

Physical Conditioning Fundamentals of Movement and Postural Control	Beginner	Developing (RUN School Rabbits) 			Practising (RUN School Run) 			Emerging (Athletes) ATHLETE		
	White	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8	Gold Stage 9
	1. Static Balance, Strong Stable Core & Postural Control Floor work (Front & Back Support)	<p>1a) Hold a mini front support on hands and knees</p> <p>1b) Hold a mini front support and lift one hand/knee off the floor (eyes open)</p> <p>1c) On hands and knees, reach across the body with one hand and then the other hand</p>	<p>1a) Hold a mini front support position then lift one hand/knee off the floor (with eyes closed)</p> <p>1b) Hold a mini front support position. Place a cone on back with one hand then remove with the other</p> <p>1c) Hold a mini back support position</p>	<p>1a) Hold a mini back support position. Place a cone on stomach with one hand and remove with other</p> <p>1b) Hold a full front support position</p> <p>1c) In a full front support position, lift one arm off the floor and the repeat with other</p>	<p>1a) Hold a full back support position</p> <p>1b) Hold a full front support position, place a cone on back and remove with other</p> <p>1c) In a full front position, transfer a tennis ball on and off the back using both hands</p>	<p>1a) In a full back support position, transfer a cone on and off stomach from one side to the other</p> <p>1b) In a full back support position, transfer a tennis ball on and off the stomach moving from side to the other</p> <p>1c) Starting in a full front support position, lift one arm up and rotate fluently until in starting position</p>	<p>1a) Hold a front support position with only one foot in contact with the floor. Transfer a cone on and off the back using different hands</p> <p>1b) Hold a full front support position with only one foot in contact with the floor. Transfer a tennis ball on and off the back using different hands</p> <p>1c) Hold a full back position with only one foot in contact with the floor. Transfer a cone on and off the stomach using different hands.</p>	<p>1a) Hold a back support with only one foot in contact with the floor. Transfer a tennis ball on and off the stomach from one side to the other</p> <p>1b) Hold a full front support position with one point on an uneven surface. Transfer a tennis ball on and off the back.</p> <p>1c) Hold a full back support position with one point on an uneven surface. Transfer a tennis ball on and off the stomach using different hands</p>	<p>1a) Hold a front support position with two points on a uneven surface, transfer a tennis ball</p> <p>1b) Hold a back support position with two points on uneven surface, transfer a tennis ball</p> <p>1c) Hold a full front support with three points on an uneven surface, transfer a tennis ball</p>	<p>1a) Hold a back support position with three points on uneven surface, transfer a tennis ball</p> <p>1b) Hold a back support position with three points on uneven surface, transfer a tennis ball using different hands</p> <p>1c) Hold a front support with a 4 points on uneven surface and transfer tennis ball</p>

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	2. Static Balance, Strong Stable Core & Postural Control Seated balance	2a) Balance for 10 seconds with 1 foot and 1 hand touching the floors	2a) Balance with eyes closed for 10 seconds with no hands or feet touching the floor	2a) Balance with eyes closed for 10 seconds with no hands and no feet touching the floor while receiving a small force	2a) Hold a dish shape for 5 seconds	2a) Hold a V shape for 10 seconds	2a) Balance on an uneven surface for 10 seconds, while receiving a small force	2a) Balance on an uneven surface, reach for and pick up cones to both sides without losing balance	2a) With eyes closed, sit with hands and feet in the air for 10 seconds whilst balance on a Swiss ball	2a) With eyes closed, sit with hands and feet in the air for 10 seconds whilst balanced on a Swiss ball, and receiving a small force
	2b) Balance for 10 seconds with 1 foot or 1 hand touching the floor	2b) With both hands and feet off the floor and knees bent, pick up a cone from one side, swap hands and place it on the other	2b) Pick up a cone from one side and bring across the body to place it down on the other side	2b) As with Yellow 2b, but with cones at arm's length away	2b) With both hands and feet off the floor and knees bent, retrieve cones from in front, to both sides and from behind	2b) As black 2a, but with eyes closed and receiving small force	2b) As Bronze 2a, but while receiving a small force.	2b) Sit with hands and feet in the air for 10 seconds, whilst balanced on a Swiss ball and receiving a small force	2b) With eyes closed, balance for 10 seconds whilst kneeling on a Swiss ball	
	2c) Balance for 10 seconds with no hands or feet touching the floor with knees bent.	2c) Balance for 10 second with no hands or feet touching the floor, while receiving a small force	2c) As with green 2b, but with eyes closed	2c) Complete the same task as Purple 2b, without swapping hands in the middle	2c) As with blue 2b, but with eyes closed	2c) Rotate 360° in both directions on the floor and then on a bench without putting hands or feet down	2c) Sit with hands and feet in the air for 10 seconds whilst balance on a Swiss ball	2c) Balance for 10 seconds whilst kneeling on a Swiss ball	2c) With eyes closed, balance for 10 seconds whilst kneeling on a Swiss ball and receiving a small force	

