



## BEAM progress chart

**Block A** (To be used for children identified as requiring small group work)

Child's name ..... Class .....

Activity	Achievement at end of block	Date achieved
<b>Curling up</b>	Aim to hold for 10 seconds	
<b>Stretching out</b>	Child positioned symmetrically and in centre of mat with no prompting	
<b>Hands and knees</b>	Able to maintain square shape between arms and legs – hands underneath shoulders and knees underneath hips	
<b>Table</b>	Aim to organise into this position without prompting and hold for five seconds	
<b>Bridge</b>	Maintain a stable bridge without wobbling.	
<b>Log roll</b>	Maintain position in line on the mat	
<b>Kneeling up</b>	Able to maintain a steady high kneeling position	
<b>Sitting with knees to one side</b>	Able to get into side sitting without prompting	
<b>Kneeling – one foot forward</b>	Aim to hold for 10 seconds on either foot	
<b>One leg balance</b>	Aim for two to three seconds	
<b>Jumping</b>	Able to hop three times on the mat	

NB. Children should not progress on to the next block until all activities in this block have been achieved.