

Strength and flexibility

- Make my body tense, relaxed, curled and stretched in different positions including Dish, Arch etc..

Year 1

- Show some control of basic movements.

Year 2

Basic skills

- Rolling, travelling, balancing and jumping in different ways with control

- Rolling, travelling, balancing and jumping in specific movements with control.

Using equipment

- Climb on the equipment and off it with support in the first instance leading on to being independent.

- Climb on and perform movements on equipment safely.

Sequences

- Plan and show a sequence of movements.

- Create a sequence of movements which follow a set of rules.

Music

- Describe how a piece of music makes them feel and the kind of movements they want to do.

- Use descriptive words to explain how the music makes them feel and create suitable linking movements for those feelings.

Strength and flexibility

- Work with increasing control and strength and improving flexibility.

Year 3

- Work with control, strength and fluidity and improving flexibility.

Year 4

Basic skills

- Rolling, travelling, balancing and jumping in specific movements with increased control and precision

- Rolling, travelling, balancing and jumping in specific movements with control and precision and changing speed and direction.

Using equipment

- Mount, dismount and perform movements on equipment safely.

- Mount, dismount and perform movements on equipment safely with increasing control and balance.

Sequences

- Create some linking and transition movements to a specific theme.

- Combine movements and shapes to create new patterns.

Music

- Create linking movements to express feelings or ideas that are suggested by the music.

- Create linking movements, movement patterns and elements of stillness to express feelings or ideas that are suggested by the music.

Strength and flexibility

- Movements are accurate, clear and consistently controlled with improved balance, strength and flexibility..

Year 5

- Movements are accurate, clear and consistently controlled at varying speeds with improved balance, strength and flexibility.

Year 6

Basic skills

- Rolling, travelling, balancing and jumping in specific movements with control and precision and changing speed and direction including a range of shapes.

- Rolling, travelling, balancing and jumping in specific movements with control and precision. Changing speed and direction and moving seamlessly between action, balance and shapes.

Using equipment

- Mount, dismount and perform more complex movements on equipment safely with control and balance.

- Mount, dismount and perform more complex movements on equipment safely at varying speeds with control and balance.

Sequences

- Create more complex and extended sequences.

- Link sequences and perform to specific timings.

Music

- Create linking movements, movement patterns and elements of stillness to express feelings or ideas that are suggested by the music using different speeds in the music.

- Create linking movements, movement patterns and elements of stillness to express feelings or ideas that are suggested by the music alternating between different speeds
Choreography in the music..