PE KNOWLEDGE & SKILLS PROGRESSION - GYMNASTICS



"Exercise not only changes your body, it changes your mind, your attitude and your mood."

~Anon



YEAR 1

<u>Gymnastics Skills</u>

I can perform standing and kneeling balances.

I can demonstrate pike, tuck, star, straight and straddle shapes.
I can travel using steps, jumps, hops, galloping, skipping and hopscotch.
I can travel on tip toes.

I can perform a straight, tuck, halfturning jump and a jumping jack. I can perform the following rolls: Log roll (controlled), curled side roll (egg roll) (controlled), teddy bear roll (controlled).

I can perform a bunny hop and front support wheelbarrow with a partner. I can create and perform a movement sequence.

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

I can link two actions to make a sequence.

I recognise and can copy contrasting actions (small/tall, narrow/wide).
I can travel in different ways, changing

direction and speed. I can hold still shapes and simple

l can hold still shapes and simple balances.

l can carry out simple stretches.

I can carry out a range of simple jumps, landing safely.

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

I am beginning to move with control and care.

<u>Vault</u>

l can perform a straight jump off springboard.

YEAR 2

Gymnastics Skills

I can perform standing, kneeling and large body part balances on the floor, apparatus and with a partner.

I can demonstrate pike, tuck, star, straight, straddle, front and back support shapes.

I can travel using steps, jumps, hops, galloping, skipping and hopscotch.
I travel on tip toes and use a straight jump half-turn as a linking action.
I can perform a straight, tuck, star jump, straddle, pike, straight jump half-turn, jumping jack and a cat leap.
I can perform the following rolls: Log roll (controlled), curled side roll (egg roll) (controlled), teddy bear roll (controlled), rocking for forward roll, crouched forward roll. I can perform a bunny hop, front support wheelbarrow with partner and a mini

I copy, explore and remember actions and movements to create my own sequence. I link actions to make a sequence.

handstand where feet touch.

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

I can climb onto and jump off the equipment safely.

I move with increasing control and care.

<u>Vault</u>

I can perform a hurdle step onto springboard. I can perform a straight, tuck jump off springboard.

YEAR 3

Gymnastics Skills

I can perform large and small body part balances including standing and kneeling on the floor and apparatus.

I can perform matching and contrasting partner balances.

I can demonstrate pike, tuck, star, straight, straddle, front and back support shapes.

I travel using steps, jumps, hops, galloping, skipping, hopscotch and chassis steps.

I travel on tip toes and use a straight jump half-turn and cat leap as linking actions.

I perform a straight, tuck, star jump, straddle, pike, straight jump half-turn and full turn, jumping jack and a cat leap, cat leap half-turn.

I can perform the following rolls: Crouched forward roll, forward roll from standing, tucked backward roll down an incline.

I can perform a handstand with a lunge into it and a cartwheel.

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

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

I can develop the quality of my actions, shapes and balances.

I move with coordination, control and care.

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

I can use a range of jumps in my sequences and am beginning to use equipment to vault.

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

I am beginning to show flexibility in movements

Vault

I can hurdle step onto springboard.

I can squat on vault (lower one) star, tuck, straddle, pike jump off.