



Curriculum Progression Model – Physical Education

	End of EYFS	End of Year 1	End of Year 2	End of Year 3	End of Year 4	End of Year 5	End of Year 6
<p><u>Real PE</u></p> <p>Coordination</p> <p>Ball skills</p>	<p>1. Sit and roll a ball along the floor around body using 2 hands.</p> <p>2. Stand and roll a ball up and down legs and round upper body using 2 hands</p>	<p>1. Sit and roll a ball along the floor around body using 2 hands.</p> <p>2. Sit and roll a ball along the floor around body using 1 hand (right and left).</p> <p>3. Sit and roll a ball down legs and around upper body using 2 hands.</p> <p>4. Stand and roll a ball up and down legs and round upper body using 2 hands</p>	<p>1. Sit and roll a ball along the floor around body using 2 hands.</p> <p>2. Sit and roll a ball along the floor around body using 1 hand (right and left).</p> <p>3. Sit and roll a ball down legs and around upper body using 2 hands.</p> <p>4. Stand and roll a ball up and down legs and round upper body using 2 hands</p> <p>5. Sit and roll a ball up and down legs and round upper body using 1 hand.</p> <p>6. Stand and roll a ball up and down legs and round upper body using 1 hand.</p>	<p>In 20 seconds or less:</p> <p>1. Stand with legs apart and move a ball around 1 leg 16 times (right and left leg).</p> <p>2. Move a ball round waist 17 times.</p> <p>3. Stand with legs apart and move a ball around alternate legs 16 times.</p>	<p>In 20 seconds or less: 1. Stand with legs apart and move ball in figure of 8 around both legs 12 times.</p> <p>2. Move ball around waist into figure of 8 around both legs 10 times. 3. Move ball around waist and then around alternate legs 12 times.</p> <p>4. Stand with legs apart and perform 24 criss-crosses, with and then without a bounce.</p>	<p>In 20 seconds or less:</p> <p>1. Stand with legs apart and complete 20 front to back catches with a bounce in between.</p> <p>2. Perform above 30 times without ball bouncing in between.</p> <p>3. Complete above tasks with head up throughout.</p> <p>4. Complete 11 overhead throw and catches.</p>	<p>In 20 seconds or less: 1. Complete 12 long circle (forwards and then backwards).</p> <p>2. Complete 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions).</p>

<p>Footwork</p>	<p>1. Side-step in both directions. 2. Gallop, leading with either foot. 3. Hop on either foot. 4. skip</p>	<p>1. Side-step in both directions. 2. Gallop, leading with either foot. 3. Hop on either foot. 4. Skip.</p>	<p>1. Combine side-steps with 180° front pivots off either foot. 2. Combine side-steps with 180° reverse pivots off either foot. 3. Skip with knee and opposite elbow at 90° angle. 4. Hopscotch forwards and backwards, hopping on the same leg (right and left).</p>	<p>1. Hopscotch forwards and backwards, alternating hopping leg each time. 2. Move in a 3-step zigzag pattern forwards. 3. Move in a 3-step zigzag pattern backwards.</p>	<p>1. Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg. 2. Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction. 3. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.</p>	<p>1. Move in 3-step zigzag pattern while alternating knee raise and foot behind. 2. Move backwards in-3 step zigzag pattern with cross-over (swerve). 3. Move backwards in 3-step zigzag pattern with knee raise across body</p>	<p>1. Move backwards in 3-step zigzag pattern with foot behind. 2. Move backwards in 3-step zigzag pattern with alternating knee lift and foot behind.</p>
<p>Agility Ball chasing</p>	<p>1. Roll a ball, chase and collect it in balanced position facing opposite direction.</p>	<p>1. Roll a ball, chase and collect it in balanced position facing opposite direction. 2. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.</p>	<p>1. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. 2. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.</p>	<p>1. Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. 2. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite</p>	<p>1. Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. 2. Perform above challenge with tennis ball. 3. Roll and chase large ball, stopping it with head in front support</p>	<p>1. Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce. 2. Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce.</p>	<p>1. Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce. 2. Perform above challenge but catch ball on instep of foot and lower it to the ground.</p>

