. ● Chase a small ball rolled by a partner and collect it in a balanced position facing the opposite direction with more speed. 	<p>Perform the following activities with control when starting and stopping quickly, timing and movement to get in the right position, balance and control when collecting the ball.</p> <ul style="list-style-type: none"> ● Start in a seated or a lying position, throw a bouncy ball, chase and collect it in a balanced position facing the opposite direction. ● Start in a seated or a lying position, chase a bouncing ball fed by a partner and collect it in a balanced position facing opposite direction.
Reaction and Response	<ul style="list-style-type: none"> ● React and catch a tennis ball dropped from shoulder height after one bounce. Increase distance from 1 metre, 2 metres and 3 metres. 	<ul style="list-style-type: none"> ● React and catch a tennis ball dropped from shoulder height after one bounce after balancing on one leg. Increase distance from 1 metre, 2 metres and 3 metres.
1 leg balance	<p>Demonstrating on both legs:</p> <ul style="list-style-type: none"> ● Stand still for 10 seconds or more with minimum wobble, standing foot still and non-standing foot off the floor. 	<p>Demonstrating on both legs:</p> <ul style="list-style-type: none"> ● Stand still on one leg for 30 seconds minimum wobble, standing foot still and non-standing foot off the floor. ● On both legs complete five mini squats using arms to help aid balance.
Dynamic balance on a Line	<ul style="list-style-type: none"> ● Walk forwards with fluidity and no wobble, balance maintained on the line. Opposite arm and leg moving forwards along a line. ● Walk backwards with fluidity and minimum wobble. Back held straight, swinging arms to help move and balance following a line. 	<p>Demonstrate with head still and looking forward, working off the balls of the feet and using arms to help move and balance as walking.</p> <ul style="list-style-type: none"> ● Walk with fluidity, lifting knees to 90 degrees. ● Walk backwards, lifting heels to bottom with smooth controlled movements and limited wobble.
Stance	<ul style="list-style-type: none"> ● Stand on a line with a good stance for 10 seconds. Both feet facing forwards, feet still, minimum wobble. 	<ul style="list-style-type: none"> ● Stand on a low beam with a good stance for 10 seconds. Both feet facing forwards, feet still, minimum wobble. Keep feet

		shoulder width apart and knees slightly bent. Weight held on balls of feet. Back should be straight and head up.
Floorwork	<ul style="list-style-type: none"> • Hold a mini-front support position with balance maintained throughout and correct position held. • Reach around and point to the ceiling with either hand in mini-front support with control when changing position. 	<ul style="list-style-type: none"> • Place the cone on their back and take it off with the other hand in mini-front support. • Hold a mini-back support position. • Place cone on tummy and take it off with the other hand in mini-back support. • Show control when changing balance position.
Ball Skills	<ul style="list-style-type: none"> • Sit and roll a ball along the floor around your own body showing the ability to move the ball in both directions with one hand. • Sit and roll a ball up and down legs and around the upper body with one or two hands controlling the ball throughout. 	<p>All performed with control of the ball throughout, the ability to move the ball in more than one direction and smooth movements with the ball.</p> <ul style="list-style-type: none"> • Sit and roll a ball up and down and around legs and upper body with one hand. • Stand and roll a ball up and down legs and around the upper body using one hand.
Sending and receiving	<ul style="list-style-type: none"> • Roll a small ball and collect rebound with good posture and appropriate power and weight when sending. • Throw a large ball and catch the rebound with 2 hands. Show accuracy when sending, good posture and appropriate power and weight. 	<p>All performed with accuracy when sending, appropriate power and weight when sending and a good posture receiving: -</p> <ul style="list-style-type: none"> • Throw tennis balls and catch the rebound with the same hand after 1 bounce. • Throw tennis ball and catch with the same hand without a bounce. • Throw tennis balls and catch the rebound with the other hand after 1 bounce. • Trike large, soft ball along the ground with hand five times in a rally.
Jumping and landing	<ul style="list-style-type: none"> • Jump from two feet to two feet forwards, side-to-side and backwards with good take off and height and showing balance and control when landing. 	<p>All performed with good take off and height, balance and control when landing and a soft landing: -</p> <ul style="list-style-type: none"> • Jump from 2 feet to 2 feet with a quarter

