Mindful Movement Progression Ladder

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	Skills	Knowledge
Year 6	**Balance:** link combinations of poses for balance with increased control in transition. **Flexibility:** confidently transition from one pose to another showing extension connected to breath. **Strength:** explore poses that challenge my strength and work to maintain increased control and strength when in and transitioning between poses. **Strategy:** explore methods to control how I feel with some success.	**Balance:** know where and when to apply force to maintain control and balance. **Flexibility:** know which of my muscles require more practice to increase my flexibility. **Strength:** know that I can build up my strength by practicing in my own time. **Strategy:** identify times in my everyday life when mindfulness activities would be helpful for my .wellbeing
Year 5	**Balance:** use my breath to maintain balance within a pose and when transitioning from one pose to another. **Flexibility:** develop flexibility by connecting movement with breath. **Strength:** demonstrate increased control and strength when holding and transitioning between poses. **Strategy:** explore methods I can use to control how I feel.	**Balance**: know that I need to ground contact points and spread weight evenly across them to maintain balance. **Flexibility**: know that I can improve my flexibility when moving with my breath. **Strength**: know that different poses will use different muscles to hold them and begin to know names of some muscles. **Strategy**: know that there are different techniques I can use to control how I feel.
Year 4	**Balance:** explore using my breath to maintain balance within a pose. **Flexibility:** demonstrate increased extension in poses. **Strength:** demonstrate increased control and strength when in a pose. **Strategy:** engage with mindfulness activities with increased focus. 	**Balance:** know that if I move with my breath, it will help me to balance. **Flexibility:** know which body parts I am trying to extend in different poses. **Strength:** know that people have different levels of strength. **Strategy:** know that everyone experiences mindfulness differently. 
Year 3	**Balance:** demonstrate increased control when in poses. **Flexibility:** explore poses and movement in relation to my breath. **Strength:** explore balances showing some stability. **Strategy:** develop my ability to stay still and keep my focus.	**Balance:** know that if I use the whole of the body part in contact with the floor, it will help me to balance. **Flexibility:** know that if I move as I breathe out, I can stretch a little bit further. **Strength:** know that I need to use different body parts and muscles for different poses. **Strategy:** know that I can use my breath to focus.
Year 2	**Balance:** remember, copy, and repeat sequences of linked balances. **Flexibility:** show increased awareness of extension in balances. **Strength:** demonstrate increased control in performing balances. **Strategy:** explore controlling my focus and sense of calm. 	**Balance:** know that I can squeeze my muscles to help me to balance. **Flexibility:** know that flexibility helps us to stretch our muscles and increase the movement in our joints. **Strength:** know that strength helps us with everyday tasks such as carrying our school bag. **Strategy:** know that I can use mindful movement to make me feel calm.
Year 1	**Balance:** perform balances making my body tense, stretched and curled. **Flexibility:** explore balances and movements that challenge my flexibility. **Strength:** explore strength whilst moving from one balance to another. **Strategy:** recognise my own feelings in response to a task or activity.	**Balance:** know that if I focus on something still, it will help me to balance. **Flexibility:** know that mindful movement helps to improve flexibility which we need in everyday tasks. **Strength:** know that I can use my strength to move slowly and with control. **Strategy:** know that mindful movement can make me feel happy. 
EYFS	**Balance:** explore shapes in stillness using different parts of my body. **Flexibility:** explore shapes and actions to stretch my body. **Strength:** explore taking weight on different body parts. **Strategy:** explore my own feelings in response to an activity or task. 	**Balance:** know that it is easier to balance using more parts of my body than fewer parts. **Flexibility:** know that I can make my body longer by reaching out with my arms and legs. **Strength:** know that I can hold my weight on different parts of my body. **Strategy:** understand how movement makes me feel.

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