



# Physical Education





At St Denys children learn to develop their fundamental movement skills of:

- Agility
- Balance
- Coordination

We believe these skills are vital and will support our children in accessing sport and physical activity now and in the future whilst introducing them into a healthy and active lifestyle. We follow the **Create Development** philosophies of *creating clear learning journeys, providing quality personalised opportunities and shifting responsibility to the learner*. We do this by delivering their **REAL PE** curriculum for all children from Reception to Y6 and track progress using the online assessment tool – CD Wheel.

The **REAL PE** curriculum consists of 12 units, each with a fundamental movement skill focus of agility, balance or coordination. The units all have a physical skills journey where children can measure their ability against challenges of increasing difficulty. These skills are assigned a colour according to the level of challenge moving through Yellow, Green, Red, Blue, Pink and Black. Units are revisited in each year group and children develop their skills throughout their St Denys journey.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>FUNS 10</b> <b>Coordination</b> <i>feet movement patterns</i> <ul style="list-style-type: none"> <li>- Control my movements</li> <li>- Keeping balance</li> <li>- Move fluently &amp; consistently</li> </ul>	<b>FUNS 6</b> <b>Dynamic Balance</b> <i>to agility</i> <ul style="list-style-type: none"> <li>- Good take-off and height</li> <li>- Balanced/controlled landing</li> <li>- Soft landing</li> </ul>	<b>FUNS 5</b> <b>Dynamic Balance</b> <ul style="list-style-type: none"> <li>- Fluidity</li> <li>- Stay on line – head up</li> <li>- Opposite arm / leg moving</li> </ul>	<b>FUNS 9</b> <b>Coordination</b> <i>ball skills</i> <ul style="list-style-type: none"> <li>- Keep control of ball</li> <li>- Work ball in both directions</li> <li>- Smooth and fluid moves</li> </ul>	<b>FUNS 12</b> <b>Agility</b> <i>reaction/response</i> <ul style="list-style-type: none"> <li>- React and move quickly</li> <li>- Catch and control ball</li> <li>- Slow down ready to move off in a new direction</li> </ul>	<b>FUNS 11</b> <b>Agility</b> <i>ball chasing</i> <ul style="list-style-type: none"> <li>- React and move quickly</li> <li>- Get into correct position</li> <li>- Collect with balance/control</li> </ul>
	<b>FUNS 1</b> <b>Static Balance</b> <i>one leg</i> <ul style="list-style-type: none"> <li>- Is my standing foot still?</li> <li>- Is my other foot on floor?</li> <li>- Balance without wobble?</li> </ul>	<b>FUNS 2</b> <b>Static Balance</b> <i>seated</i> <ul style="list-style-type: none"> <li>- Minimum wobble</li> <li>- Minimum pain/strain</li> <li>- Move objects</li> </ul>	<b>FUNS 4</b> <b>Static Balance</b> <ul style="list-style-type: none"> <li>- Both feet facing forward</li> <li>- Feet still</li> <li>- Control / minimum wobble</li> </ul>	<b>FUNS 7</b> <b>Counter Balance</b> <i>pairs work</i> <ul style="list-style-type: none"> <li>- Staying in balance</li> <li>- Smooth and controlled</li> <li>- Coordinated movements</li> </ul>	<b>FUNS 8</b> <b>Coordination</b> <i>with equipment</i> <ul style="list-style-type: none"> <li>- Accuracy/speed of sending</li> <li>- Good position to receive</li> <li>- Collect ball safely</li> </ul>	<b>FUNS 3</b> <b>Static Balance</b> <i>floor work</i> <ul style="list-style-type: none"> <li>- Keep straight back</li> <li>- Hold balance without strain</li> <li>- Control balance while Moving objects</li> </ul>

### ST DENYS end of year EXPECTATIONS in Fundamental Movement Skills colour challenges

YR		
Y1		
Y2		
Y3		
Y4		
Y5		
Y6		

## Coordination – floor movement

FUNS  
10

### Success Criteria



- Can I control my movements?
- Can I keep my balance?
- Can I move smoothly?  
(fluently and consistently)



