

Gymnastics progression of skills

Early Years Outcomes:

The main Early Years Outcomes covered in the Gymnastics units are:

Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and climbing.

- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- Combine different movements with ease and fluency.
- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

KS1 National Curriculum Aims:

The main KS1 national curriculum aims covered in the Gymnastics units are:

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.

KS2 National Curriculum Aims:

The main KS2 national curriculum aims covered in the Gymnastics units are:

Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

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FS and Key Stage 1

Foundation	Year 1	Year 2
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Health and fitness

I can describe how the body feels when still and when exercising.

I can describe how my body feels before, during and after exercise.
I can carry and place equipment safely.

I can recognise and describe how my body feels during and after different physical activities.

I can explain what I need to stay healthy.

Acquiring and Developing Skills in Gymnastics

To create a short sequence of movements.

To roll in different ways with control.

To travel in different ways.

To stretch in different ways.

To jump in a range of ways from one space to another with control.

To begin to balance with control.

To create and perform a movement sequence.

To copy actions and movement sequences with a beginning, middle and end.

To link two actions to make a sequence.

To recognise and copy contrasting actions (small/tall, narrow/wide).

To travel in different ways, changing direction and speed.

To hold still shapes and simple balances.

To carry out simple stretches.

To copy, explore and remember actions and movements to create my own sequence.

To link actions to make a sequence.

To travel in a variety of ways, including rolling.

To hold a still shape whilst balancing on different points of the body.

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To move around, under, over, and through different objects and equipment.

To carry out a range of simple jumps, landing safely.

To move around, under, over, and through different objects and equipment.

To begin to move with control and care.

To jump in a variety of ways and land with increasing control and balance.

To climb onto and jump off the equipment safely.

To move with increasing control and care.

Rolls

I can perform a curled side roll (egg roll).

I can perform preform a log roll (pencil roll).

I can perform a teddy bear roll.

I can perform a controlled log roll.

I can perform a controlled curled side roll (egg roll).

I can perform a controlled teddy bear roll.

I can perform a controlled log roll.

I can perform a curled side roll (egg roll).

I can perform a teddy bear roll.

I can perform a rocking forward roll.

I can perform a crouched forward roll.

(<https://www.youtube.com/watch?v=szK1ADcgW88>)

Jumps

I can perform a straight jump.

I can perform a tuck jump.

I can perform a jumping jack.

I can perform a straight jump.

I can perform a tuck jump.

I can perform a jumping jack.

I can perform a straight jump.

I can perform a tuck jump.

I can perform a jumping jack.

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I can perform a half turn jump.

I can perform a half turn jump.

I can perform a half turn jump.

I can perform a cat spring.

I can perform a cat spring.

(<https://www.youtube.com/watch?v=VgGJid1imrg>)

I can perform a cat spring to straddle.

(<https://www.youtube.com/watch?v=Enmc3hoQMIw>)

Vault – using a suitable raised platform

I can perform a straight jump off a raised platform.

I can perform a hurdle step onto a raised platform.

I can perform a straight jump off a raised platform.

I can perform a tuck jump off a raised platform.

Handstands, Cartwheels and Round-offs

I can perform a bunny hop.

I can perform a bunny hop.

I can perform a bunny hop

I can perform a front support wheelbarrow with partner.

I can perform a front support wheelbarrow with a partner.

(<https://www.youtube.com/watch?v=a9iVfV12IC0>)

(<https://www.youtube.com/watch?v=a9iVfV12IC0>)

I can perform a T-lever.

(https://www.youtube.com/watch?v=4_Cq9LFwAc)

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I can perform a scissor kick.

(<https://www.youtube.com/watch?v=1Xr5DAU1WFc>)

Travelling & Linking Actions

I can tiptoe, step, jump and hop.

I can tiptoe, step, jump and hop

I can hopscotch

I can skip

I can gallop

I can tiptoe, step, jump and hop

I can hopscotch

I can skip

I can gallop

I can straight jump half-turn

Shapes and Balances

I can do standing balances

I can do standing balances

I can do kneeling balances

I can make pike, tuck, star, straight, straddle shapes

I can do standing balances

I can do kneeling balances

I can do large body part balances

I can balance on apparatus

I can do balances with a partner

I can make pike, tuck, star, straight, straddle shapes

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Compete/Perform and evaluate

I can control my body when performing a sequence of movements.

