**Progression & Travel**

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| **Sending away**PushingRollingBouncingThrowingFlickingVolleyKickingStriking**Receiving**TakingCollectingReceivingCatching**Moving with**HoldingCarryingDribblingFlickingBalancing | **Moving on**ClimbingBalancingRotatingSlidingBouncingJumpingLanding**Targets**AimingHittingScoringShootingPredicting | **Travel**To musicOpen spaceThrough objectsOn ownIn pairsIn groupsChasingClimbingCombining MovementsCrawlingCreepingDancing / Movement to music / RhythmGallopingJumpingLeapingLungingMarchingRollingRunningShufflingSkippingSlidingSpinningSteppingTip ToeTwistingWalkingWiggling |