## FUNS 10 Coordination – floor movement

1 Side Steps

2 Gallop

3 Hop

4 Skip



**Learning Points**  
1. Head up  
2. back straight  
3. Bend knees



## FUNS 10 Coordination – floor movement

1 Step Steps with front pivot



**Learning Points**  
1. Head up  
2. back straight  
3. Bend knees



## FUNS 10 Coordination – floor movement

2 Step Steps with back pivot

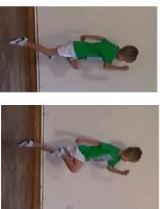


**Learning Points**  
1. Head up  
2. back straight  
3. Bend knees



## FUNS 10 Coordination – floor movement

3 Skip with high knees and elbows



**Learning Points**  
1. Head up  
2. back straight  
3. Bend knees



## FUNS 10 Coordination – floor movement

4 Hop-Scotch



**Learning Points**  
1. Head up  
2. back straight  
3. Bend knees



## FUNS 10 Coordination – floor movement

1 Hop-Scotch with alternating hop



**Learning Points**  
1. Head up  
2. back straight  
3. Bend knees



## FUNS 10 Coordination – floor movement

2 Zigzag forward and backward



**Learning Points**  
1. Head up  
2. back straight  
3. Bend knees



## FUNS 10 Coordination – floor movement

1 Zigzag with knee raise across body



**Learning Points**  
1. Head up  
2. back straight  
3. Bend knees



## FUNS 10 Coordination – floor movement

2 Zigzag with foot raise behind body

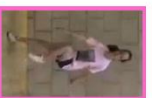


**Learning Points**  
1. Head up  
2. back straight  
3. Bend knees



## FUNS 10 Coordination – floor movement

1 Zigzag fwd with alternating knee raise / foot raise

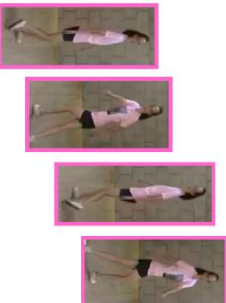


**Learning Points**  
1. Head up  
2. back straight  
3. Bend knees



## FUNS 10 Coordination – floor movement

2 Swove fwd with 3 steps and pivot



**Learning Points**  
1. Head up  
2. back straight  
3. Bend knees



## FUNS 10 Coordination – floor movement

3 Zigzag fwd with knee raise



**Learning Points**  
1. Head up  
2. back straight  
3. Bend knees





# Static Balance – 1 leg

FUNS  
1

## Success Criteria



- Is my standing foot still?
- Is my other foot off the floor?
- Can I balance without wobble?

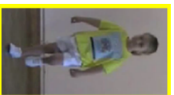


FUNS  
1

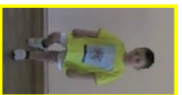
## Static Balance – 1 leg

1. Right leg 10 secs

2. LEFT leg for 10 secs



- Learning Points**
1. Head up and still
  2. Tummy tight
  3. Straight back
  4. Bend knee
  5. Try using arms



FUNS  
1

## Static Balance – 1 leg

1. RIGHT leg for 30 secs

2. LEFT leg for 30 secs



- Learning Points**
1. Head up and still
  2. Tummy tight
  3. Straight back
  4. Bend knee
  5. Try using arms



FUNS  
1

## Static Balance – 1 leg

3. Mini-squat x5 Left

4. Mini-squat x5 Right



- Learning Points**
1. Head up and still
  2. Tummy tight
  3. Straight back
  4. Bend knee
  5. Try using arms



FUNS  
1

## Static Balance – 1 leg

1. Balance with eyes closed – 30 secs - R

2. Balance with eyes closed – 30 secs - L



- Learning Points**
1. Head up and still
  2. Tummy tight
  3. Straight back
  4. Bend knee
  5. Try using arms



FUNS  
1

## Static Balance – 1 leg

3. Full squat x5 R (90°)

4. Full squat x5 L (90°)



- Learning Points**
1. Head up and still
  2. Tummy tight
  3. Straight back
  4. Bend knee
  5. Try using arms



