

ROGRESSION OF KEY SKILLS

Gymnastics

Can experiment with different shapes

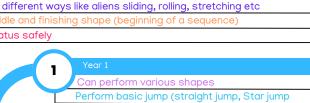
Experiment with different jumps

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

Moving on and off apparatus safely



Perform a simple balance holding for 3 seconds

Perform a tuck rock and a tuck roll and rocket roll with pointed toes

Perform a bunny hop-hands first then feet

Perform a basic sequence (roll, jump and roll)

Moving on and off apparatus with control

an 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



Can perform a variety of shapes with good control

erform 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

an 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





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

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

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