		<p>turn in both directions.</p> <ul style="list-style-type: none"> Stand on a line and jump from 2 feet to 1 foot and freeze landing (on either foot).
Counter balance in pairs	<p>All performed with balance maintained throughout, smooth controlled movements and coordinated movements with partner: -</p> <ul style="list-style-type: none"> Sit holding hands with feet touching, lean in together and then apart. Sit holding one hand with toes touching, lean in together and then apart. Sit holding hands with toes touching and rock forwards, backwards and side to side. 	<p>All performed with balance maintained throughout, smooth controlled movements and coordinated movements with partner: -</p> <ul style="list-style-type: none"> Hold on, and with a large base, lean back, hold balance and then move back together. Hold one with 1 hand and with a long base, lean back, hold balance and then move back together.
	LKS2	
	Year 3	Year 4
Footwork	<ul style="list-style-type: none"> Hopscotch forwards and backwards, alternating hopping legs each time. Move in a 3 step zigzag pattern forwards with some balance, control and fluency. 	<p>All performed with head and back straight, working off the balls of the feet, looking straight ahead and using bent knees to push off and land.</p> <ul style="list-style-type: none"> Hopscotch forwards and backwards, alternating hopping legs each time. Move in a 3 step zigzag pattern forwards and backwards with some balance, control and fluency.
Seated Balance	<p>Demonstrate the following balances with feet and hands off the floor throughout, minimal wobble and holding the balance without strain. Aim to hold shape for 20-30 seconds: -</p> <ul style="list-style-type: none"> Pick up one cone from one side, swap 	<p>Demonstrate the following balances with feet and hands off the floor throughout, minimal wobble and holding the balance without strain. Aim to hold shape for 20-30 seconds: -</p> <ul style="list-style-type: none"> Pick up one cone from one side, swap

	<p>hands and place it on the other side</p> <ul style="list-style-type: none"> Return the cone to the opposite side using the other hand 	<p>hands and place it on the other side</p> <ul style="list-style-type: none"> Return the cone to the opposite side using the other hand Sit in a dish shape and hold it for five seconds, building to ten seconds.
Ball chasing	<p>Perform the following activities with control when starting and stopping quickly, time movements to get in the right position and balance/control when collecting the ball: -</p> <ul style="list-style-type: none"> Chase large rolled balls, let it roll through legs and then collect it in a balanced position facing the opposite direction. Chase a large bouncing ball, let it roll through legs and then collect it in a balanced position facing the opposite direction. 	<p>Perform the following activities with control when starting and stopping quickly, time movements to get in the right position and balance/control when collecting the ball: -</p> <ul style="list-style-type: none"> Chase rolled tennis balls, let it roll through legs and then collect it in a balanced position facing the opposite direction. Chase a bouncing tennis ball, let it roll through legs and then collect it in a balanced position facing the opposite direction.
Reaction and Response	<ul style="list-style-type: none"> React and catch a tennis ball dropped from shoulder height within 2 bounces. Increase the range from 1m to 2m and eventually 3m. 	<ul style="list-style-type: none"> React and catch a tennis ball dropped from shoulder height within 1 bounce balancing on one leg. Increase the range from 1m to 2m and eventually 3m.
1 leg balance	<p>On both legs demonstrate: -</p> <ul style="list-style-type: none"> Stand still on an uneven surface for 30 seconds with stability, control of moment and consistent performance. Complete five squats into ankle extension demonstrating stability, controlled movement and consistent performance. 	<p>On both legs demonstrate: -</p> <ul style="list-style-type: none"> With eyes closed, stand still on an uneven surface for 30 seconds with stability, control of moment and consistent performance. Complete ten squats into ankle extension demonstrating stability, controlled movement and aiming for a consistent performance. Complete five squats with eyes closed.
Dynamic balance on a Line	<p>Demonstrate with head still and looking forward, working off the balls of the feet and using arms to help move and balance as child walks.</p>	<p>Demonstrate with head still and looking forward, working off the balls of the feet and using arms to help move and balance as the child walks.</p>