<p>Reaction and Response</p>	<p>1. React and catch large ball dropped from shoulder height after 2 bounces.</p>	<p>From 1, 2 and 3 metres: 1. React and catch large ball dropped from shoulder height after 2 bounces. 2. React and catch large ball dropped from shoulder height after 1 bounce.</p>	<p>From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce.</p>	<p>direction. 3. Complete above challenges with tennis ball.</p> <p>From 1, 2 and 3 metres: 1. React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.</p>	<p>position facing opposite direction.</p> <p>From 1, 2 and 3 metres: 1. React and step across body, bring hand across body and catch tennis ball after 1 bounce.</p>	<p>From 1, 2 and 3 metres: 1. React to call from partner when they drop a ball, turn and catch it after 1 bounce. 2. Perform above challenge but react to sound of the bounce rather than call.</p>	<p>From 1, 2 and 3 metres: 1. React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg. 2. Perform above challenge but react to sound of bounce rather than call. 3. Perform above challenges, but also step across body and bring hand across body.</p>
	<p>End of EYFS</p>	<p>End of Year 1</p>	<p>End of Year 2</p>	<p>End of Year 3</p>	<p>End of Year 4</p>	<p>End of Year 5</p>	<p>End of Year 6</p>
<p>Dynamic Balance On a Line</p>	<p>1. Walk forwards with minimum wobble. 2. Walk backwards with minimum wobble.</p>	<p>1. Walk forwards with fluidity and minimum wobble. 2. Walk backwards with fluidity and minimum wobble.</p>	<p>1. Walk fluidly, lifting knees to 90°. 2. Walk fluidly, lifting heels to bottom.</p>	<p>1. March, lifting knees and elbows up to a 90° angle. 2. Walk fluidly with heel to toe landing. 3. Walk fluidly, lifting knees and</p>	<p>1. Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing. 2. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips,</p>	<p>1. Sidestep in both directions. 2. Stand sideways and complete continuous 180° front pivots. Then</p>	<p>1. Lunge walk backwards. 2. Lunge walk backwards with opposite elbow at 90°. 3. Lunge walk along curved pathway, forwards</p>