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<b>Physical Conditioning</b> Fundamentals of Movement and Postural Control  <b>3. Static Balance &amp; Postural Control</b> Single and double leg standing		3a) Stand still with one foot on the floor for 5 seconds without losing balance	3a) Stand still with one foot on the floor for 30 seconds without losing balance	3a) Stand still with one foot on the floor with eyes closed for 10 seconds	3a) Stand on one foot and do 10 ankle extensions	3a) Stand on one foot and complete 10 ankle extensions with eyes closed	3a) Stand on one foot and complete 10 squats into ankle extensions, with eyes closed, without losing balance	3a) Stand on one foot and complete 5 squats with eyes closed and on an uneven surface	3a) Stand on one foot and complete 10 squats into ankle extensions with EC and on an uneven surface	3a) On an uneven surface, place down cones at 3, 6, 9, 12 o'clock and then pick them up with same hand
		3b) Stand still with one foot on the floor for 10 seconds without losing balance	3b) Stand on one foot and do 5 mini squats (135° knee angle)	3b) Stand on one foot and do 5 min squats (90° knee angle)	3b) Stand on one foot and do 5 squats (90°)	3b) Stand still on one foot on uneven ground for 10 seconds with eyes closed	3b) Stand on one foot and complete 10 ankle extensions on an uneven surface	3b) Stand on one foot and complete 10 ankle extensions with eyes closed and on an uneven surface	3b) Stand on one foot with eyes closed, place cones at 3, 6, 9, 12 o'clock and then pick them up with same hand	3b) On an uneven surface, stand on one foot with eyes closed, place cones at 3, 6, 9 and 12 o'clock and then pick them up with the same hand
		3c) Stand still with one foot on the floor for 20 seconds without losing balance.	3c) Stand on one foot and do a 10 mini-squats	3c) On an uneven surface, stand still on one foot for 10 seconds without losing balance	3c) Stand on one foot and do 5 squats with eyes closed without losing balance	3c) On an uneven surface, stand on one foot and do 5 squats without losing balance	3c) On an uneven surface, stand on one foot and complete 10 squats into ankle extensions	3c) On an uneven surface, stand still on one foot with eyes closed for 30 seconds while receiving a small force	3c) Stand on one foot and complete 5 squats into ankle extensions with eyes closed and on an uneven surface, while receiving a small force.	3c) Stand on one foot with eyes closed and on an uneven surface, place cones at 3, 6, 9, 12 o'clock and pick them up with same hand while receiving a small force
		3d) Double leg squat with arms out in front	3d) Double leg squat with arms out in front	3d) Double leg deep squat with arms out in	3d) Stand still on uneven surface for 20 then 30 secs	3d) Double leg squat with hands behind head. Angle of	3d) Double leg deep squat with hands behind head	3d) Stand still on one foot and pick up cones (using		

