



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