FUNS  
1

## Static Balance – 1 leg

5. Ankle extension x5 R

6. Ankle extension x5 L



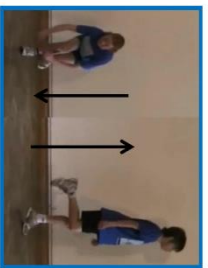
- Learning Points**
1. Head up and still
  2. Tummy tight
  3. Straight back
  4. Bend knee
  5. Try using arms



FUNS  
1

## Static Balance – 1 leg

Full squat to ankle extension x10



- Learning Points**
1. Head up and still
  2. Tummy tight
  3. Straight back
  4. Bend knee
  5. Try using arms



FUNS  
1

## Static Balance – 1 leg

Full squat to ankle extension x10 – eyes closed



- Learning Points**
1. Head up and still
  2. Tummy tight
  3. Straight back
  4. Bend knee
  5. Try using arms



# Dynamic Balance to Agility

FUNDS  
6

## Success Criteria



- Good take off and height?
- Balance / controlled landing?
- Have I got a soft landing?



FUNDS  
6

## Dynamic Balance to Agility

- Learning Points**
1. Feet shoulder width apart
  2. Bend knees on take-off
  3. Bend knees on landing
  4. Keep head up
  5. Swing arms to get height



- 1) Can I do 2 foot jumps?
- 2) Can I make a sequence of jumps?

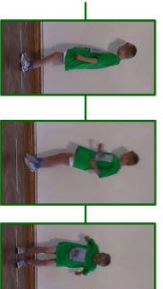


FUNDS  
6

## Dynamic Balance to Agility

- 3) Can I do 2 foot jumps with freeze landing?

90° turn R  
90° turn L



- Learning Points**
1. Feet shoulder width apart
  2. Bend knees on take-off
  3. Bend knees on landing
  4. Keep head up
  5. Swing arms to get height



FUNDS  
6

## Dynamic Balance to Agility

- Learning Points**
1. Feet shoulder width apart
  2. Bend knees on take-off
  3. Bend knees on landing
  4. Keep head up
  5. Swing arms to get height



- 4) Can I do 2 foot – 1 foot, line jumps?

R foot freeze  
L foot freeze



FUNDS  
6

## Dynamic Balance to Agility

- Learning Points**
1. Feet shoulder width apart
  2. Bend knees on take-off
  3. Bend knees on landing
  4. Keep head up
  5. Swing arms to get height



- 5) Can I do 2 foot jumps with freeze landing?

180° turn R  
180° turn L

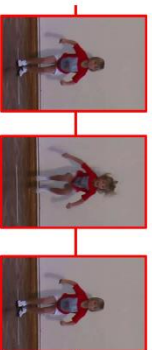


FUNDS  
6

## Dynamic Balance to Agility

- 6) Can I do 2 foot tuck jumps with freeze landing?
- 7) Can I do 2 foot tuck jumps with freeze?

90° turn L



- Learning Points**
1. Feet shoulder width apart
  2. Bend knees on take-off
  3. Bend knees on landing
  4. Keep head up
  5. Swing arms to get height



FUNDS  
6

## Dynamic Balance to Agility

- 8) Can I jump 1 foot to 1 foot, on line with freeze balance landing?

Forward L - L  
Backward R - R  
Backward L - L  
Forward R - R  
Backward R - L  
Backward L - L



- Learning Points**
1. Feet shoulder width apart
  2. Bend knees on take-off
  3. Bend knees on landing
  4. Keep head up
  5. Swing arms to get height



FUNDS  
6

## Dynamic Balance to Agility

- 9) Can I jump 1 foot to 1 foot, on line with knee raise and freeze balance landing?

