|  |
| --- |
| **Year 1 and 2** |
| ForwardsBackwardsSidewaysRollSlowBody partsShapeJumpTravelStretch Wide Narrow  |
| **Year 3 and 4**  |
| stretchpushpullstepspringcrawlstillslowlytalllongforwardshighlowrollcopyjumplandbalance |
| **Year 5 and 6** |
| MusclesJointsSymmetrical/asymmetricalRotationTurnShapeLandingTake-offFlightPerformance/evaluation   |