	<ul style="list-style-type: none"> • Walk with fluidity, lifting knees to 90 degrees balanced walking on a line. • Walk backwards, lifting heels to bottom with smooth controlled movements and limited wobble. 	<ul style="list-style-type: none"> • March with fluidity, lifting knees to 90 degrees balanced walking on a line. • Walk fluidly with heel to toe landing. • Walk fluidly lifting knees and using heel to toe landing.
Stance	<p>All activities to be performed on a line with both feet facing forward , balance maintained and minimum wobble.</p> <ul style="list-style-type: none"> • Receive a small force from various angles. • Raise alternative feet five times. • Catch a ball at chest height and throw it back. 	<p>All activities to be performed on a low beam with both feet facing forward , balance maintained and minimum wobble.</p> <ul style="list-style-type: none"> • Receive a small force from various angles. • Raise alternative feet five times. • Catch a ball at chest height and throw it back.
Floorwork	<ul style="list-style-type: none"> • Hold full front support position with balance maintained throughout. • Lift one arm and point to the ceiling with either hand in front support. 	<ul style="list-style-type: none"> • Hold full front support position with balance maintained throughout. • Alternate lifting one arm and point to the ceiling with each hand in front support. Balance to be maintained throughout. • Transfer cone on and off back in front support.
Ball Skills	<p>In 20 seconds with ball control maintained throughout: -</p> <ul style="list-style-type: none"> • Stand with legs apart and move a ball around 1 leg 16 times (right and left leg). • Move a ball around waist 17 times. 	<p>In 20 seconds or less and ball control maintained throughout, ability to complete challenges in both directions: -</p> <ul style="list-style-type: none"> • Stand with legs apart and move a ball around 1 leg 16 times (right and left leg). • Move a ball around waist 17 times. • Stand with legs apart and move a ball alternative legs 16 times.
Sending and receiving	<p>All performed with accuracy when sending, appropriate power and weight when sending and a fluency and rhythm throughout: -</p> <ul style="list-style-type: none"> • Strike a ball with alternative hands in a rally • Kick a ball with the same foot and travel 	<p>All performed with accuracy when sending, appropriate power and weight when sending and a fluency and rhythm throughout: -</p> <ul style="list-style-type: none"> • Roll two balls alternatively using both hands; sending one and then the other.

		<ul style="list-style-type: none"> ● Kick a ball with alternative feet - passing to a partner.
Jumping and landing	<p>All performed with good take off and height, balance and control when landing and a soft landing: -</p> <ul style="list-style-type: none"> ● Jump from 2 feet to 2 feet with 180 degrees in either direction. ● Complete a tucked jump. 	<p>All performed with good take off and height, balance and control when landing and a soft landing: -</p> <ul style="list-style-type: none"> ● Jump from 2 feet to 2 feet with 180 degrees in either direction on command. ● Complete a tucked jump with 180 degrees in either direction.
Counter balance in pairs	<p>All performed with balance maintained throughout, smooth controlled movements and coordinated and controlled movements with partner: -</p> <ul style="list-style-type: none"> ● Hold on and, with a short base, lean back, hold balance and then move back together. ● Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together. 	<p>All performed with balance maintained throughout, smooth controlled movements and coordinated and controlled movements with partner: -</p> <ul style="list-style-type: none"> ● Hold on and, with a short base, lean back, hold balance and then move back together. Hold for 10 seconds. ● Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together. Hold for 10 seconds. ● Perform all above exercises performed with eyes closed.
	UKS2	
	Year 5	Year 6
Footwork	<ul style="list-style-type: none"> ● To perform hopscotch and zig zag movements confidently with changes of directions and with quick changes from one to the other. ● Combine 3-step zigzag pattern with cross over (swerve) when changing lead leg. 	<p>All steps above should be performed with smooth controlled movements , fluency and rhythm and movements performed in both directions. Head and back should be straight, pupils working off the balls of the feet, looking straight ahead and using bent knees to push off and land.</p>

