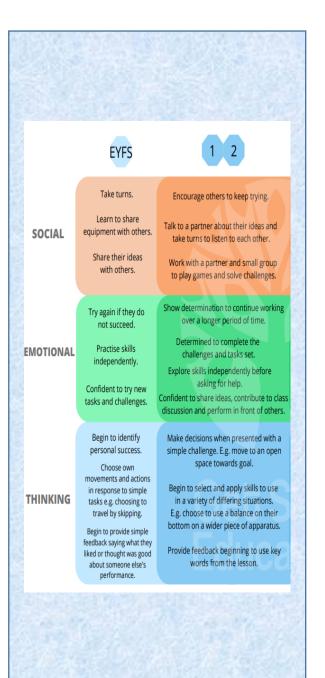
Progression Journey

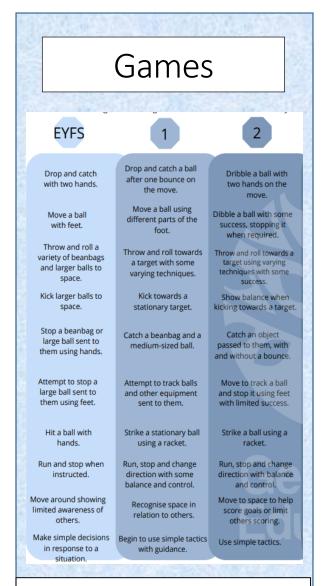


Fun	damen	tals		
		The Carl		
EYFS	1	2		
Run and stop with some control.	Attempt to run at different speeds showing an awareness of technique.	Show balance and co- ordination when running at different speeds.		
Explore skipping as a travelling action.	Begin to link running and jumping movements with some control.	Link running and jumping movements with some control and balance.		
Jump and hop with bent knees.	Jump, leap and hop and choosing which allows them to jump the furthest.	Show hopping and jumping movements with some balance and control.		
Throwing larger balls and beanbags into space.	Throw towards a target.	Change technique to throw for distance.		
Balance whilst stationary and on the move.	Show some control and balance when travelling at different speeds.	Show control and balance when travelling at different speeds.		
Change direction at a slow pace.	Begin to show balance and co-ordination when changing direction.	Demonstrates balance and co-ordination when changing direction.		
Explore moving different body parts together.	Use co-ordination with and without equipment.	Perform actions with increased control when co-ordinating their body with and without equipment.		

NC KS1: master basic movements including running, jumping and throwing, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.

Dance				
EYFS	1	2		
Copy basic body actions and rhythms.	Copy, remember and repeat actions.	Copy, remember and repeat a series of actions.		
Choose and use travelling actions, shapes and balances.	Choose actions for an idea.	Select from a wider range of actions in relation to a stimulus.		
Travel in different pathways using the space around them.	Use changes of direction, speed and levels with guidance.	Use pathways, levels shapes, directions, speeds and timing with guidance. Use mirroring and unison when completing actions with a partner.		
Begin to use dynamics and expression with guidance.	Show some sense of dynamic and expressive qualities.	Show a character through actions, dynamics and expression.		
Begin to count to music.	Begin to use counts.	Use counts with help to stay in time with the music.		

Progression Journey



NC KS1: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.

Body	Body Management			
EYFS	1	2		
Create shapes showing a basic level of stillness using different parts of their bodies.	Perform balances making their body tense, stretched and curled.	Perform balances on different body parts with some control and balance.		
Begin to take weight on different body parts.	Take body weight on hands for short periods of time.	Take body weight on different body parts, with and without apparatus.		
Show shapes and actions that stretch their bodies.	Demonstrate poses and movements that challenge their flexibility.	Show increased awareness of extension and flexibility in actions.		
Copy and link simple actions together.	Remember, repeat and link simple actions together.	Copy, remember, repeat and plan linking simple actions with some control and technique.		
ALC: N				

NC KS1: master basic movements as well as developing balance, agility and coordination

	OAA		
EYFS	1	2	
Follow simple instructions.	Follow instructions.	Follow instruction accurately.	
Share their ideas with others.	Begin to work with a partner and a small group.	Work co-operative with a partner and small group, takin turns and listening each other.	
Explore activities making own decisions in response to a task.	Understand the rules of the game and suggest ideas to solve simple tasks.	Try different ideas to solve a task.	
Make decisions about where to move in space.	Copy a simple diagram/map.	Follow and create a simple diagram/map.	
Follow a path. Begin to identify personal success.	ldentify own and others' success.	Understand when challenge is solve successfully and begin to suggest simple ways to improve.	