

# Pre School Award Scheme

Level	Balance and weight bearing	Action	Co-ordination and locomotor skills
<b>1</b>	Stand still on a small surface Balance on one leg for 3 seconds Walk forwards along floor beam (full length of beam) Point one foot out in front	Good demonstrations of 3 shapes- stretch, tuck, star Safe landing position Dismounting from middle of beam Stretch roll down incline	Running on a spot Hopping on a spot Use different hand apparatus, e.g. bean bags/balls/ribbons
<b>2</b>	Hang on rings Walking forwards on beam with bean bag on head Transfer weight from one foot to the other Demonstrate front support shape	Good demonstrations of all shapes- stretch, tuck, star, straddle and pike Jumping from platform to safe landing position Forward roll down an incline Stepping over cones on the floor beam	Jumping on a spot Throw and catch a bean bag Organise hand apparatus into colours
<b>3</b>	Side step along the beam Bunny hops over a line on the floor Front support shape with feet raised on a block Showing balances with different body parts	Mounting and dismounting beam safely Backwards roll down an incline Jumping in and out of hoop Straight swings on a bar	Bounce and catch a ball Jumping with two feet Roll a ball along the floor and retrieve it
<b>4</b>	Half handstand Bunny jumps over a bench Balance on one leg on the beam Jumps on the floor beam	Holding two shapes on rings (tuck, straddle, pike) Front support on bars Squat onto knees Forward roll with no incline	Mirror movements Recognising numbers Striking a ball
<b>5</b>	Crawling along the beam Climbing feet up the wall towards handstand Front support walks Walking along the beam with no help	Squat on to feet Front support on floor Back support on floor Travelling along a bar	Recognising shapes without help Stopping and starting whilst travelling Travelling along the floor in different ways (roll, jump, crawl etc)