I can participate in simple games.

Evaluate: Talk about what they have done. Talk about what others have done.

I can perform using a range of actions and body parts with some coordination.

I can begin to perform learnt skills with some control.

Evaluate: Watch and describe performances. Begin to say how they could improve.

I can perform sequences of my own composition with coordination.

I can perform learnt skills with increasing control.

Evaluate: Watch and describe performances, and use what they see to improve their own performance. Talk about the differences between their work and that of others.

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Lower Key Stage 2

Year 3

Year 4

Health and fitness

I can recognise and describe the effects of exercise on the body.

I can understand the importance of strength and flexibility for physical activity.

I can explain why it is important to warm up and cool down.

I can describe how the body reacts at different times and how this affects performance.

I can explain why exercise is good for your health.

I can understand some reasons for warming up and cooling down.

Acquiring and Developing Skills in Gymnastics

To choose ideas to compose a movement sequence independently and with others.

To link combinations of actions with increasing confidence, including changes of direction, speed or level.

To develop the quality of my actions, shapes and balances.

To move with coordination, control and care.

To use turns whilst travelling in a variety of ways.

To create a sequence of actions that fit a theme.

To use an increasing range of actions, directions and levels in sequences.

To move with clarity, fluency and expression.

To show changes of direction, speed and level during a performance.

To travel in different ways, including using flight.

To improve the placement and alignment of body parts in balances.

To use equipment to vault in a variety of ways.

To carry out balances, recognising the position of centre of gravity

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To use a range of jumps in my sequences.

To begin to use equipment to vault.

To create interesting body shapes while holding balances with control and confidence.

To begin to show flexibility in movements.

and how this affects the balance.

To begin to develop good technique when travelling, balancing and using equipment.

To develop strength, technique and flexibility throughout performances.

Rolls

I can perform a crouched forward roll.

I can perform a forward roll from standing.

(<https://www.youtube.com/watch?v=szK1ADcgW88>)

I can perform a tucked backward roll.

(<https://www.youtube.com/watch?v=nGU0ltWTWDo>)

I can perform a forward roll from standing

I can perform a straddle forward roll.

(<https://www.youtube.com/watch?v=xOfRrgXtxS4>)

I can perform a tucked backward roll.

(<https://www.youtube.com/watch?v=nGU0ltWTWDo>)

I can perform a backward roll to straddle.

(<https://www.youtube.com/watch?v=4QzbYdph25k>)

Jumps

I can perform a straight jump.

I can perform a tuck jump.

(<https://www.youtube.com/watch?v=r7oBejx1PHM>)

I can perform a jumping jack.

I can perform a star jump.

I can perform a straight jump.

I can perform a tuck jump.

(<https://www.youtube.com/watch?v=r7oBejx1PHM>)

I can perform a jumping jack.

I can perform a star jump.

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I can perform a straddle jump.

(<https://www.youtube.com/watch?v=Enmc3hoQMIw>)

I can perform a pike jump.

(<https://www.youtube.com/watch?v=gKj-HLcOnZw>)

I can perform a straight jump half-turn

I can perform a cat leap.

(<https://www.youtube.com/watch?v=VgGJid1imrg>)

I can perform a straddle jump.

(<https://www.youtube.com/watch?v=Enmc3hoQMIw>)

I can perform a pike jump.

(<https://www.youtube.com/watch?v=gKj-HLcOnZw>)

I can perform a straight jump half-turn

I can perform a cat leap.

(<https://www.youtube.com/watch?v=VgGJid1imrg>)

I can perform a cat leap half-turn

(<https://www.youtube.com/watch?v=K8zTzFSwGhc>)

Vault – using a suitable raised platform

I can star jump off.

I can tuck jump off.

I can straddle jump off.

(<https://www.youtube.com/shorts/iR7UiXOHUTk>)

I can pike jump off.

I can star jump off.

I can tuck jump off.

I can straddle jump off.

(<https://www.youtube.com/shorts/iR7UiXOHUTk>)

I can pike jump off.

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Handstands, Cartwheels and Round-offs

I can perform a handstand.

I can perform a lunge into handstand.

I can perform a cartwheel.

I can perform a lunge into handstand.

I can perform a lunge into cartwheel.

