

Proficient

Card P1

1. Stand up tall on one foot maintaining balance
 - Pass the ball around the waist 15 times
 - Repeat activity in the opposite direction
 - Repeat both activities standing on the opposite foot
2. Stand up tall on one foot maintaining balance
 - Pass the ball around the head 15 times
 - Repeat activity in the opposite direction
 - Repeat both activities standing on the opposite foot
3. Stand up tall on one foot maintaining balance
 - Combination – pass the ball around the head, then around the waist – repeat pattern 15 times
 - Repeat the activity in the opposite direction
 - Repeat both activities standing on the opposite foot
4. Stand up tall on one foot maintaining balance
 - With the ball held in both hands at waist height, toss it above the head and snatch the catch, bring the ball back to waist height as fast as possible – repeat 20 times
 - Repeat activity standing on the opposite foot
5. Stand up tall on one foot maintaining balance, 2m away from a wall
 - Chest pass the ball against a wall so it can be caught – repeat 20 times
 - Repeat activity standing on the opposite foot

Card P2

1. Stand with feet shoulder width apart and weight evenly on both feet
 - 'Blurr': hold the ball between the legs with one hand in front of the legs and one hand behind the legs, switch hand position on the ball whilst releasing it into the air. Initially the ball may bounce once before the catch but the aim is to not let the ball hit the ground – repeat 10 times
2. Lie on the back with knees bent and feet flat on the ground
 - With one arm extended into the air, flick the ball so it leaves the hand approximately 10cm and then re-catch in the same hand – repeat 15 times
 - Repeat activity using the opposite arm
3. Stand up tall on one foot maintaining balance
 - Pass the ball from one hand to the other hand at waist height as quickly as possible for 20 passes
 - Pass the ball from one hand to the other hand at shoulder height as quickly as possible for 20 passes
 - Pass the ball from one hand to the other hand above head height as quickly as possible for 20 passes
 - Repeat all activities standing on the opposite foot
4. Stand up tall with feet shoulder width apart and weight evenly on both feet
 - Hold the ball in front of the body and throw the ball up with 2 hands, clap hands together as many times as possible, then re-catch the ball – repeat 15 times
5. Stand with one foot in front of the other, 3m away from a wall
 - Shoulder pass the ball against a wall so it can be caught – repeat 30 times with each hand

Card P3

1. Stand up tall with feet shoulder width apart and weight evenly on both feet
 - Hold the ball in front of the body and throw the ball with 2 hands over the head to catch it behind the body – repeat 15 times
2. Stand up tall on one foot maintaining balance
 - Pass the ball from one hand to the other hand at waist height as quickly as possible for 25 passes
 - Pass the ball from one hand to the other hand at shoulder height as quickly as possible for 25 passes
 - Pass the ball from one hand to the other hand above head height as quickly as possible for 25 passes
 - Repeat all activities standing on the opposite foot
3. Stand up tall on one foot maintaining balance
 - Hold the ball in front of the body and throw the ball up with 2 hands, clap hands together as many times as possible, then re-catch the ball – repeat 15 times
4. Stand with feet apart and weight even on both feet
 - Figure of 8 – Start with the ball in the centre of the legs, pass it in one hand around the outside of the leg and then back to the centre then repeat on the opposite leg as fast as possible – repeat pattern 15 times
5. Stand up tall on one foot maintaining balance
 - Tap the ball with one hand against the wall at shoulder height – repeat 20 times
 - Repeat the pattern with the opposite hand
 - Repeat both activities standing on the opposite foot

Card P4

1. Stand up tall on one foot maintaining balance
 - With the ball held in both hands at waist height, toss it above the head and hook the catch with one hand, bring the ball back to waist height and into both hands as fast as possible – repeat 15 times
 - Repeat activity using the opposite arm
 - Repeat both activities standing on the opposite foot
2. Stand up tall with feet shoulder width apart and weight evenly on both feet
 - Pass the ball around the body at different heights 15 times as quickly as possible
 - Repeat activity in the opposite direction
 - Repeat both activities with the eyes closed
3. Stand up tall on one foot maintaining balance
 - Flick the ball from one hand so it leaves the hand approximately 20cm and then re-catch in the same hand – repeat 15 times
 - Repeat activity using the opposite foot
4. Stand up tall with feet shoulder width apart and weight evenly on both feet
 - Using one hand bounce the ball to hit the ground in front of the body and catch it in the other hand – repeat 15 times
 - Repeat activity in the opposite direction
5. Stand up tall with feet shoulder width apart and weight evenly on both feet
 - Tap the ball with right hand against the wall aiming to move from position 3 o'clock to 12 o'clock then swap to the left hand and move the ball from position 12 o'clock to 9 o'clock. Tap the ball back to the start – repeat 20 times