<p>Jumping and Landing</p>	<p>1. Jump from 2 feet to 2 feet forwards, backwards.</p>	<p>1. Jump from 2 feet to 2 feet forwards, backwards and side to-side.</p>	<p>1. Jump from 2 feet to 2 feet with quarter turn in both directions. 2. Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).</p>	<p>using heel to toe landing Walk fluidly, lifting heels to bottom and using heel to toe landing.</p> <p>1. Jump from 2 feet to 2 feet with 180° turn in either direction. 2. Complete a tucked jump. 3. Complete a tucked jump with 180° turn in either direction.</p>	<p>heel to toe landing). 3. Lunge walk forwards, bringing opposite elbow up to a 90° angle. 4. Complete all red challenges with eyes closed.</p> <p>1. Jump 2 feet to 2 feet forwards, backwards and side-to-side. 2. Hop forward and backwards, freezing on landing. 3. Jump 1 foot to other forwards and backwards, freezing on landing. 4. Hop sideways, raising knee and freezing on landing. 5. Jump 1 foot to other</p>	<p>with 180° reverse pivots</p> <p>3. Move sideways, stepping across body (lateral step-over).</p> <p>4. Perform 'grapevines' (step-over, sidestep, step-behind, repeat).</p> <p>5. Complete blue challenges then above challenges with eyes closed.</p> <p>1. Jump 2 feet to 2 feet with a 180° turn in the middle (both directions). 2. Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions). 3. Stand with legs together (vertical stance), jump into a lunge position, then jump back to</p>	<p>then backwards, with opposite elbow at 90°.</p> <p>4. Perform above challenges with eyes closed.</p> <p>1. Jump from vertical stance forwards into lunge position while holding ball off centre (both sides). 2. Jump from vertical stance backwards into lunge position while holding medicine ball off centre (both sides).</p>
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<p>Counter Balance</p> <p>In Pairs</p>	<p>1. Sit holding hands with toes touching, lean in together then apart</p>	<p>1. Sit holding hands with toes touching, lean in together then apart. 2. Sit holding 1 hand with toes touching, lean in together then apart. 3. Sit holding hands with toes touching and rock forwards, backwards and side-to-side.</p>	<p>1. Hold on and, with a long base, lean back, hold balance and then move back together. 2. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.</p>	<p>1. Hold on and, with a short base, lean back, hold balance and then move back together. 2. Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together. 3. Perform above challenges with eyes closed.</p>	<p>sideways, raising knee and freeze on landing.</p> <p>1. Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together. 2. Stand on 1 leg while holding on to partner's opposite foot.</p>	<p>a vertical stance (both sides).</p> <p>1. Complete all blue challenges with eyes closed. 2. Step onto bench facing partner, hold with both hands with feet side by side, lean back, hold and then move back together. 3. Step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms.</p>	<p>3. Jump 2 feet to 2 feet with 360° turn (in both directions).</p> <p>1. Stand on a line facing partner, hold with both hands, lean back and then swap places whilst maintaining counter balance position. 2. Stand on a low beam facing partner, hold with both hands then swap places whilst maintaining counter balance position.</p>
<p>Coordination</p> <p>Sending & Receiving</p>	<p>1. Roll large ball and</p>	<p>1. Roll large ball and collect the rebound.</p>	<p>1. Throw tennis ball, catch rebound</p>	<p>1. Strike a ball with alternate</p>	<p>1. Alternately throw and catch 2 tennis</p>	<p>1. With a partner, simultaneously pass large ball along the</p>	<p>1. Working with a partner, simultaneously</p>