		for balance. Angle of the knee is no more than 135°	for balance. Angle of the knee should be 90°	front for balance		knees should be 90°		same hand) at 12, 3, 6 9 o'clock		
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4. Developing Strong Stable Base of Support On line with weight on balls of feet only then low beam		4a) Stand on a line with feet shoulder width apart, in a side to side stance, with weight on the balls of the feet and hold for 10 secs	4a) Stand on a low beam with feet shoulder width apart, in a side to side stance, with weight on the balls of the feet and hold balance for 10 secs.	4a) Stand on a line, and then a low beam, and maintain balance while receiving a small force from various angles	4a) Stand on a line, and then a low beam, maintain balance, catch a ball at chest height and throw it back to a partner.	4a) Stand on a line, and then a low beam, maintain balance and catch a ball at knee height and above the head.	4a) Stand on a line and then a low beam, maintain balance, and throw and catch a tennis ball across the body using both hands.	4a) Stand on a line and then a low beam with eyes closed, and maintain balance while receiving a small force from various angles.	4a) Stand on a line, and then a low beam, with eyes closed, maintain balance, lift alternate knees and touch knee to opposite elbow 5 times.	4a) Stand on a line, and then a low beam, with eyes closed, maintain balance and raise alternate knees 5 times whilst receiving a small
		4b) Stand on a line with feet shoulder width apart, in a front to back stance, with weight on the balls of the feet and hold balance for 10 secs	4b) Stand on a low beam with feet shoulder width apart, in a front to back stance with weight on the balls of the feet and hold balance for 10 secs.	4b) Stand on a line, and then a low beam, maintain balance and pick up alternate feet 5 times	4b) Stand on a line, and then a low beam, maintain balance, lift alternate knees and touch knee to opposite elbow 5 times.	4b) As Blue 4a, with more distal feeds (away from the body) and introducing a smaller ball.	4b) Stand on a line, and then a low beam, maintain balance and throw and catch two balls alternately, catching across the body using both hands.	4b) Stand on a line, and then a low beam, with eyes closed, maintain balance and lift alternate feet 5 times.	4b) Stand on a line, and then a low beam, maintain balance and volley a large ball back to a partner with both feet whilst receiving a small force.	4b) Stand on a line, and then a low beam, with eyes closed, maintain balance, lift alternate knees and touch knee to opposite elbow 5 times whilst receiving a small force.
		4c) As Red 4a and 4b, but with eyes closed	4c) As Yellow 4a and 4b, but with eyes closed	4c) Stand on a line, and then a low beam, maintain balance and	4c) Strike ball back with racket to feeder.	4c) Stand on a line, and then a low beam, maintain	4c) Stand on a line, and then a low beam, maintain balance and	4c) Stand on a line, and then a low beam, with eyes closed,	4c) Stand on a line, and then a low beam, with eyes closed,	

				raise alternate knees 5 times.	4d) As Purple 4c with cross body strike	balance, and throw and catch two balls alternately, using both hands.	volley a large ball back to a partner with both feet.	maintain balance and raise alternate knees 5 times.	maintain balance, and pick up alternate feet 5 times and receiving a small force	
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	5. Dynamic Balance with Upper / Lower Limb Coordination Travelling along Lane, Line and Low Beam		5a) Along a line, walk naturally with fluidity and minimum wobble.	5a) Along a line, walk fluidly, driving the knees up so there is a 90° angle at the hip.	5a) Along a line, walk fluidly, driving the knees up so there is a 90° angle at the hip but now backwards.	5a) Along a line, walk forwards, fluently combining heel up with the knee drive (slow controlled movements)	5a) Along a lane, demonstrate 'High knee and stick' from flat foot maintaining good posture.	5a) Along a lane, demonstrate 'High knee and stick' from ball of the foot maintaining good posture.	5a) Complete Purple 5c with eyes closed.	5a) Complete Blue 5c now with eyes closed
		5b) Along a line, walk naturally with fluidity and minimum wobble but now backwards.	5b) Along a line, walk fluidity, lifting the heels up and under and keeping the toes up.	5b) As Green 5a, but with tiny steps with ball to heel landing, and pushing forwards off the ball.	5b) As Purple 5a, but with tiny steps, ball to heel pushing forward off the ball.	5b) Complete Green a and b, on a low beam.	5b) Along a lane, demonstrate 'High knee and stick' from push off maintaining good posture.	5b) Hamstring walks with lean to 45° angle, arms move as in running action, correct posture and with a small force for 10m.	5b) Hamstring Walks with lean to 90° angle, arms move as in running action and with correct posture for 10m.	5b) High knee lift to lunge, maintaining tall upright posture with pause prior to lunge with eyes closed for 10m.
		5c) Along a line. Take tiny steps (feet touching each time) placing heels	5c) Along a lane, demonstrate 'Ankle Walks' with tall upright posture. Athlete	5c) Complete Red 5a and 5b on a low beam.	5c) Complete Yellow 5a and 5b on a low beam.	5c) Demonstrate Hamstring Walks (stork position) with	5c) Demonstrate Hamstring Walks (stork position) with	5c) Lunge walking backwards with small force for 10m.	5c) High knee lift to lunge, maintaining tall upright posture with	