	<ul style="list-style-type: none"> ● Move in a 3-step zig-zag pattern, lifting foot up behind just before changing lead leg and direction. 	<ul style="list-style-type: none"> ● Combine 3-step zigzag pattern with cross over (swerve) when changing lead leg. ● Move in a 3-step zigzag pattern, with knee raises across the body just before changing lead leg and direction. ● Move in a 3-step zig-zag pattern, lifting foot up behind just before changing lead leg and direction.
Seated Balance	<p>Demonstrate the following balances with feet and hands off the floor throughout, minimal wobble and holding the balance without strain. Aim to hold shape for 20-30 seconds: -</p> <ul style="list-style-type: none"> ● Pick up one cone from one side, swap hands and place it on the other side, return the cone to the opposite side using the other hand. Complete at different tempos ● Sit in a dish shape and hold it for ten seconds, building to twenty seconds. ● Reach and pick up cones an arms distance away, swap hands and place on the other side using the same hand. 	<p>Demonstrate the following balances with feet and hands off the floor throughout, minimal wobble and balance held without strain. Aim to hold shape for 20-30 seconds: -</p> <ul style="list-style-type: none"> ● Reach and pick up cones from front, to the side and from behind. Graduate to eyes closed. ● Reach and pick up cones an arms distance away, swap hands and place on the other side using the same hand. Complete for thirty seconds. ● Hold a v-shape with straight arms and legs for 10 seconds.
Ball chasing	<p>Perform the following activities with control when starting and stopping quickly, time movements to get in the right position and balance/control when collecting the ball: -</p> <ul style="list-style-type: none"> ● Chase rolled tennis balls, let it roll through the legs of a number of children and then collected it in a balanced position facing the opposite direction. ● Chase a bouncing tennis ball, let it roll through a number of people's legs and then collect it in a balanced position facing the opposite direction. 	<p>Perform the following activities to turn over either shoulder, time movements to get in the right position and balance/control when collecting the ball: -</p> <ul style="list-style-type: none"> ● Roll and chase a tennis ball, stopping it with a knee sideways onto the ball (long barrier position) facing the opposite direction. ● Roll and chase a large ball stopping it with head in front support position facing opposite direction.

	<ul style="list-style-type: none"> Roll and chase a large ball, stopping it with a knee sideways onto ball (long barrier position) facing the opposite direction. 	
Reaction and Response	<ul style="list-style-type: none"> React and catch a tennis ball dropped from shoulder height within 1 bounce balancing on one leg. Increase the range from 1m to 2m and eventually 3m. Demonstrate quick reaction and good acceleration. Show increased balance and control after catch. 	<ul style="list-style-type: none"> React and step across body, bring hand across body and catch tennis ball after 1 bounce. Increase the range from 1m to 2m and eventually 3m. Demonstrate quick reaction and good acceleration.
1 leg balance	<p>On both legs demonstrate with stability, smoothness of movement and consistent performance: -</p> <ul style="list-style-type: none"> With eyes closed, stand still on an uneven surface for 30 seconds with stability, control of movement and consistent performance. Complete ten squats or more into ankle extension. Complete ten squats with eyes closed. 	<p>On both legs demonstrate with stability, smoothness of movement and consistent performance: -</p> <ul style="list-style-type: none"> With eyes closed stand still on uneven surface for 30 seconds with stability, control of movement and consistent performance. Complete ten squats or more into ankle extension with eyes closed. Complete ten squats on an uneven surface.
Dynamic balance on a Line	<p>Demonstrate with balance maintained on the line, opposite arm and leg driving forwards and lucidity maintain and minimum wobble: -</p> <ul style="list-style-type: none"> Walk fluidly forwards and backwards lifting heels to bottom, knees up and heel to toe landing. Lunge walk forwards (heel to bottom, knees up, extended leg, sink hips, heel to toe landing). 	<p>Demonstrate with balance maintained on the line, opposite arm and leg driving forwards and lucidity maintain and minimum wobble: -</p> <ul style="list-style-type: none"> Lunge walking forwards (heel to bottom, knees up, extended leg, sink hips, heel to toe landing) bringing opposite elbow up to 90 degrees angle. <p>Complete the next steps with eyes closed: -</p> <ul style="list-style-type: none"> March with fluidity, lifting knees to 90 degrees balanced walking on a line. Walk fluidly with heel to toe landing. Walk fluidly lifting knees and using heel to toe landing.