Sideways R - R  
Sideways L - L  
Sideways R - L  
Sideways L - R



- Learning Points**
1. Feet shoulder width apart
  2. Bend knees on take-off
  3. Bend knees on landing
  4. Keep head up
  5. Swing arms to get height



FUNDS  
6

## Dynamic Balance to Agility

- 10) Can I do 2 foot tuck jumps with freeze?
- 11) Can I do 2 foot tuck jumps with freeze?
- 12) Can I do 2 foot tuck jumps with freeze?

180° turn R  
180° turn L  
90° turn R  
90° turn L  
on knees  
on hands  
on feet



- Learning Points**
1. Feet shoulder width apart
  2. Bend knees on take-off
  3. Bend knees on landing
  4. Keep head up
  5. Swing arms to get height

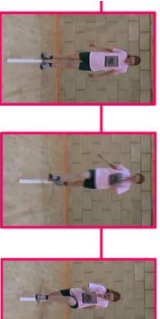


FUNDS  
6

## Dynamic Balance to Agility

- 13) Can I do 2 foot jump to lunge freeze?
- 14) Can I do 2 foot jump to lunge freeze?

Left foot  
Right foot  
Forward  
Backward  
on hands  
on knees  
on feet



# Static balance - seated

FUN!S  
2

## Success Criteria



- Hands and feet up for 10s - no wobble?
- Hold balance without pain or strain?
- Control balance while moving objects?



### FUN!S 2 Static Balance - seated

- Two feet down – one hand down
- One foot down – Two hands down



- One foot down – one hand down
- No hands – no feet



- Learning Points**
- Head up
  - Tummy tight – back straight
  - Use arms/legs for balance
  - Breathe – don't hold breath

### FUN!S 2 Static Balance - seated



- No feet or hands down while passing an object across body – knees bent



- Learning Points**
- Head up
  - Tummy tight – back straight
  - Use arms/legs for balance
  - Breathe – don't hold breath



- As GREEN but using one hand

### FUN!S 2 Static Balance - seated



### FUN!S 2 Static Balance - seated

- Reach for the cone with straight arm – passing between hands



- Learning Points**
- Head up
  - Tummy tight – back straight
  - Use arms/legs for balance
  - Breathe – don't hold breath



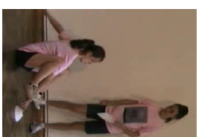
- Reach for the cone with straight arm – using the same hand

- V-sit for 10 secs



### FUN!S 2 Static Balance - seated

- Reach for an object in front, to side and behind



- Then with eyes closed

- Learning Points**
- Head up
  - Tummy tight – back straight
  - Use arms/legs for balance
  - Breathe – don't hold breath



### FUN!S 2 Static Balance - seated

- Resist a small force but maintain balance

#### Pull



- Then with eyes closed

#### Push





# Dynamic Balance

FUNS 5

## Success Criteria



- Fluidity and minimum wobble?
- Staying on line with head up?
- Opposite arm and leg moving?

### 5 Dynamic Balance

- Learning Points**
1. Head up and still
  2. Back straight
  3. Drive knees up to 90°



1) Can I walk along a line without wobbling?



### 5 Dynamic Balance

- Learning Points**
1. Head up and still
  2. Back straight
  3. Drive knees up to 90°



2) Can I walk along a line with high knees?



### 5 Dynamic Balance

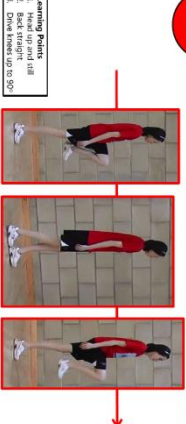
- Learning Points**
1. Head up and still
  2. Back straight
  3. Drive knees up to 90°



3) Can I walk along a line with high heels?



### 5 Dynamic Balance



6) Can I walk along a line: Heel to toe & High knees?



### 5 Dynamic Balance



9) Can I Lunge Walk along a line with: - High heels & High knees?



### 5 Dynamic Balance

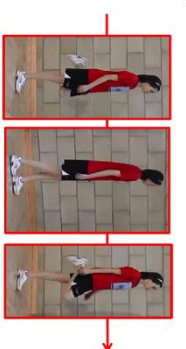
- Learning Points**
1. Head up and still
  2. Back straight
  3. Drive knees up to 90°



4) Can I march along a line with: High knees & opposite elbows?