		down first and then rolling forwards on to the toes.	should pause midway in each step.			lean to 45° angle, arms out to side for balance and correct posture 10m.	lean to 90° angle, arms out to side for balance and correct posture for 10m.		pause prior to lunge, for 10m.	
	5d)	Demonstrate a double leg Pelvic Hamstring lean (stork position) to 20° with correct posture.	5d) Demonstrate a double leg Pelvic Hamstring lean (stork position) to 45° with correct posture.	5d) Demonstrate a double leg Pelvic Hamstring lean (stork position) to 90° with correct posture,	5d) Demonstrate Hamstring Walks (stork position)with lean to 20° angle, arms out to side for balance and correct posture for 10m)	5d) Lunge walking backwards for 10m.	5d) Lunge Walking with upright posture, opposite elbows at 90o and with eyes for 10m.			
	5e)	Basic lunge, with arms out for balance, along a lane and then a line.	5e) Basic lunge, with arms by side, along a lane and then a line.	5e) Basic lunge, with arms overhead, along a lane and then a line.	5e) Lunge walking with upright posture, and opposite elbow at 90° for 10m.					

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<b>Physical Conditioning</b> Fundamentals of Movement and Postural Control  <b>6. Coordination &amp; Dynamic Balance</b> Jumping Movements		6a) Jump from 2 feet to 2 feet landing. Sit back to control landing, knees to 135°.	6a) Jump from 2 feet to 2 feet forwards then backwards with continuous rhythm, soft knees, retaining good balance.	6a) Jump from 2 feet to 2 feet with continuous quarter turns in same direction landing in freeze position. After every 4 jumps change direction.	6a) Single leg hops backwards.	6a) Jump from 2 feet to 1 foot with tuck, finishing with controlled one foot landing on a line.	6a) Jump from 2 feet to 2 feet with 360° turn.	6a) Straddling a line (one foot either side of vertical line) tuck jump and land forwards into a lunge position along the line.	6a) Straddling a line (one foot either side of vertical line) tuck jump backwards and land into a lunge position along the line.	6a) Straddling a line (one foot either side of vertical line) tuck jump with 180° turn and land into a lunge position along the line.
		6b) Jump from 2 feet to a 2 feet landing. Sit back to control landing with soft knees flexing to 90°.	6b) Jump from 2 feet to 2 feet from side-to-side with continuous rhythm.	6b) Jump from 2 feet to 2 feet with continuous quarter turns in rhythm, alternating between turning left and right, and land in freeze position.	6b) Jump from 2 feet to 2 feet with 180° turn and land in balance with freeze position. Start and finish on the same line.	6b) Jump from 2 feet to 2 feet with 180° turn and land in balance. Start on one line, and travel forward then backwards to finish on start line.	6b) Jump from 1 foot to 2 feet with tuck and with 180° turn, finishing with a controlled landing on the same line.	6b) As Orange 6a, with a tuck jump, and with a light medicine ball above head (arms extended), landing with the medicine ball above the head.	6b) On a low beam, jump from 2 feet to 2 feet with a 360° turn and land in balance.	6b) Jump from 2 feet to 2 feet with 180° turn, starting on the floor facing away from a beam and landing in balance on a low beam.
		6c) As Red 6b but backwards	6c) Alternate 2 feet to 2 feet jumps between side to side and forward and backwards to	6c) Single leg hops forwards	6c) Jump from 2 feet to 2 feet with tuck, landing with control and soft knees,	6c) Jump from 1 foot to 1 foot with tuck, hopping forwards and backwards on	6c) Jump from 1 foot to 2 feet with tuck and with 180° turn. Start on one line and finish on	6c) As Orange 6b, but with tuck jump, swing a light medicine ball across chest	6c) Jump forwards from 2 feet to 2 feet, starting on the floor	6c) Jump from 2 feet to 2 feet with tuck and a 180° turn,