Travelling & Linking Actions

I can tiptoe, step, jump and hop.

I can hopscotch.

I can skip.

I can perform chassis steps.

(<https://www.youtube.com/watch?v=dqz2cdI1cVE>)

I can perform a straight jump half turn.

I can perform a cat leap.

(https://www.youtube.com/watch?v=6Jha_mg3I1o)

I can tiptoe, step, jump and hop.

I can hopscotch.

I can skip.

I can perform chassis steps.

(<https://www.youtube.com/watch?v=dqz2cdI1cVE>)

I can perform a straight jump half turn.

I can perform a cat leap.

(https://www.youtube.com/watch?v=6Jha_mg3I1o)

I can perform a cat leap half turn.

I can pivot.

(<https://www.youtube.com/watch?v=Cez3SPITPxl>)

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Shapes and Balances

I can perform large and small body part balances, including standing and kneeling balances.

I can balance on apparatus.

I can perform matching and contrasting partner balances.

I can perform pike, tuck, star, straight, straddle shapes.

I can balance on apparatus.

I can perform matching and contrasting partner balances.

I can perform pike, tuck, star, straight, straddle shapes.

I can perform 1, 2, 3 and 4- point balances.

Compete/Perform and evaluate

I can develop the quality of the actions in my performances.

I can perform learnt skills and techniques with control and confidence. I can compete against myself and others in a controlled manner.

Evaluate: Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.

I can perform and create sequences with fluency and expression.

I can perform and apply skills and techniques with control and accuracy.

Evaluate: Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.

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Upper Key Stage 2

Year 5	Year 6
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Health and fitness

I can understand the reasons for warming up and cooling down and know why it is important.

I can explain some safety principles when preparing for and during exercise.

I can understand the importance of warming up and cooling down.

I can carry out warm-ups and cool-downs safely and effectively.

I can understand why exercise is good for health, fitness and wellbeing.

I understand and explain ways I can become healthier.

Acquiring and Developing Skills in Gymnastics

To select ideas to compose specific sequences of movements,

To create sequences involving the full range of actions

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shapes and balances.

To adapt sequences to fit new criteria or suggestions.

To perform jumps, shapes and balances fluently and with control.

To confidently develop the placement of body parts in balances, recognising the position of centre of gravity and where it should be in relation to the base of the balance.

To confidently use equipment to vault in a variety of ways.

To apply skills and techniques consistently.

To develop strength, technique and flexibility throughout performances.

To combine equipment with movement to create sequences.

and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.

To demonstrate precise and controlled placement of body parts in actions, shapes and balances.

To confidently use equipment to vault and incorporate this into sequences.

To apply skills and techniques consistently, showing precision and control.

To develop strength, technique and flexibility throughout performances.

Rolls

I can perform a forward roll from standing.

I can perform a straddle forward roll.

(<https://www.youtube.com/watch?v=xOfRrgXtxS4>)

I can perform a pike forward roll.

(<https://www.youtube.com/watch?v=8W5UCL15DpQ>)

I can perform a tucked backward roll.

(<https://www.youtube.com/watch?v=nGU0ltWTWDo>)

I can perform a forward roll from standing.

I can perform a straddle forward roll.

(<https://www.youtube.com/watch?v=xOfRrgXtxS4>)

I can perform a pike forward roll.

(<https://www.youtube.com/watch?v=8W5UCL15DpQ>)

I can perform a tucked backward roll.

(<https://www.youtube.com/watch?v=nGU0ltWTWDo>)

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I can perform backward roll to straddle.

(<https://www.youtube.com/watch?v=4QzbYdph25k>)

I can perform backward roll to straddle.

(<https://www.youtube.com/watch?v=4QzbYdph25k>)

I can perform a dive forward roll.

(<https://www.youtube.com/watch?v=6rZBKzSa0Aw>)

Jumps

I can perform a straight jump.

I can perform a tuck jump.

(<https://www.youtube.com/watch?v=r7oBejx1PHM>)

I can perform a jumping jack.

I can perform a star jump.

I can perform a straddle jump.

(<https://www.youtube.com/watch?v=Enmc3hoQMIw>)

I can perform a pike jump.

(<https://www.youtube.com/watch?v=gKj-HLcOnZw>)

I can perform a straight jump half-turn

I can perform a cat leap.

