



Gymnastics Progressions of skills			
<b>KS2 National Curriculum Aims</b> <ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination</li> <li>• Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>• Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• Perform dances using a range of movement patterns</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		<b>KS2 National Curriculum Aims</b> <p>The main KS2 national curriculum aims covered in the Gymnastics units are:</p> <ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance.</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	
Year 3	Year 4	Year 5	Year 6
<p>Complete balances with increasing stability, control and technique.</p> <p>Demonstrate some strength and control when taking weight on different body parts for longer periods of time.</p> <p>Demonstrate increased flexibility and extension in their actions.</p>	<p>Use body tension to perform balances both individually and with a partner</p> <p>Demonstrate increasing strength, control and technique when taking own and others weight.</p> <p>Demonstrate increased flexibility and extension in more challenging actions.</p>	<p>Show increasing control and balance when moving from one balance to another.</p> <p>Use strength to improve the quality of an action and the range of actions available.</p> <p>Use flexibility to improve the quality of the actions</p>	<p>Combine and perform more complex balances with control, technique and fluency.</p> <p>Demonstrate more complex actions with a good level of strength and technique.</p> <p>Confidently transition from one action to another showing appropriate control and extension for the</p>



<p>Choose actions that flow well into one another both on and off apparatus.</p> <p><b>Skills</b></p> <p><b>Shapes:</b> explore matching and contrasting shapes.  <b>Balances:</b> explore point and patch balances and transition smoothly into and out of them.  <b>Rolls:</b> develop the straight, barrel, and forward roll.  <b>Jumps:</b> develop stepping into shape jumps with control.</p> <p><b>Knowledge</b></p> <p><b>Shapes:</b> understand how to use body tension to make my shapes look better.  <b>Balances:</b> understand that I can make my balances look interesting by using different levels.  <b>Rolls:</b> understand the safety considerations when performing more difficult rolls.  <b>Jumps:</b> understand that I can change the take off and</p>	<p>Plan and perform sequences showing control and technique with and without a partner.</p> <p><b>Skills</b></p> <p><b>Shapes:</b> develop the range of shapes I use in my sequences.  <b>Inverted movements:</b> develop strength in bridge and shoulder stand.  <b>Balances:</b> develop control and fluency in individual and partner balances.  <b>Rolls:</b> develop the straight, barrel, forward and straddle roll and perform them with increased control.  <b>Jumps:</b> develop control in performing and landing rotation jumps.</p> <p><b>Knowledge</b></p> <p><b>Shapes:</b> understand how shapes can be used to improve my sequence.  <b>Inverted movements:</b> know that inverted movements are</p>	<p>they perform as well as the actions they choose to link them.</p> <p>Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.</p> <p><b>Skills</b></p> <p><b>Shapes:</b> perform shapes consistently and fluently linked with other gymnastic actions.  <b>Inverted movements:</b> explore progressions of a cartwheel.  <b>Balances:</b> explore symmetrical and asymmetrical balances.  <b>Rolls:</b> develop control in the straight, barrel, forward, straddle and backward roll.  <b>Jumps:</b> select a range of jumps to include in sequence work.</p> <p><b>Knowledge</b></p> <p><b>Shapes:</b> understand that shapes underpin all other skills.</p>	<p>complexity of the action.</p> <p>Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills.</p> <p><b>Skills</b></p> <p><b>Shapes:</b> combine and perform gymnastic shapes more fluently and effectively.  <b>Inverted movements:</b> develop control in progressions of a cartwheel and a headstand.  <b>Balances:</b> explore counter balance and counter tension.  <b>Rolls:</b> develop fluency and consistency in the straddle, forward and backward roll.  <b>Jumps:</b> combine and perform a range of gymnastic jumps more fluently and effectively.</p> <p><b>Knowledge</b></p> <p><b>Shapes:</b> know which shapes to use for each skill. Inverted movements: understand that spreading my weight across a</p>
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<p>shape of my jumps to make them look interesting.  <b>Strategy:</b> know that if I use different levels it will help to make my sequence look interesting.</p>	<p>actions in which my hips go above my head.  <b>Balances:</b> know how to keep myself and others safe when performing partner balances.  <b>Rolls:</b> understand that I can keep the shape of my roll using body tension.  <b>Jumps:</b> know that I can control my landing by landing toes first, looking forwards and bending my knees.  <b>Strategy:</b> know that if I use different directions it will help to make my sequence look interesting.</p>	<p><b>Inverted movements:</b> understand that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.  <b>Balances:</b> understand how to use contrasting balances to make my sequences look interesting.  <b>Rolls:</b> understand that I need to work within my own capabilities and this may be different to others.  <b>Jumps:</b> understand that I can use jumps to link actions and changing the shape of these will make my sequence look interesting.  <b>Strategy:</b> know that if I use different pathways it will help to make my sequence look interesting</p>	<p>base of support will help me to balance.  <b>Balances:</b> know where and when to apply force to maintain control and balance.  <b>Rolls:</b> understand that I can use momentum to help me to roll and know where that momentum from. <b>Jumps:</b> understand that taking off from two feet will give me more height and therefore more time in the air.  <b>Strategy:</b> know that if I use changes in formation it will help to make my sequence look interesting.</p>
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