			form a sequence		and then in freeze position. Start and finish on the same line.	to the same vertical line, freezing on landing. Repeat, jumping from 1 foot to the other foot	another line 50cm away.	during flight landing with the ball on one side of body.	and landing in balance on a low beam.	starting on the floor facing away from beam and landing in balance on a low beam.
		6d) As Red 6a and 6b with a vertical jump.	6d) Straddling a line, jump from 2 feet to 1 foot landing on the line. Control landing to freeze on the line.	6d) Single leg hops sideways	6d) Jump from 2 feet to 2 feet with tuck and with a 180° turn at the same time, landing in balance with freeze position.	6d) Jump from 1 foot to 1 foot with tuck hopping sideways onto a different line, freezing on landing. Repeat, jumping from 1 foot to the other foot.	6d) Jump from 2 feet to 1 foot with tuck, finishing with a controlled one foot landing. Start on one line and travel forward then backwards, to finish on a line 50cm away.	6d) On a low beam, jump from 2 feet to 2 feet with an 180° turn, and land in balance.		

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<b>7. Coordination</b> Floor movement patterns & footwork (all travelling)	7a) Side-step with left foot lead and then right foot lead (feet meeting in the middle)	7a) Grapevine, travelling sideways with a crossover step in front and then behind.	7a) Combine side-steps with 180° front pivot and then reverse pivots, staying in lane.	7a) Combine side-steps with 180° pivots alternating between front and reverse pivots.	7a) Combine side-steps with a cross-over step. Accelerate on the cross-over step, de-accelerate on side-step.	7a) 3 step zigzag with each sequence forwards and backwards.	7a) 3 step zigzag, with a knee raise across the body just before change of direction, travelling forwards then backwards.	7a) As Bronze 7a with eyes closed.	7a) Increase lateral tempo to maximum for all silver challenges.
	7b) Gallop by facing forward with 1 foot in front of the other	7b) Skip forwards with 90° knees lift, opposite 90° elbow drive.	7b) Skip backwards with 90° knees lift, opposite 90° elbow drive.	7b) Speed skaters forwards	7b) Side-step with 180° pivots, combined with upper body swinging arms across body and then extended out in rhythmic pattern. Front pivot first, then reverse pivot and finally alternate pivot.	7b) As Black 7a with increased speed.	7b) 3 step zigzag pattern, lifting heel up behind and across body just before change of direction, travelling forwards then backwards.	7b) As bronze 7b with eyes closed.	7b) Coach or partner apply an inconsistent small force for all silver challenges.
	7c) Side-skipping with left foot lead and then right foot lead	7c) Hopscotch forwards, alternating hopping on 1 foot with 2 footed jumps.	7c) Hopscotch to alternate feet	7c) Hopscotch, with same knee drive, travelling forwards then backwards.	7c) Hopscotch, with alternate knee drive, travelling forwards then backwards.	7c) Speed Skaters backwards.	7c) 3 step zigzag pattern alternating between 2 x knee raise and 2 x heel up as described above, travelling	7c) As bronze 7c with eyes closed.	7c) Hopscotch with alternate knee drive, alternating between forwards and

				7d) Hopscotch backwards.		7d) Speed skaters forwards with arm swings rotation.	7d) Hopscotch with single knee drive, alternating between forwards and backwards every 2 jumps by using a 180° jump.	forwards then backwards.		backwards every 2 jumps by using a 180° jump.
								7d) All above with increased speed.		