### 5 Dynamic Balance



7) Can I walk along a line: Heel to toe & High heels?



### 5 Dynamic Balance



10) Can I Lunge Walk along a line with: - High heels & High knees? - Opposite elbows?



### 5 Dynamic Balance

- Learning Points**
1. Head up and still
  2. Back straight
  3. Drive knees up to 90°



1) Can I walk along a line without wobbling?



### 5 Dynamic Balance

- Learning Points**
1. Head up and still
  2. Back straight
  3. Drive knees up to 90°



2) Can I walk along a line with high knees?



### 5 Dynamic Balance



5) Can I walk along a line: heel to toe?



### 5 Dynamic Balance



8) Can I walk along a line with heel to toe: - High heels & High knees?



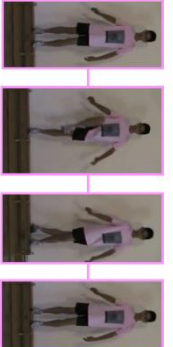
### 5 Dynamic Balance



12) Can I side-step along a line with pivots?



### 5 Dynamic Balance



13) Can I side-step with Lateral Step Overs?



### 5 Dynamic Balance



14) Can I side-step with Grapevines?





# Static Balance

FUNS  
4

## Success Criteria



- Both feet facing forwards?
- Feet still?
- With control and minimum wobble?



FUNS  
4

### Static Balance

- Learning Points**
1. Feet are shoulder width apart
  2. Weight on balls of feet
  3. Back straight and head up



#### 1. Balancing on a line



FUNS  
4

### Static Balance

- Learning Points**
1. Feet are shoulder width apart
  2. Weight on balls of feet
  3. Back straight and head up



#### 2. Balancing on a low beam



FUNS  
4

### Static Balance

- Learning Points**
1. Feet are shoulder width apart
  2. Weight on balls of feet
  3. Back straight and head up



#### 3. Receive a small force



FUNS  
4

### Static Balance



#### 4. Catch and throw a large ball



FUNS  
4

### Static Balance



#### 5. Foot raise/step x5



FUNS  
4

### Static Balance



#### 6. Knee raise/step x5



FUNS  
4

### Static Balance



#### 7. Knee raise to elbow x5



FUNS  
4

### Static Balance



#### 8. High catch – Low catch



FUNS  
4

### Static Balance



#### 9. Stretch for catches



FUNS  
4

### Static Balance



#### 10. Small ball catches



FUNS  
4

### Static Balance



#### 11. Catch 2 small balls



FUNS  
4

### Static Balance



#### 12. Strike a ball back to sender



# Coordination – ball skills

FUNS  
9

## Success Criteria



- Keep control of ball?
- Work ball in both directions?
- Smooth movements?



### FUNS 9 Coordination – ball skills



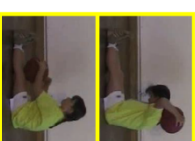
- Learning Points**
1. Tummy tight
  2. Use fingers to move ball
  3. Move ball smoothly not quickly



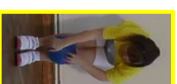
1. Around body  
Two hands



### FUNS 9 Coordination – ball skills



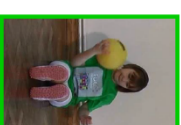
- Learning Points**
1. Tummy tight
  2. Use fingers to move ball
  3. Move ball smoothly not quickly



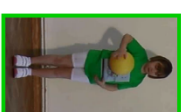
3. Up/Down body seated  
Two hands



### FUNS 9 Coordination – ball skills



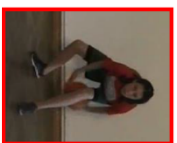
- Learning Points**
1. Tummy tight
  2. Use fingers to move ball
  3. Move ball smoothly not quickly



