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| **Year 1 and 2** |
| Forwards  Backwards  Sideways  Roll  Slow  Body parts  Shape  Jump  Travel  Stretch  Wide  Narrow |
| **Year 3 and 4** |
| stretch  push  pull  step  spring  crawl  still  slowly  tall  long  forwards  high  low  roll  copy  jump  land  balance |
| **Year 5 and 6** |
| Muscles  Joints  Symmetrical/asymmetrical  Rotation  Turn  Shape  Landing  Take-off  Flight  Performance/evaluation |