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**8. Agility ( All Change)**  
Change of Speed / direction, level or body shape

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	8a) Sprint forwards from a ready active position.	8a) Sprint backwards from an upright ready position over 10m.	8a) Sprint forwards from a ready active position over 10m, then decelerate over 5m and accelerate over 10m.	8a) Spring forwards, then change to backwards running after 10m (over 30m)	8a) Spring forwards and change direction on cue	8a) Box drill Sprint forwards over 5m, lateral over 5m, backwards over 5m, and lateral over 5m, displaying over technique.	8a) Star Drill Shoulders always facing forwards. Sprint to cone on coaches cue, displaying good technique (must go to all cones)	8a) Star Drill As in Black (in pairs) but reacting to partners movements by mirroring	8a) Drop and get up Athlete throws a reaction ball in the air, drops to a press up position and gets back up to catch the ball after one bounce.
		8b) Ladder Drill Run forwards through ladder with fast feet, both feet in each square with arm drive and good posture.	8b) Sprint backwards from a ready upright position over 10m then decelerate over 5m and accelerate over 10m.	8b) Move laterally at speed between 2 cones over 10m. Change direction by leaning into the intended direction and pushing off the outside foot.	8b) Sprint backwards and change direction on cue.	8b) Box drill Sprint forwards over 5m, cross over lateral over 5m, backwards over 5m and cross over laterally over 5m, displaying good technique throughout.	8b) 3 point line drill ball challenge. Change direction on cue.	8b) Box drill as Blue 8a in pairs. Introduce jumping and to ground movements whilst mirroring partner.	8b) Mirroring partner's movement, multi directional.
			8c) Ladder Drill Move laterally and slowly with both feet in and out each square with arm drive	8c) High knee drill forwards and then backwards with good posture	8c) Skipping drill forwards and then backwards with good posture.	8c) High knee drill laterally with good posture.	8c) Skipping drill laterally with good posture.	8c) Drop and get up: Athlete throws a tennis ball in the air, drops to a	8c) Ladder Drill Icky Shuffle backwards 2 feet out.



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<b>Physical Conditioning</b> Fundamentals of Movement and Postural Control  <b>9. Agility</b> Reaction and Response		9a) Stand 1 metre away from partner, who drops a size 4/5 ball from shoulder height. Catch the ball after 1 bounce.	9a) Stand 1 metre away from partner who has arm stretched out to the side and drops a tennis ball. React quickly and catch after 1 bounce.	9a) Stand 1 metre away from partner who has arms stretched out to the side at shoulder height and a tennis ball in each hand. Catch a random ball after 1 bounce.	9a) As Green 9a, but arrive in control, holding a one leg balance as the ball is caught. Start 1m away from partner.	9a) As Purple 9a, but step across body and catching ball with opposite hand to lead leg. Catch the ball after 1 bounce. Start 1m away from partner	9a) As Blue 9a, but face away from partner, responding to a call when random ball dropped. Start from 1m away from partner	9a) As Purple 9a, now standing in the centre of a 'T Shape' area with 3 different partners standing on the edge of the 'T' 1 metre away. Partners randomly drop a tennis ball one at a time.	9a) Complete all Black challenges, but start by lying on the floor	9a) As Black 9a, but coach to specify catching hand at same time as dropping random ball. Catch the ball after 1 bounce. Start from 1m, 2m then 3m away from a partner.
		9b) As Red 9a, but from 2m away. On Red can 'run through' after catch before deceleration	9b) As Yellow 9a, but from 2m away. On Yellow can 'run through' after catch before deceleration	9b) As green 9a, but from 2m away. On Green can 'run through' after catch before deceleration	9b) As Purple 9a from 2m, with no 'run through' allowed.	9b) As Purple 9a, but step across body and catching ball with opposite hand to lead leg. Catch the ball after 1 bounce. Start 1m away from partner.	9b) As Black 9a from 2m, with no 'run through' allowed. Arrive in control and hold 1 leg balance on catch.	9b) As Bronze 9a from 2m, with no 'run through' allowed. Arrive in control and hold 1 leg balance on catch.	9b) Complete all Bronze challenges, but with a cross area	9b) As Gold 9a, but athlete now catches with opposite hand to that specified.
		9c) As red 9b, from 3m away.	9c) As Yellow 9b, from 3m away.	9c) As green 9b from 3m away.	9c) As Purple 9b from 3m, with no 'run through' allowed.	9c) As Blue 9b from 3m, with no 'run through' allowed.	9c) As Black 9b from 3m, with no 'run through' allowed.	9c) As Bronze 9b from 3m, with no 'run through' allowed.	9c) Facing partner from 2m then 3m away,	9c) As Gold 9a but with mini hurdle in the way