(<https://www.youtube.com/watch?v=VgGJid1imrg>)

I can perform a cat leap half-turn.

I can perform a straight jump.

I can perform a tuck jump.

(<https://www.youtube.com/watch?v=r7oBejx1PHM>)

I can perform a jumping jack.

I can perform a star jump.

I can perform a straddle jump.

(<https://www.youtube.com/watch?v=Enmc3hoQMIw>)

I can perform a pike jump.

(<https://www.youtube.com/watch?v=gKj-HLcOnZw>)

I can perform a straight jump half-turn

I can perform a cat leap.

(<https://www.youtube.com/watch?v=VgGJid1imrg>)

I can perform a cat leap half-turn.

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(<https://www.youtube.com/watch?v=K8zTzFSwGhc>)

I can perform a split jump.

(<https://www.youtube.com/watch?v=vVh-51WhTO4>)

(<https://www.youtube.com/watch?v=K8zTzFSwGhc>)

I can perform a split jump.

(<https://www.youtube.com/watch?v=vVh-51WhTO4>)

I can perform a stag leap.

(<https://www.youtube.com/watch?v=o9vTEYCugLc>)

Vault – with a suitable raised platform

I can star jump off.

I can tuck jump off.

I can straddle jump off.

(<https://www.youtube.com/shorts/iR7UiXOHUTk>)

I can pike jump off.

I can star jump off.

I can star jump off.

I can tuck jump off.

I can straddle jump off.

(<https://www.youtube.com/shorts/iR7UiXOHUTk>)

I can pike jump off.

I can star jump off.

Handstands, Cartwheels and Round-offs

I can perform a lunge into handstand.

I can perform a lunge into cartwheel.

I can perform a hurdle step.

(<https://www.youtube.com/watch?v=dyglbNKUmlA>)

I can perform a lunge into handstand.

I can perform a lunge into cartwheel.

I can perform a hurdle step.

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(<https://www.youtube.com/watch?v=dyglbNKUmlA>)

I can perform a hurdle step into cartwheel.

(<https://www.youtube.com/watch?v=aINgSuk-dF0>)

Travelling & Linking Actions

I can tiptoe, step, jump and hop.

I can hopscotch.

I can skip.

I can perform chassis steps.

(<https://www.youtube.com/watch?v=dqz2cdl1cVE>)

I can perform a straight jump half turn.

I can perform a cat leap.

(https://www.youtube.com/watch?v=6Jha_mg3l1o)

I can perform a cat leap half turn.

(<https://www.youtube.com/watch?v=K8zTzFSwGhc>)

I can pivot.

(<https://www.youtube.com/watch?v=Cez3SPITPxI>)

I can tiptoe, step, jump and hop.

I can hopscotch.

I can skip.

I can perform chassis steps.

(<https://www.youtube.com/watch?v=dqz2cdl1cVE>)

I can perform a straight jump half turn.

I can perform a cat leap.

(https://www.youtube.com/watch?v=6Jha_mg3l1o)

I can perform a cat leap half turn.

(<https://www.youtube.com/watch?v=K8zTzFSwGhc>)

I can perform a cat leap full turn.

(<https://www.youtube.com/watch?v= SXBDBifVEJ0>)

I can pivot.

(<https://www.youtube.com/watch?v=Cez3SPITPxI>)

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Shapes and balances

I can balance on apparatus.

I can perform matching and contrasting partner balances.

I can perform pike, tuck, star, straight, straddle shapes.

I can perform 1, 2, 3 and 4- point balances.

I can balance on apparatus.

I can perform matching and contrasting partner balances.

I can perform pike, tuck, star, straight, straddle shapes.

I can perform 1, 2, 3 and 4- point balances.

I can perform group formations.

Compete/Perform and evaluate

I can perform longer, more complex sequences in time to music.

I can consistently perform and apply skills and techniques with accuracy and control.

Evaluate: Choose and use criteria to evaluate own and others' performances. Explain why they have used particular skills or techniques, and the effect they have had on their performance.

I can link actions to create a complex sequence using a full range of movement that showcases different agilities, performed in time to music.

I can perform and apply a variety of skills and techniques confidently, consistently and with precision.

I can begin to record my peers' performances, and evaluate these.

Evaluate: Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.