

Gymnastics Progression Grid

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Fitness						
Describe how the body feels when still and when exercising.	Describe how the body feels before, during and after exercise. Carry and place equipment safely.	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.	Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.	Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.
Acquiring and Developing Skills in Gymnastics (General)						
Create a short sequence of movements. Roll in different ways with control.	Create and perform a movement sequence. Copy actions and movement sequences with a	Copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence.	Choose ideas to compose a movement sequence independently and with others. Link combinations of actions with	Create a sequence of actions that fit a theme. Use an increasing range of actions, directions and levels in their sequences.	Develop strength, technique and flexibility throughout performances. Select ideas to compose specific sequences of	Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging,

<p>Travel in different ways.</p> <p>Stretch in different ways.</p> <p>Jump in a range of ways from one space to another with control.</p> <p>Begin to balance with control.</p> <p>Move around, under, over, and through different objects and equipment.</p>	<p>beginning, middle and end.</p> <p>Link two actions to make a sequence.</p> <p>Recognise and copy contrasting actions (small/tall, narrow/wide).</p> <p>Travel in different ways, changing direction and speed.</p> <p>Hold still shapes and simple balances.</p> <p>Carry out simple stretches.</p> <p>Carry out a range of simple jumps, landing safely.</p> <p>Move around, under, over, and through different objects and equipment.</p>	<p>Travel in a variety of ways, including rolling.</p> <p>Hold a still shape whilst balancing on different points of the body.</p> <p>Jump in a variety of ways and land with increasing control and balance.</p> <p>Climb onto and jump off the equipment safely.</p> <p>Move with increasing control and care.</p>	<p>increasing confidence, including changes of direction, speed or level.</p> <p>Develop the quality of their actions, shapes and balances.</p> <p>Move with coordination, control and care.</p> <p>Use turns whilst travelling in a variety of ways.</p> <p>Use a range of jumps in their sequences.</p> <p>Begin to use equipment to vault.</p> <p>Create interesting body shapes while holding balances with control and confidence.</p>	<p>Move with clarity, fluency and expression.</p> <p>Show changes of direction, speed and level during a performance.</p> <p>Travel in different ways, including using flight.</p> <p>Improve the placement and alignment of body parts in balances.</p> <p>Use equipment to vault in a variety of ways.</p> <p>Carry out balances, recognising the position of their centre of gravity and how this affects the balance.</p>	<p>movements, shapes and balances.</p> <p>Adapt their sequences to fit new criteria or suggestions.</p> <p>Perform jumps, shapes and balances fluently and with control.</p> <p>Confidently develop the placement of their 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.</p> <p>Confidently use equipment to vault in a variety of ways.</p>	<p>vaulting and stretching.</p> <p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</p> <p>Confidently use equipment to vault and incorporate this into sequences.</p> <p>Apply skills and techniques consistently, showing precision and control.</p> <p>Develop strength, technique and flexibility throughout performances.</p>
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	Begin to move with control and care.		Begin to show flexibility in movements	Begin to develop good technique when travelling, balancing and using equipment.	Apply skills and techniques consistently. Develop strength, technique and flexibility throughout performances. Combine equipment with movement to create sequences.	
Rolls						
Curled side roll (egg roll)	Log roll (controlled)	Log roll (controlled)	Crouched forward roll	Forward roll from standing	Forward roll from standing	Forward roll from standing
Log roll (pencil roll)	Curled side roll (egg roll) (controlled)	Curled side roll (egg roll) (controlled)	Forward roll from standing	Straddle forward roll	Straddle forward roll	Straddle forward roll
Teddy bear roll	Teddy bear roll (controlled)	Teddy bear roll (controlled)	Tucked backward roll	Tucked backward roll	Pike forward roll	Pike forward roll
		Rocking for forward roll		Backward roll to straddle	Tucked backward roll	Dive forward roll
		Crouched forward roll			Backward roll to straddle	Tucked backward roll
						Backward roll to straddle
						Backward roll to standing pike