									partner drops a reaction ball. Catch after one bounce.	positioned half way between athlete and partner.
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	White	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8	Gold Stage 9
	10. Agility Pivoting / Rotation		10a) Pivot 90° clockwise (on ball of foot) and with good posture, while maintaining balance – with both feet.	10a) Pivot 180° clockwise (on ball of foot) while maintaining balance – with both feet.	10a) Pivot 3 quarter turn anti clockwise (on ball of foot) whilst maintaining balance – with both feet.	10a) Pivot 360° turn anticlockwise (on ball of foot) while maintaining balance – with both feet.	10a) Pivot quarter turn followed by a half turn anticlockwise (on ball of foot) while maintain balance.	10a) Pivot quarter turn followed by a half turn anti clockwise (on ball of foot) at speed while maintaining balance.	10a) Pivot half turn, followed by a second half turn anti clockwise (on ball of foot) while maintaining balance.	10a) Pivot 3 quarter turn, followed by a half turn anti clockwise ( on ball of foot) while maintaining balance
		10b) Pivot 90° and clockwise (on ball of foot) with good posture and balance – with both feet	10b) Pivot 180° anticlockwise (on ball of foot) whilst maintaining balance – with both feet.	10b) Pivot 3 quarter turn clockwise (on ball of foot) whilst maintaining balance – with both feet.	10b) Pivot 360° turn clockwise (on ball of foot) while maintaining balance – with both feet.	10b) Pivot quarter turn, followed by a half turn clockwise (on ball of foot) while maintaining balance	10b) Pivot quarter turn, followed by a half turn (on ball of foot) with weighted object whilst maintaining balance.	10b) Pivot half turn, followed by a second half turn clockwise (on ball of foot) while maintaining balance	10b) Pivot 3 quarter turn, followed by a half turn clockwise (on ball of foot) while maintaining balance	
				10c) Move laterally with heel to toe action	10c) Basic turn Hold a broomstick with extended	10c) Heel – Toe turns Turn through 90° balance on	10c) Heel - Toe turns: Turn through 120° balance on the	10c) Heel - Toe turns: As black 10c. Now with the knees close	10c) Heel - toe turns Turn through	10c) Heel – Toe turns Turn through

					arms, eyes focusing on the end of the stick and turn on the spot by moving the feet in an anti-clockwise direction	the feel of the left foot, pivoting onto the ball of the right foot	heel of the left foot then transferring their bodyweight onto the ball of the right foot, pivoting the body around and back to the starting position	together when rotating and when the left foot reaches 120° 'steps through' with the right foot to land.	180° (as Bronze 10c) continue to turn another 180° onto the ball of the left foot, lift the right foot, and place the right foot down to complete 360° turn.	270° balance on the heel of the left foot, and pivot onto the ball of the right foot.
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