Card P5

1. Stand up tall on one foot maintaining balance
 - Pass the ball around the waist 20 times
 - Repeat activity in the opposite direction
 - Repeat both activities standing on the opposite foot
2. Stand up tall with feet shoulder width apart and weight evenly on both feet
 - 'Pendulum': rest the ball at your waist in both hands. Move the ball with an outstretched arm from the waist to level with the one shoulder and back to the start position then repeat to the opposite side. Perform this movement quickly to maintain balance of the ball in the hand. Repeat pattern 10 times
3. Stand up tall on one foot maintaining balance
 - With the ball held in both hands at waist height, toss it above the head and hook the catch with one hand, bring the ball back to waist height and into both hands as fast as possible – repeat 15 times
 - Repeat activity with the opposite hand
 - Repeat both activities standing on the opposite foot
4. Lie on the back with knees bent and feet flat on the ground
 - Pass the ball from one hand to the other hand with arms extended and level with the shoulders as quickly as you can for 25 passes
 - Pass the ball from one hand to the other hand with arms extended and above the head as quickly as possible for 25 passes
5. Stand up tall on one foot maintaining balance, 2m away from a wall
 - Chest pass the ball against a wall, touch the thighs with both hand before catching the ball – repeat 20 times
 - Repeat activity standing on the opposite foot

Card P6

1. Stand up tall with feet shoulder width apart and weight evenly on both feet
 - Hold the ball behind the body and throw the ball with 2 hands over the head to catch it in front of the body – repeat 15 times
2. Stand up tall on one foot maintaining balance
 - Pass the ball from one hand to the other hand at waist height as quickly as possible for 30 seconds – repeat and try to beat the score
 - Repeat activity standing on the opposite foot
3. Stand up tall on one foot maintaining balance
 - Pass the ball from one hand to the other hand at shoulder height as quickly as possible for 30 seconds – repeat and try to beat the score
 - Repeat activity standing on the opposite foot
4. Stand up tall on one foot maintaining balance
 - Pass the ball from one hand to the other hand above head height as quickly as possible for 30 seconds – repeat and try to beat the score
 - Repeat activity standing on the opposite foot
5. Stand up tall with feet shoulder width apart and weight evenly on both feet
 - Tap the ball with one hand against the wall from above the shoulder down to the hip and back again – repeat 15 times
 - Repeat activity using the opposite hand

Card P7

1. Stand up tall with feet shoulder width apart and weight evenly on both feet
 - Hold the ball in front of the body and throw the ball with 2 hands over the head to catch it behind the body – repeat 15 times
2. Sitting on the ground with legs crossed in front
 - While sitting throw the ball into the air, then stand to catch before it bounces – repeat 15 times
3. Lie on the back with knees bent and feet flat on the ground
 - Pass the ball from one hand to the other hand with arms extended level with the shoulders as quickly as possible for 25 passes
 - Pass the ball from one hand to the other hand with arms extended above the head as quickly as possible for 25 passes
4. Stand with one foot in front of the other in a straight line
 - Start with the ball in both hands in the middle of the legs, pass it around the back leg, then move the ball around the front leg as quickly as possible – repeat 10 times
 - Repeat activity with the opposite foot forward
5. Stand with weight evenly on both feet, 1m away from a wall with the ball in two hands
 - 'Surprises': pass the ball in any position against the wall and snatch the catch as quickly as possible – repeat for 20 passes

Card P8

1. Stand up tall on one foot maintaining balance
 - Hold the ball in front of the body and throw the ball up with 2 hands, clap hands together as many times as possible, then re-catch the ball – repeat 15 times
 - Repeat activity standing on the opposite foot
2. Stand up tall on one foot maintaining balance
 - Using one hand bounce the ball to hit the ground in front of the body and catch it in the other hand – repeat 15 times
 - Repeat activity in the opposite direction
 - Repeat both activities standing on the opposite foot
3. Stand with feet shoulder width apart and weight evenly on both feet
 - Hold the ball behind the body and bounce the ball with 2 hands through the legs to catch it in front of the body – repeat 15 times
4. Stand with one foot in front of the other in a straight line
 - With the ball in one hand, bounce it through the legs to catch it in the other hand – repeat 10 times
 - Repeat the activity in the opposite direction
5. Stand with weight evenly on both feet, 1m away from a wall with the ball in two hands
 - 'Slap/Catch': pass the ball in front of the body against the wall, slap thighs, then catch as quickly as possible – repeat for 20 passes