



PE KNOWLEDGE & SKILLS PROGRESSION - GYMNASTICS

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



YEAR 4

Gymnastics
 I can perform 1, 2, 3 and 4 point balances both on the floor and apparatus.
 I can balance with and against a partner.
 I can demonstrate pike, tuck, star, straight, straddle, front/back/side support shapes.

I can travel using steps, jumps, hops, galloping, skipping, hopscotch and chassis steps.
 I can travel on tip toes and use a straight jump half-turn, straight jump full turn, cat leap, cat leap half-turn and pivot.

I can 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, stag jump and split leap.

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

I can perform both a handstand and a cartwheel with a lunge start and finish.

I can create a sequence of actions that fit a theme.

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

I move with clarity, fluency and expression.
 I show changes of direction, speed and level during a performance.

I travel in different ways, including using flight.

I can improve the placement and alignment of body parts in balances.

I use equipment to vault in a variety of ways.

Carry out balances, recognising the position of their centre of gravity and how this affects the balance.

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

Develop strength, technique and flexibility throughout performances.

Vault
 I can hurdle step onto a springboard.
 I can squat on vault.
 I can straddle on vault.
 I can perform a star, tuck, straddle and pike jump off a vault.

YEAR 5

Gymnastics
 I can perform 1, 2, 3 and 4 point balances both on the floor and apparatus.
 I complete part body weight partner balances.
 I can demonstrate front/back and side support shapes and lower to the floor with control.

I travel using steps, jumps, hops, galloping, skipping, hopscotch and chassis steps.
 I can travel on tip toes and use a straight jump half-turn, straight jump full turn, cat leap, cat leap half-turn and pivot.

I can 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, cat leap full-turn, stag jump and split leap.

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

I can perform a handstand, cartwheel and round-off with a lunge.

I select ideas to compose specific sequences of movements, shapes and balances.

I can adapt my sequences to fit new criteria or suggestions.

I can perform jumps, shapes and balances fluently and with control.

I can confidently develop the placement of my body parts in balances.
 I can confidently use equipment to vault in a variety of ways.

I apply skills and techniques consistently.

I can develop strength, technique and flexibility throughout performances.

I can combine equipment with movement to create sequences.

Vault
 I can hurdle step onto a springboard.
 I can squat on vault.
 I can confidently straddle on vault.
 I can perform a star, tuck, straddle and pike jump off.
 I can squat through vault.

YEAR 6

Gymnastics
 I can perform 1, 2, 3 and 4 point balances both on the floor and apparatus.
 I can complete full body weight partner balances.
 I can demonstrate front/back and side support shapes and lower to the floor with control and push back up.

I can travel using steps, jumps, hops, galloping, skipping, hopscotch and chassis steps.
 I can travel on tip toes and use a straight jump half-turn, straight jump full turn, cat leap, cat leap half-turn, cat leap full-turn and pivot.

I can 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, cat leap full-turn, stag jump, split leap and stag leap.

I can perform the following rolls: Forward roll from standing, straddle forward roll, pike forward roll, dive forward roll, tucked backward roll, backward roll to straddle, backward roll to standing pike, pike backward roll.
 I can perform a cartwheel and round off with a lunge. I am able to hurdle step, using into a cartwheel and round-off.

I can create my own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.
 I can demonstrate precise and controlled placement of body parts in my actions, shapes and balances.

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

I can apply skills and techniques consistently, showing precision and control.

I can develop strength, technique and flexibility throughout performances.

Vault
 I can hurdle step onto a springboard.
 I can squat on vault.
 I can straddle on vault.
 I can perform a star, tuck, straddle and pike jump off.
 I can squat through vault.
 I can straddle over vault.

