



# PROGRESSION OF KEY SKILLS

## Gymnastics

Early Years	EY
Can experiment with different shapes	
Experiment with different jumps	
Experiment with different ways of rolling in small shape	
Experiment with balancing on different body parts	
Moving along the floor in different ways like aliens sliding, rolling, stretching etc	
Show a start shape, middle and finishing shape (beginning of a sequence)	
Moving on and off apparatus safely	



1	Year 1
	Can perform various shapes
	Perform basic jump (straight jump, Star jump)
	Perform a tuck rock and a tuck roll and rocket roll with pointed toes
	Perform a simple balance holding for 3 seconds
	Perform a bunny hop- hands first then feet
	Perform a basic sequence (roll, jump and roll)
	Moving on and off apparatus with control



Year 2	2
Can perform shapes with a strong body and control	
Perform jumps (straight, star, tuck jump) with control and a strong body	
Perform a tuck rock, tuck roll, forward roll and dish/arch roll	
Perform a balance on one or more parts of body	
Perform a bunny hop - hands flat with straight arms	
Perform a sequence on apparatus- (roll, jump and balance)	
Moving on and off apparatus with strong body and control	



3	Year 3
	Can perform a variety of shapes with good control
	Perform a straight jump with a half turn
	Perform a Teddy bear roll
	Perform Point and Patch balances
	Perform a bunny hop across a mat run and onto/across low benches and apparatus
	Perform a short sequence on mats (using levels directions control)
	Hopscotch on throw down feet- introduction to hurdle step onto apparatus



Year 4	4
Can perform a variety of shapes with good control when performing various skills	
Perform various jumps and develop travelling across the mat	
Teddy bear roll with a partner/group in sequence with pointed toes	
Perform matching and mirroring balance routines on apparatus	
Perform a bunny hop onto a variety of apparatus with control	
Perform a short sequence on mats and apparatus showing levels, unison, and pointed toes	
Hopscotch across the floor to develop hurdle step onto low apparatus	



5	Year 5
	Can perform complex shapes with control and some flexibility
	Perform more complex jumps, tuck, pike and a scissor kick
	Perform a T-roll
	Perform symmetrical and asymmetrical balances
	Perform a 'squat on and squat off' on various apparatus
	Link skills to create a sequence with Fluency. Co-operate, communicate and collaborate with others
	To perform a hurdle step on the floor/springboard
	Cartwheel on the floor using various apparatus



Year 6	6
Can perform complex shapes when performing Sequences and skills with flexibility	
Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leap	
Side star roll, T-roll (with pointed toes), backwards roll	
Perform various balances counter balance and counter tension	
Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)	
Compete in teams to win points with sequences and a vault competition	
Perform a hurdle step on the floor/springboard and onto apparatus	
Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand	

