



Physical Education

Gymnastics Progression Grid



KS1 National Curriculum Aims

The main KS1 national curriculum aims covered in *Gymnastics* 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* are:

- Develop flexibility, strength, technique, control and balance.
- Compare their performance with previous ones and demonstrate improvement to achieve their personal best.

The *Gymnastic* skills taught throughout these specific areas can be broken down into: rolls, jumps, vault work, handstands, cartwheels and round-offs, travelling and shapes and balances.

Year 1

Acquiring and Developing Skills in *Gymnastics* :

I can perform basic gymnastic actions like travelling, rolling and jumping.

I can manage the space safely, showing good awareness of each other, mats and apparatus.

I can begin to move with control and care.

I can travel in different ways, changing direction and speed.

I can carry out simple stretches.

I can use a range of simple jumps landing safely

I can carry and place equipment safely.

I can make up simple movement phrases in response to simple tasks.

I can link and repeat basic gymnastic actions and perform movement phrases with control and accuracy

I can perform different rolls: Log roll (controlled), curled side roll (egg roll) and a teddy bear roll (controlled).

I can perform different Jumps: Straight jump, tuck jump, jumping jack, half turn jump and a cat spring.

I can travel and link actions: tiptoe, step, jump and hop, hopscotch, skipping, and galloping.

I can perform different balances: Standing balances, kneeling balances and pike, tuck, star, straight, straddle shapes.

Year 2

Acquiring and Developing Skills in *Gymnastics* :

I can perform a variety of actions with increasing control and accurately repeat sequences of gymnastic actions.

I can copy actions and movements to create a sequence.

I can move smoothly from a position of stillness to a travelling movement.

I can travel in a variety of ways, including rolling.

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

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

I can copy, explore and remember actions and movements to create their own sequence.

I can adapt the sequence to include apparatus or a partner.

I can use different combinations of floor, mats and apparatus, showing control, accuracy and fluency.

I can perform different rolls: Log roll (controlled), curled side roll (egg roll), teddy bear roll (controlled), rocking forward roll and crouched forward roll.

I can perform different jumps: Straight jump, tuck jump, jumping jack, half turn jump, cat spring and cat spring to straddle.

I can travel and link actions: tiptoe, step, jump and hop, hopscotch, skipping, galloping and straight jump half-turn.

I can perform different balances: Standing balances, kneeling balances, large body part balances, balances on apparatus, balances with a partner, pike, tuck, star, straight, straddle shapes.

Year 3

Acquiring and Developing Skills in *Gymnastics* :

I can perform different types of rolls, jumps and leaps with confidence.

I can explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel. To move with coordination, control and care. To create interesting body shapes while holding balances.

I can practice an action or short sequence of movements and improve the quality of the actions and transitions, show control, accuracy and fluency of movement as appropriate when performing actions on their own and with a partner.

I can use turns whilst travelling in a variety of ways.

I can plan and perform a movement sequence showing contrasts in speed, level and direction

I can devise and perform a gymnastic sequence, showing a clear beginning, middle and end

I can adapt a sequence to include different levels, speeds or directions

I can work well on their own and contribute to pair sequences

I can perform different rolls: Crouched forward roll forward roll from standing, tucked backward roll.

I can perform different Jumps: Straight jump, tuck jump, jumping jack, star jump, straddle jump, pike jump, stag jump, and straight jump half -turn and cat leap.

I can travel and link actions: tiptoe, step, jump and hop, hopscotch, skipping, chassis steps and cat leap.

Year 4

Acquiring and Developing Skills in *Gymnastics* :

I can perform a range of rolls with control and accuracy.

I can move with clarity, fluency and expression.

I can explore different combinations of apparatus to look at shape, balance and travel and know how to utilise this equipment to enhance their movements.

I can practice and refine an action or short sequence showing quality movement phrases, combining different actions for effect. To improve the placement and alignment of body parts in balances.

I can begin to perform with a partner or group. To carry out balances, recognising the position of their centre on gravity and how this affects balance.

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

I can begin to develop a longer and more varied movement phrase with smooth, planned links between actions.

I can perform a sequence where the children combine speed, level, direction and a variety of shapes.

I can work within different groups to contribute to a variety of different sequences.

I can perform different rolls: Forward roll from standing, straddle forward roll, tucked backward roll, and backward roll to straddle.

I can perform different jumps: Straight jump, tuck jump, jumping jack, star jump, straddle jump, pike jump, stag jump, and

straight jump half -turn, straight jump full-turn, cat leap, cat leap half turn and cat leap full -turn.

I can travel and link actions: tiptoe, step, jump and hop, hopscotch, skipping, chassis steps and cat leap.

I can compete against others in a controlled manner.

Year 5

Acquiring and Developing Skills in *Gymnastics* :

I can perform a range of rolls including backwards roll consistently.

I can develop strength, technique and flexibility throughout performances.

I can make similar or contrasting shapes on the floor and apparatus, working with a partner; combine actions and maintain the quality of performance when performing at the same time as a partner.

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

I know and understand the reasons for warming up and cooling down.

I can develop a longer and more varied movement sequence, demonstrating smooth transitions between actions and combine to make a sequence.

I can perform sequences with changes of speed, level, direction and clarity of shape.

I can gradually increase the length of sequences; work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement.

I can perform different rolls: Forward roll from standing, straddle forward roll, pike forward roll, tucked backward roll, backward roll to straddle.

I can perform different jumps: Straight jump, tuck jump, jumping jack, star jump, straddle jump, pike jump, stag jump, straight jump half -turn, straight jump full-turn, cat leap, cat leap half turn, cat leap full -turn and split leap.

I can travel and link actions: tiptoe, step, jump and hop, hopscotch, skipping, chassis steps and pivot.

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

Year 6

Acquiring and Developing Skills in *Gymnastics* :

I can perform a range of rolls showing different entrances and exits.

I can perform combinations of actions and agilities that show clear differences between levels, speeds and directions, with fluency and accuracy.

I can develop strength, technique and flexibility throughout performances.

I can perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension.

I can perform different rolls: Forward roll from standing, straddle forward roll, pike forward roll, tucked backward roll, backward roll to straddle, and pike backward roll.

I can perform different jumps: Straight jump, tuck jump, jumping jack, star jump, straddle jump, pike jump, stag jump, straight jump half -turn, straight jump full-turn, cat leap, cat leap half turn, cat leap full -turn, split leap and stag leap.

I can travel and link actions: tiptoe, step, jump and hop, hopscotch, skipping, chassis steps and pivot.

I can plan a movement sequence and perform with precision, control and fluency, showing a wide range of actions including variations in speed, levels and directions.

I can use a full range of actions and movements: Travelling, balancing, holding shapes, jumping, leaping and stretching.

I can accurately repeat a longer sequence with more difficult actions, with an emphasis on extension, shape and changes in direction.

I can apply skills and techniques that consistently show precision and control.

I can adapt sequences to include a partner or a small group or group formations.

I can select different balances on apparatus, 1, 2, 3 and 4 -point balances.

I can compare performances with previous ones and demonstrate improvements to achieve a personal best.

I understand why exercise is good for health, fitness and wellbeing and suggest ways to become healthier.