Static
balance
1 leg

<p>collect the rebound. 1. 2. Throw large ball and catch the rebound with 2 hands</p> <p>On both legs: 1. Stand still for 5 seconds.</p>	<p>2. Roll small ball and collect the rebound. 3. Throw large ball and catch the rebound with 2 hands</p> <p>On both legs: 1. Stand still for 10 seconds.</p>	<p>with same hand after 1 bounce. 2. Throw tennis ball, catch rebound with same hand without a bounce. 3. Throw tennis ball, catch rebound with other hand after 1 bounce. 4. Throw tennis ball, catch rebound with other hand without a bounce. 5. Strike large, soft ball along ground with hand 5 times in a rally.</p> <p>On both legs: 1. Stand still for 30 seconds. 2. Complete 5 mini-squats.</p>	<p>hands in a rally. 2. Kick a ball with the same foot. 3. Kick a ball with alternate feet Roll 2 balls alternately using both hands, sending 1 as the other is returning.</p> <p>On both legs: 1. Stand still for 30 seconds with eyes closed. 2. Complete 5 squats. 3. Complete 5 ankle extensions.</p>	<p>balls against a wall. 2. Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over). 3. Throw 2 tennis balls against a wall in a circuit, in both directions.</p> <p>1. Stand still on uneven surface for 30 seconds. 2. Stand still on uneven surface for 30 seconds with eyes closed. 3. Complete 10 squats into ankle extensions. 4. Complete 5 squats with eyes closed.</p>	<p>floor with feet and throw tennis ball for 10 continuous passes. 2. With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds.</p> <p>On both legs: 1. Complete 5 ankle extensions with eyes closed. 2. Complete 10 squats into ankle extensions with eyes closed. 3. Complete above 2 challenges on uneven surface with eyes open. 4. Complete first 2 challenges on uneven surface with eyes closed.</p>	<p>pass ball along the floor with feet and throw 2 tennis balls continuously. 2. Working with a partner, simultaneously volley tennis ball with racket and pass ball along the ground continuously.</p> <p>On both legs: 1. Place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand. 2. Perform above challenge with eyes closed. 3. Stand on uneven surface and place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.</p>
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	End of EYFS	End of Year 1	End of Year 2	End of Year 3	End of Year 4	End of Year 5	End of Year 6
<p>Static balance</p> <p>Seated</p>	<p>1. Balance with both hands/ feet down. 2. Balance with 1 hand/ 2 feet down. 3. Balance with 2 hands/ 1 foot down.</p>	<p>1. Balance with both hands/ feet down. 2. Balance with 1 hand/ 2 feet down. 3. Balance with 2 hands/ 1 foot down. 4. Balance with 1 hand/ 1 foot down. 5. Balance with 1 hand or 1 foot down. 6. Balance with no hands or feet down.</p>	<p>1. Pick up a cone from one side, swap hands and place it on the other side. 2. Return the cone to the opposite side.</p>	<p>1. Pick up a cone from one side and place it on the other side with same hand. 2. Return it to the opposite side using the other hand. 3. Sit in a dish shape and hold it for 5 seconds.</p>	<p>1. Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions). 2. Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions). 3. Hold a V-shape with straight arms and legs for 10 seconds</p>	<p>1. Reach and pick up cones from in front, to the side and from behind. 2. Reach and pick up cones from in front, to the side and from behind with eyes closed. 3. Reach and pick up cones from in front, to the side and from behind while a partner applies a force. 4. Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.</p>	<p>1. Reach and pick up cones on the floor whilst on a bench, without losing balance. 2. Turn 360° in either direction, first on the floor then on a bench. 3. Balance on an uneven surface, e.g. wobble cushion, for 10 seconds. 4. Reach and pick up cones on the floor whilst on an uneven surface</p>
Floorwork	<p>1. Hold mini-front support position. 2. Reach round and point to ceiling with either hand in mini-front support.</p>	<p>1. Hold mini-front support position. 2. Reach round and point to ceiling with either hand in mini-front support.</p>	<p>1. Place cone on back and take it off with other hand in mini front support. 2. Hold mini-back support position. 3.</p>	<p>1. Hold full front support position. 2. Lift 1 arm and point to the ceiling with either hand in front support. 3.</p>	<p>1. Transfer tennis ball on and off back in a front support. 2. Transfer cone on and off tummy in back support. 3. Transfer tennis ball</p>	<p>1. Hold front support position with only 1 foot in contact with floor and transfer cone on and off back.</p>	<p>1. Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back. 2. Hold front support position with only 1 foot in contact with floor and</p>

Stance	1. Stand on line with good stance for 5 seconds.		Place cone on tummy and take it off with other hand in mini back support	Transfer cone on and off back in front support.	on and off tummy in back support	2. Rotate fluently from front support to back support, and then continue rotating with fluency.	transfer tennis ball on and off back with eyes closed.
		1. Stand on line with good stance for 10 seconds.	1. Stand on low beam with good stance for 10 seconds	1. Receive a small force from various angles. 2. Raise alternate feet 5 times. 3. Raise alternate knees 5 times. 4. Catch ball at chest height and throw it back.	1. Raise alternate knees to opposite elbow 5 times. 2. Catch large ball thrown at knee height and above head. 3. Catch large ball thrown away from body. 4. Catch small ball thrown close to and away from body.	1. Throw and catch 2 small balls alternately, using both hands, both close to and away from body. 2. Strike small ball back to a partner with a racket. 3. Strike a small ball back to a partner from across body with a racket.	1. Throw and catch small ball, catching across body with either hand. 2. Throw and catch 2 balls alternately, catching across body with either hand. 3. Volley large ball back to a partner with either foot.

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Gymnastics

Shape

Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.

I Perform Tricky Shape skills on the floor.

I Perform Trickier Shape skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner.

I Perform Tricky Balance skills on the floor.

