**Progression & Travel**

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| **Sending away**  Pushing  Rolling  Bouncing  Throwing  Flicking  Volley  Kicking  Striking  **Receiving**  Taking  Collecting  Receiving  Catching  **Moving with**  Holding  Carrying  Dribbling  Flicking  Balancing | **Moving on**  Climbing  Balancing  Rotating  Sliding  Bouncing  Jumping  Landing  **Targets**  Aiming  Hitting  Scoring  Shooting  Predicting | **Travel**  To music  Open space  Through objects  On own  In pairs  In groups  Chasing  Climbing  Combining Movements  Crawling  Creeping  Dancing / Movement to music / Rhythm  Galloping  Jumping  Leaping  Lunging  Marching  Rolling  Running  Shuffling  Skipping  Sliding  Spinning  Stepping  Tip Toe  Twisting  Walking  Wiggling |