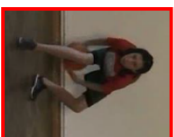
5. Up/Down body seated  
ONE hand



### FUNS 9 Coordination – ball skills



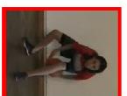
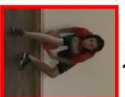
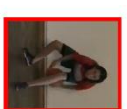
- Learning Points**
1. Bend knees
  2. Feet apart
  3. Bounce action



8. Round *right* leg - 16 times



### FUNS 9 Coordination – ball skills



- Learning Points**
1. Bend knees
  2. Feet apart
  3. Bounce action

10. Round *both* legs - 16 times



### FUNS 9 Coordination – ball skills



- Learning Points**
1. Bend knees
  2. Feet apart
  3. Forward and back rhythm

11. Round *waist* legs - 16 times



### FUNS 9 Coordination – ball skills



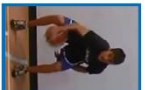
8

- Learning Points**
1. Bend knees
  2. Feet apart
  3. Bounce action

12. Figure of 8 *continuous* - 16 times



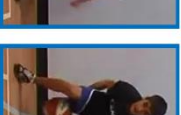
### FUNS 9 Coordination – ball skills



13. Round waist – figure of 8 *continuous*
14. Waist - Left leg - Right leg *continuous*



### FUNS 9 Coordination – ball skills



15. Between leg catch alternating



### FUNS 9 Coordination – ball skills



16. Behind / in front bounce and catch



17. Behind / in front catch – NO BOUNCE



### FUNS 9 Coordination – ball skills



18. Behind / in front catch – over head



# Counter Balance in pairs

FUNS  
7



## Success Criteria

- Am I staying in balance?
- Smooth and controlled movements?
- Coordinated movements?



FUNS  
7

## Counter Balance in pairs

1. Lean away and towards each other – 2 hands/1 hand
2. Rock forwards and backwards
3. Twist side to side



**Learning Points**  
1. Keep tummy tight  
2. Back straight  
3. Head up  
4. Hold partners forearms



FUNS  
7

## Counter Balance in pairs

4. Stand and lean away

**Learning Points**  
1. Keep tummy tight  
2. Back straight  
3. Head up  
4. Hold partners forearms  
5. Long base for feet



FUNS  
7

## Counter Balance in pairs

5. Stand and lean away
6. One arm support
7. With eyes closed



**Learning Points**  
1. Keep tummy tight  
2. Back straight  
3. Head up  
4. Hold partners forearms  
5. Short base feet (close hands)



FUNS  
7

## Counter Balance in pairs

8. One arm, one foot



9. Foot hold

FUNS  
7

## Counter Balance in pairs

10. Blue challenges with eyes closed



12. Swap places  
- Straight arms





## Success Criteria



- Can I react and move quickly?
- Can I catch and control ball?
- Can I slow down with balance and control, ready to move in a new direction?



### 12 FUNS Agility – reaction and response

Catch ball after 2 bounces



**Learning Points**  
1. Push off hand with feet  
2. Watch ball  
3. Drive arms for power



### 12 FUNS Agility – reaction and response

Catch ball after 1 bounce



**Learning Points**  
1. Push off hand with feet  
2. Watch ball  
3. Drive arms for power



### 12 FUNS Agility – reaction and response

Catch ball after 1 bounce with: 1 leg balance



**Learning Points**  
1. Push off hand with feet  
2. Watch ball  
3. Drive arms for power



### 12 FUNS Agility – reaction and response

Catch ball after 1 bounce with: 1 leg balance and cross body catch



**Learning Points**  
1. Push off hand with feet  
2. Watch ball  
3. Drive arms for power



### 12 FUNS Agility – reaction and response

Catch ball after 1 bounce with: back to feeder, responding to call

Can you respond without a call?



**Learning Points**  
1. Push off hand with feet  
2. Watch ball  
3. Drive arms for power



## Coordination with equipment

FUN!S  
8

### Success Criteria



- Accuracy and speed when sending?
- Good position to receive?
- Collect ball safely?



