



Cheeky Champions!



I know how to do a forward roll!

I know how to ride on a bike or scooter demonstrating balance and control!

I know how to hold my own body weight with my hands for 10 seconds or more (hanging from a bar)!

I know how to hop on one leg in a straight line 20 times or more!

I can walk over a bench, stopping and turning 360 degrees in the middle – without falling off!

I move whilst controlling a ball with my feet and can kick a ball at targets with precision & accuracy

I know how to run continuously without stopping for 2 minutes 30 seconds!!

I know how to hold myself in a press up position for 60 seconds or more!

I know how to throw and catch a bean bag to myself without dropping it 10 times in a row!

I know how to use an under-arm throw for accuracy and an over-arm throw for distance!

I know how to get changed all by myself!

I know how to use a knife and fork correctly!

Bronze = 3 boxes ticked



Silver = 6 boxes ticked



Gold = All boxes ticked