I Perform Trickier Balance skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner.

I Perform Tricky Shape skills on the floor.

I Perform Trickier Shape skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.

I Perform Tricky Balance skills on the floor.

I Perform Trickier Balance skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.

I Perform Trickier Shape skills on the floor.

I Perform Tricky Shape skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.

I Perform Trickier Balance skills on the floor.

I Perform Tricky Balance skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.

I Perform Trickier Shape skills on the floor.

I Perform Tricky Shape skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.

I Perform Trickier Balance skills on the floor.

I Perform Tricky Balance skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.

I Perform Trickiest Shape skills on the floor.

I Perform Trickier Shape skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.

I Perform Trickiest Balance skills on the floor.

I Perform Trickier Balance skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.

I Perform Trickiest Shape skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner/s - Large Apparatus.

I Perform Trickier Shape skills combined with two or more of the following: - Hand Apparatus - Low Apparatus - Partner/s - Large Apparatus.

I Perform Trickiest Balance skills) combined with one of the following: - Hand Apparatus - Low Apparatus - Partner/s - Large Apparatus.

I Perform (Consolidated) Trickier Balance skills combined with two or more of the following: - Hand Apparatus - Low Apparatus - Partner/s - Large Apparatus.

Balance

Travel	Jumps off an object and lands appropriately	<p>I Perform Tricky Travel skills on the floor.</p> <p>I Perform Trickier Travel skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner.</p>	<p>I Perform Tricky Travel skills on the floor.</p> <p>I Perform Trickier Travel skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.</p>	<p>I Perform Trickier Travel skills on the floor.</p> <p>I Perform Tricky Travel skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.</p>	<p>I Perform Trickier Travel skills on the floor.</p> <p>I Perform Tricky Travel skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.</p>	<p>I Perform Trickiest Travel skills on the floor.</p> <p>I Perform Trickier Travel skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.</p>	<p>I Perform Trickiest Travel skills combined with one of the following: - Hand Apparatus- Low Apparatus - Partner/s - Large Apparatus</p> <p>I Perform Trickier Travel skills combined with two or more of the following: - Hand Apparatus - Low Apparatus- Partner/s- Large Apparatus</p>
Flight	Travels with confidence and skill around, under, over and through balancing and climbing equipment	<p>I Perform Tricky Flight skills on the floor.</p> <p>I Perform Trickier Flight skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner.</p>	<p>I Perform Tricky Flight skills on the floor.</p> <p>I Perform Trickier Flight skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.</p>	<p>I Perform Trickier Flight skills on the floor.</p> <p>I Perform Tricky Flight skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.</p>	<p>I Perform Trickier Flight skills on the floor.</p> <p>I Perform Tricky Flight skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.</p>	<p>I Perform Trickiest Flight skills on the floor.</p> <p>I Perform Trickier Flight skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.</p>	<p>I Perform Trickiest Flight skills combined with one of the following: - Hand Apparatus- Low Apparatus- Partner/s - Large Apparatus.</p> <p>I Perform Trickier Flight skills combined with two or more of the following: - Hand Apparatus - Low Apparatus - Partner/s - Large Apparatus.</p>