						Pike backward roll
Jumps						
Straight jump	Straight jump	Straight jump	Straight jump	Straight jump	Straight jump	Straight jump
Tuck jump	Tuck jump	Tuck jump	Tuck jump	Tuck jump	Tuck jump	Tuck jump
Jumping Jack	Jumping jack	Jumping jack	Jumping jack	Jumping jack	Jumping jack	Jumping jack
Half turn jump	Half turn jump	Half turn jump	Star jump	Star jump	Star jump	Star jump
	Cat spring	Cat spring	Straddle jump	Straddle jump	Straddle jump	Straddle jump
		Cat spring to straddle	Pike jump	Pike jump	Pike jump	Pike jump
			Straight jump half-turn	Straight jump half-turn	Stag jump	Stag jump
			Cat leap	Straight jump full-turn	Straight jump half-turn	Straight jump half-turn
				Cat leap	Straight jump full-turn	Straight jump full-turn
				Cat leap half-turn	Cat leap	Cat leap
					Cat leap half-turn	Cat leap half-turn
					Split leap	Cat leap full-turn
						Split leap
						Stag leap

Vault - with springboard and vault or other suitable raised platform, e.g. gymnastics table						
		Hurdle step onto springboard	Hurdle step onto springboard	Hurdle step onto springboard	Straight jump off springboard	Hurdle step onto springboard
		Straight jump off springboard	Squat on vault	Squat on vault	Hurdle step onto springboard	Squat on vault
		Tuck jump off springboard	Star jump off	Straddle on vault	Squat on vault	Straddle on vault
			Tuck jump off	Star jump off	Straddle on vault	Star jump off
			Straddle jump off	Tuck jump off	Star jump off	Tuck jump off
			Pike jump off	Straddle jump off	Tuck jump off	Straddle jump off
				Pike jump off	Straddle jump off	Pike jump off
					Pike jump off	Squat through vault
					Squat through vault	Straddle over vault
Handstands, Cartwheels and Round-offs						
Bunny hop	Bunny hop	Bunny hop	Handstand	Lunge into handstand	Lunge into handstand	Lunge into cartwheel
	Front support wheelbarrow with partner	Front support wheelbarrow with partner	Lunge into handstand	Lunge into cartwheel	Lunge into cartwheel	Lunge into round-off
		T-lever	Cartwheel		Lunge into round-off	Hurdle step
		Scissor kick				Hurdle step into cartwheel

						Hurdle step into round-off
Travelling and Linking Actions						
Tiptoe, step, jump and hop	Tiptoe, step, jump and hop Hopscotch Skipping Galloping	Tiptoe, step, jump and hop Hopscotch Skipping Galloping Straight jump half-turn	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Cat leap	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Cat leap full turn Pivot
Shapes and Balances						
Standing balances	Standing balances Kneeling balances	Standing balances Kneeling balances Large body part balances	Large and small body part balances, including standing and kneeling balances	1, 2, 3 and 4- point balances Balances on apparatus	1, 2, 3 and 4- point balances Balances on apparatus	1, 2, 3 and 4- point balances Balances on apparatus

	Pike, tuck, star, straight, straddle shapes	Balances on apparatus Balances with a partner Pike, tuck, star, straight, straddle shapes Front and back support	Balances on apparatus Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes Front and back support	Balances with and against a partner Pike, tuck, star, straight, straddle shapes Front and back support	Part body weight partner balances Pike, tuck, star, straight, straddle shapes Front and back support	Develop technique, control and complexity of part-weight partner balances Group formations Pike, tuck, star, straight, straddle shapes Front and back support
Compete/Perform						
Control my body when performing a sequence of movements. Participate in simple games.	Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control.	Perform sequences of their own composition with coordination. Perform learnt skills with increasing control.	Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.	Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy.	Perform own longer, more complex sequences in time to music. Consistently perform and apply skills and techniques with accuracy and control.	Link actions to create a complex sequence using a full range of movement that showcases different agilities, performed in time to music. Perform and apply a variety of skills and techniques confidently, consistently and with precision. Begin to record their peers'

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						performances, and evaluate these.
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