FUN!S  
8

### Coordination with equipment

1. Roll and receive



2. Increase distance



**Learning Points**  
1. Good aim  
2. Good body position  
3. Eyes on ball

3. Throw, catch



FUN!S  
8

### Coordination with equipment

4. One arm: throw, bounce, catch (same hand)



5. One arm: throw – catch (same hand, no bounce)

6. One arm: throw – catch (opposite hand)

**Learning Points**  
1. Good aim  
2. Good body position  
3. Eyes on ball



FUN!S  
8

### Coordination with equipment

7. Strike ball along the ground – 5 times rally with wall



**Learning Points**  
1. Good aim  
2. Good body position  
3. Eyes on ball



FUN!S  
8

### Coordination with equipment

8. Strike ball to rebound:  
*Left/Right/Left/Right*



10. Kick ball to rebound:  
*Left/Right/Left/Right*



*Large balls*



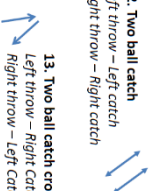
*Small balls*



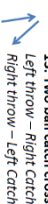
FUN!S  
8

### Coordination with equipment

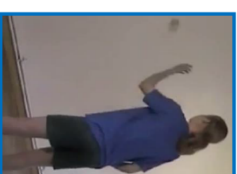
12. Two ball catch  
*Left throw – Left catch*  
*Right throw – Right catch*



13. Two ball catch crossover  
*Left throw – Right Catch*  
*Right throw – Left Catch*



14. One ball circuits  
*Left throw – Right catch – pass hands*



FUN!S  
8

### Coordination with equipment

15. Hands and feet combination



## Success Criteria



- Can I react and move quickly?
- Can I get into the correct position?
- Can I collect ball with balance and control?



### 11 Agility – ball chasing

**1. Roll ball**  
**2. Partner roll**

**Chase ball RIGHT**

**Chase ball LEFT**

**Collect ball**

\* Up to 10m

**Learning Points**  
1. Push off hard with feet  
2. Stay off the ground  
3. Try different speed rolls

### 11 Agility – ball chasing

**1. Bouncing ball**  
**2. Partner feed**

**Chase ball LEFT**

**Chase ball RIGHT**

**Collect ball**

**Learning Points**  
1. Bounce ball with feet  
2. Watch ball travelling  
3. Time your running speed

### 11 Agility – ball chasing

**1. Rolling**  
**2. Bouncing**  
**3. Tennis ball roll**  
**4. Tennis ball bouncing**

**chase – nutmeg – chase – collect**

**Learning Points**  
1. Push off hard  
2. Watch ball  
3. Time your speed

### 11 Agility – ball chasing

**1. Long barrier control large ball / tennis ball**  
**2. Head control large ball**

**Learning Points**  
1. Push off hard  
2. Watch ball  
3. Time your speed

### 11 Agility – ball chasing

**1. Facing feeder**  
**2. Facing away from feeder**

**One bounce only**

**Learning Points**  
1. Push off hard  
2. Watch ball  
3. Time your speed

### 11 Agility – ball chasing

**1. Between knees catch**  
**2. Foot balance right / left**

**One bounce only**

**Learning Points**  
1. Push off hard  
2. Watch ball  
3. Time your speed



# Static Balance – floor work

FUN 3

## Success Criteria



- Have I got a straight back?
- Can I hold the balance without strain?
- Can I balance with control while transferring objects?



FUN 3

### Static Balance – floor work

Front support knees



**Learning Points**  
1. Shoulders in line with hands  
2. Tummy tight



FUN 3

### Static Balance – floor work

Front support on knees



**Learning Points**  
1. Shoulders in line with hands  
2. Tummy tight



FUN 3

### Static Balance – floor work

Front support - Full



**Learning Points**  
1. Shoulders in line with hands  
2. Tummy tight  
3. Legs straight



FUN 3

### Static Balance – floor work

Front support - Full



**Learning Points**  
1. Shoulders in line with hands  
2. Tummy tight  
3. Legs straight



FUN 3

### Static Balance – floor work

Front



**Learning Points**  
1. Shoulders in line with hands  
2. Tummy tight  
3. Legs straight



Back