Body Management Progression

Year 3 EYFS Year 2 Year 4 Year 5 Year 1 Year 6 Complete balances with Perform balances on different Use body tension to perform Show increasing control and Combine and perform more Perform balances making their increasing stability, control body parts with some control balances both individually and Create shapes showing a basi balance when moving from complex balances with body tense, stretched and and technique. level of stillness using and balance. with a partner one balance to another. control, technique and curled. different parts of their bodies fluency. Demonstrate some strength Demonstrate increasing Use strength to improve the Demonstrate more complex and control when taking Take body weight on hands for Begin to take weight on Take body weight on different actions with a good level of strength, control and quality of an action and the short periods of time. weight on different body parts different body parts technique when taking own body parts, with and without range of actions available. strength and technique. for longer periods of time. and others weight. apparatus. Demonstrate poses and Show shapes and actions tha Confidently transition from movements that challenge Demonstrate increased Show increased awareness of Use flexibility to improve the one action to another showing stretch their bodies. Demonstrate increased their flexibility. flexibility and extension in flexibility and extension in quality of the actions they extension and flexibility in appropriate control and their actions. more challenging actions extension for the complexity Copy and link simple actions actions. perform as well as the action Remember, repeat and link together they choose to link them. of the action. simple actions together. Choose actions that flow well Copy, remember, repeat and Plan and perform sequences into one another both on and plan linking simple actions showing control and Create and perform more Plan and perform with off apparatus. with some control and technique with and without a complex sequences of actions precision, control and fluency, technique. partner. with a good level of quality, a sequence of actions including a wide range of skills control and technique with and without a partner.