



# 'Curriculum is the Progression Model'

## FUNDamental movement skills > Parkour



I know how to use my knowledge and skills to safely link moves together

I know how to use my knowledge and skills to safely link moves together

I know how to use my creativity and knowledge to suggest ways to link moves to peers

I know how to complete basic travels and precision jumps on the floor

I know how to use shoulder rolls safely to keep momentum when travelling

I know to sprint, jog, hop, change direction, place weight on hands, climb basic structures demonstrating agility and control.

I know how to perform freezes on benches/ apparatus in a safe manner

I know to hold myself in a freeze on a mat on the floor