Stance	<p>All activities to be performed on a line with both feet facing forward , balance maintained and minimum wobble.</p> <ul style="list-style-type: none"> ● Raise alternative knees to opposite elbow 5 times. ● Catch a large ball thrown at knee height and above head. ● Catch a large ball thrown away from the body. ● Catch small balls thrown close to and away from the body. 	<p>All activities to be performed on a low beam with both feet facing forward, balance maintained and minimum wobble.</p> <ul style="list-style-type: none"> ● Raise alternative knees to opposite elbow 5 times. ● Catch a large ball thrown at knee height and above head. ● Catch a large ball thrown away from the body. ● Catch small balls thrown close to and away from the body.
Floorwork	<p>During these activities balance should be held without strain, good posture and straight back at all times and control shown while transferring objects.</p> <ul style="list-style-type: none"> ● Transfer tennis ball on and off back in a front support. ● Transfer cone on and off tummy in back support ● Transfer tennis ball on and off tummy in back support. 	<p>During these activities balance should be held without strain, good posture and straight back at all times and control shown while transferring objects.</p> <ul style="list-style-type: none"> ● Transfer tennis ball on and off back in a front support. Posture to be maintained. Straight legs observed. ● Transfer cone on and off tummy in back support with straight legs. ● Transfer tennis ball on and off tummy in back support with straight legs.
Ball Skills	<p>All activities to be performed in 20 seconds or less with smooth movements with the ball, ability to complete challenges in both directions consistently and smoothly: -</p> <ul style="list-style-type: none"> ● Stand with feet apart and move the ball in figure 8 around both legs 12 times. ● Move the ball around waist into figure of 8 around both legs 10 times. 	<p>All activities to be performed in 20 seconds or less with smooth movements with the ball, ability to complete challenges in both directions consistently and smoothly: -</p> <ul style="list-style-type: none"> ● Move ball around waist and then around alternative legs 12 times ● Stand with legs apart, perform 23 criss-crosses with and then without a bounce.
Sending and receiving	<p>All performed with accuracy when sending, a good position when receiving and good fluency and rhythm throughout: -</p> <ul style="list-style-type: none"> ● Roll two balls alternatively using both hands; 	<p>All performed with accuracy when sending, a good position when receiving and good fluency and rhythm throughout: -</p> <ul style="list-style-type: none"> ● Throw 2 tennis balls against a wall and

	<p>sending one and then the other with speed and accuracy.</p> <ul style="list-style-type: none"> ● Kick a ball with alternative feet both passing and travelling. ● Alternately throw and catch 2 tennis balls against a wall. 	<p>catch them with the opposite hand (cross-over).</p> <ul style="list-style-type: none"> ● 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 feet and throw a tennis ball for 10 continuous passes.
Jumping and landing	<p>All performed with good take off and height, balance and control when landing and a soft landing: -</p> <ul style="list-style-type: none"> ● Jump 2 feet to 2 feet forwards, backwards and side-to-side. ● Hop forward and backwards freezing on landing. 	<p>All performed with good take off and height, balance and control when landing and a soft landing: -</p> <ul style="list-style-type: none"> ● Jump 1 foot to 1 foot forwards, backwards and side-to-side. ● Hop sideways raising knee and freezing on landing. ● Jump 1 foot to the other sideways, raising knee and freeze on landing.
Counter balance in pairs	<p>All performed with balance maintained throughout, smooth controlled movements and coordinated and controlled movements with partner: -</p> <ul style="list-style-type: none"> ● Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together. Hold for 5 seconds. ● Stand on 1 leg while holding on to your partner's opposite foot. Hold for 5 seconds. 	<p>All performed with balance maintained throughout, smooth controlled movements and coordinated and controlled movements with partner: -</p> <ul style="list-style-type: none"> ● Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together. Hold for 10 seconds. ● Stand on 1 leg while holding on to your partner's opposite foot. Hold for 10 seconds. ● Repeat above with eyes closed.