<p>Rotation</p>		<p>I Perform Tricky Rotation skills on the floor.</p> <p>I Perform Trickier Rotation skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner</p>	<p>I Perform Tricky Rotation skills on the floor.</p> <p>I Perform Trickier Rotation skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.</p>	<p>I Perform Trickier Rotation skills on the floor.</p> <p>I Perform Tricky Rotation skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.</p>	<p>I Perform Trickier Rotation skills on the floor.</p> <p>I Perform Tricky Rotation skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.</p>	<p>I Perform Trickiest Rotation skills on the floor.</p> <p>I Perform Trickier Rotation skills combined with one of the following: - Hand Apparatus - Low Apparatus - Partner - Large Apparatus.</p>	<p>I Perform Trickiest Rotation skills combined with one of the following: - Hand Apparatus - Low Apparatus- Partner/s - Large Apparatus.</p> <p>I Perform Trickier Rotation skills combined with two or more of the following: - Hand Apparatus- Low Apparatus - Partner/s - Large Apparatus.</p>
	<p>End of EYFS</p>	<p>End of Year 1</p>	<p>End of Year 2</p>	<p>End of Year 3</p>	<p>End of Year 4</p>	<p>End of Year 5</p>	<p>End of Year 6</p>
<p>Dance</p> <p>Shapes</p>	<p>Uses movement to express feelings.</p> <p>Creates movement in response to music.</p> <p>Enjoys joining in with dancing and ring games.</p>	<p>Create multiple standing and floor shapes – balanced on both feet. – with limbs in different planes. – with 3 points of contact. - facing down.</p>	<p>Create multiple standing and floor shapes - with torso beginning to rotate. - with 3 points of contact with the floor. - facing down and up.</p>	<p>Create multiple standing and floor shapes - with torso rotated. - with 3 points of contact with the floor. - facing up and sideways.</p> <p>Travel between shapes including</p>	<p>Create multiple standing and floor shapes - balanced on 1 foot. - with arms at different planes. - with torso rotated and bent. - with 2 points of contact with the floor. -</p>	<p>Create multiple standing and floor shapes - balanced on 1 foot with other foot higher than 45°. - with 2 points of contact using combination of hands, arms and shoulders for support. Travel between shapes</p>	<p>Create multiple standing and floor shapes - balanced on 1 foot with other foot higher than 45°. - with 2 points of contact using combination of hands, arms and shoulders for support. Travel between shapes including rotation - on the floor (spirals and turns) and in the air. - in</p>

Circles

	<p>Beginning to move rhythmically.</p>	<p>Create shapes and movements to express how the music makes me feel Travel between shapes including jumping I can travel between shapes in unison with my partner</p> <p>Create movements led by large horizontal single arm circles and semi-circles leading into - stepping. - turning. Jump from a static position,</p>	<p>Travel between shapes including jumping with rotation</p> <p>Create movements led by large vertical single arm circles and semi-circles leading into - stepping. - body movements. - turning. - jumps with 180° and 360° rotations.</p>	<p>stepping into jumping. Rotate in jumps.</p> <p>Create multiple ways of moving - pausing my movement to create shapes. - using those shapes as my starting and finishing positions. - including jumps with rotation.</p> <p>Create exact and repeatable movement led by both single arm and leg circles and semicircles leading into - body dropping and turning. - turning with body</p>	<p>facing up and sideways.</p> <p>Travel between shapes including rotation - on the floor and in the air. - in different directions.</p> <p>Create combination of shapes, circle and silk moves - matching the energy of the music. - in time to the beat and the rhythm. - matching 1 instrument playing off the main beat</p> <p>Create sequences of movement led by combined arm, shoulder, leg and foot circles and/ or semi-circles leading into - turning. - jumping with good height, speed and various body shapes in the air.</p>	<p>including rotation - on the floor (spirals and turns) and in the air. - in different directions. - at different speeds.</p> <p>Create a combination of shapes, circle and moves - both matching and in contrast to the melody or the main song line. - responding to musical phrases</p> <p>Create complex movement led by a combination of circles made with different body parts and in different planes leading into - stepping, body</p>	<p>different directions. - at different speeds.</p> <p>Create a combination of shapes, circle and moves - both matching and in contrast to the melody or the main song line. - responding to musical phrases</p> <p>Create complex movement led by a combination of circles made with different body parts and in different planes leading into - stepping, body movements and turns. - jumps with 1 foot take-off and landing, other leg extended. - jumps with</p>
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Partners

