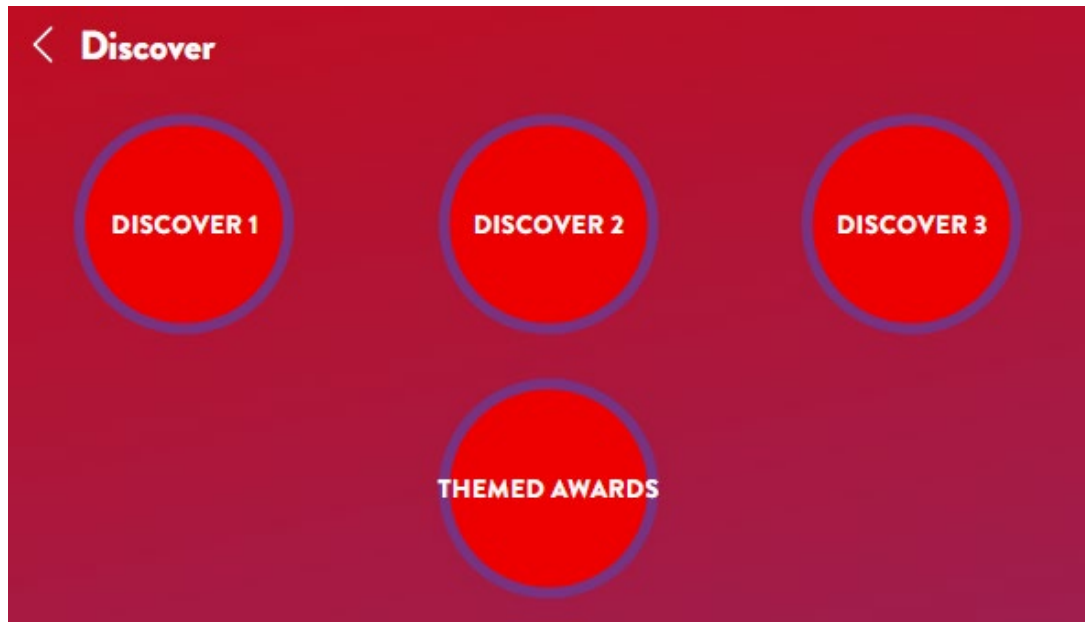


Skills list



< Discover 1

Key shapes	>
Table and mountain	>
Balance small apparatus on the body	>
Crawl	>
Bunny jump	>
Walk variations	>
Run and place a beanbag into a hoop	>
Rotate on feet on the spot	>
Roll in tuck shape	>
Dish and arch with bent legs	>
Weight on hands using large apparatus	>
Tick tock	>
Tuck V sit with hands on floor	>
Hang with assistance	>
Retrieve a ball	>

< Discover 2	
Key positions	>
Jump and land	>
Crawl up and down an incline	>
Walk along a bench	>
Hop with assistance	>
Change direction	>
Half turn on the body	>
Roll to stand with assistance	>
Log roll	>
Handstand using large apparatus	>
Tick tock using large apparatus	>
Tuck V sit	>
Squat or straddle on to a raised surface, lower than hip height	>
Hang from large apparatus	>
Catch an object	>
Roll a ball to a target	>

< Discover 3

- Turn in support and dish to arch roll >
- Jump from a raised surface >
- One-foot balance >
- Bunny jumps >
- Walk along a bench with small apparatus >
- Hopscotch >
- Hop >
- Travel variations >
- Half turn on one foot >
- Shaped jumps >
- Forward roll down an incline >
- Bunny jumps on and off along a bench >
- Squat or straddle on to a raised surface, higher than hip height >
- Support on large apparatus >
- Catch a ball >
- Throw an object >