		arms up and down.	Create shapes, circles and movements to - express the music. - change my moves so they match different music	tilted. - jumps with 180° and 360° forward and backward rotations (starfish and barrel roll jumps). Create shapes, circle and movements - at different speeds to follow the music without stopping. - making them specific to stress what the music is doing		movements and turns. - jumps with 1 foot take-off and landing, other leg extended. - jumps with 180° rotation and change of direction in the air (landing facing backwards)	180° rotation and change of direction in the air (landing facing backwards)
		Create standing and floor shapes in contrast to my partner's - with our body parts crossing over. Travel between shapes in unison with my partner Turn forwards and backwards	Create standing and floor shapes - opposite and entwined with my partner. - in close contact but without touching. Incorporate jumping when	Create movement led by horizontal and vertical single arm circles and semi-circles - followed with steps. - followed with body action. - in unison. - in	Create standing and floor shapes - at different levels. - without contact. - with 1 hand contact. Jump with backward rotation when moving between shapes.	Create standing and floor shapes in close contact - both balancing on 1 foot. - cross-bodied with 2 points of contact with the floor.	Create standing and floor shapes in close contact - both balancing on 1 foot. - cross-bodied with 2 points of contact with the floor. Travel with my partner - incorporating spirals, rotation on the floor,

		<p>through horizontal large arm circle - and finish away. - in unison. - in canon. Create, in unison, jumps with rotation from a static position. Create partner balances - with hand on shoulder contact. - facing my partner. Create and support jumps - with hand to elbow contact. - with hands on waist and shoulders in contact. - facing my partner. - with 2-feet take-off and landing. Create a sequence of 4 moves with some being different to my partner's.</p>	<p>travelling between shapes - in canon. Create movement and turn forwards and backwards through horizontal and vertical large arm circle and semi-circle - in unison. - finishing in partner shapes. Create jumps from foot circles - jumping in unison. Create partner balances leaning away from each other with hand-to-hand contact. Create and support jumps with hand to elbow contact - facing each other. - using a 2-foot take-off and landing, with 180° rotation Create a sequence of 5 static and</p>	<p>canon. - mirroring my partner. Create partner balances with one standing and the other on the floor. Create and support jumps palm to palm/palm to lower back with a 180° turn in the air and 1 foot take-off and landing Create a sequence of a minimum of 5 moves - similar and then in contrast to my partner's. - with various starting and finishing positions.</p>	<p>Create sequences of movement led by large horizontal and vertical single arm and leg circles and semicircles - with turns led by arms, foot and knee. - in unison. - at different speeds/directions Create and support jumps palm to palm/palm to lower back - with 360° rotation in the air. - with 1 foot take-off and landing. - holding star shape in the air. - finishing by leaning against my partner. - in canon. Create a sequence of a minimum of 5 moves - with limbs in different planes and directions. I Perform both in my and my partner's place.</p>	<p>Travel with my partner - incorporating spirals, rotation on the floor, jumping and crossbodied finishing positions Create sequences of movement led by combinations of circles made with different body parts and in different planes - leading into and out of turning. - in unison. - while mirroring Create sequences of movement, turning and jumping - leading into and out of partner supports. - leaning towards and away from my partner. - in unison. - in canon. - independently from my partner.</p>	<p>jumping and crossbodied finishing positions Create sequences of movement led by combinations of circles made with different body parts and in different planes - leading into and out of turning. - in unison. - while mirroring Create sequences of movement, turning and jumping - leading into and out of partner supports. - leaning towards and away from my partner. - in unison. - in canon. - independently from my partner. Create a sequence of a minimum of 6 various moves - with movements made both with arms and legs. - in unison followed by moves in contrast and performed independently of my partner</p>
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			dynamic moves - in contrast to my partner's. - using different partner shapes. - at different levels. - with different timings.			Create a sequence of a minimum of 6 various moves - with movements made both with arms and legs. - in unison followed by moves in contrast and performed independently of my partner	
	End of EYFS	End of Year 1	End of Year 2	End of Year 3	End of Year 4	End of Year 5	End of Year 6