

Gymnastics - Progression of Knowledge and Skills



	EYFS	KS1	LKS2	UKS2
Skills	<ul style="list-style-type: none"> Move around using different body parts on the floor. Be able to jump safely with 2 feet taking off and land at the same time. Understand and show how to climb up, down and across low and medium height apparatus. 	<ul style="list-style-type: none"> Perform 3 basic jump, show control, coordination and land safely, pencil, star and tuck on the floor and low apparatus. Complete 2 rolls moving slowly and under control. Show the 5 gymnastics shapes in a basic routine on floor. Show creative and interesting travels on different body parts. Developed basic balance skills and use different body parts to hold them on. 	<ul style="list-style-type: none"> Learn 2 more additional jumps, half turn and full turn and perform on floor and low apparatus. Become more confident when climbing going high and adventuring over, under and through apparatus. Understand what body parts are points and patches and show a wider range of balance holding for 5 seconds. Learn to show strength and body control with completing 3 different roles. Show points and patches balances extending and pointing body parts. Be able to work as a team to create counter and group balances Create small routine showing shapes, jumps, roll and balances on the floor. Using the correct technique when climbing up, down, over and through apparatus. 	<ul style="list-style-type: none"> Learn 2 more additional jumps pike and straddle and perform on the floor and apparatus. When showing balances on or off apparatus show good creativity, strength and flexibility. Show coordination when rolling and attempted forward rolls and cartwheel will with success Perform the 5 gymnastic shapes, 7 jumps, and wide range of different balances using points and patches, complete 4 different types of rolls on the floor showing good flexibility, strength and body control using the correct technique. Work as part as a team to create and perform an interesting floor routine, with shapes, jumps, single and group balances, rolls.
Knowledge	<ul style="list-style-type: none"> Know how to listen to and follow instructions Know how to keep themselves safe To know what a jump is. To know how to use the apparatus safely To know some of the different body parts. 	<ul style="list-style-type: none"> To know how to correct stretch muscles in the warm up. To have a basic understanding that conditioning builds muscle strength & endurance. To know how to safely land and finish skills. To know all basic gymnastics shapes. To know how to safely forward roll. To understand that it is important for us to warm up before we start gymnastics. To know that we only jump once on a springboard To know how to safely enter and exit partner balances and what to do if the balance becomes unsafe. To know how long balances are held for (3 seconds) To know the rhythm and order of a cartwheel - hand, hand, foot foot 	<ul style="list-style-type: none"> To understand the importance of pulse raising and warm ups. To be able to identify when their pulse has been raised and their body is ready for stretches. To know the main parts of the body that need to be stretched prior to a gymnastics session. To know basic conditioning exercises to increase strength and endurance. To understand the importance of conditioning, stretching and endurance in gymnastics. To know how to safely move equipment. To know how to safely land and finish skills. To know how to safely enter and exit group balances and what to do if the balance becomes unsafe. To understand the differences between a leap and a jump. To know what conditioning exercises will improve specific parts of the body. 	<ul style="list-style-type: none"> To understand the importance of pulse raising and warm ups. To be able to identify when their pulse has been raised and their body is ready for stretches. To know a variety of stretches that will prepare their bodies for a gymnastics session. To know a variety of conditioning exercises to increase stretch and endurance. To understand the importance of conditioning, stretch and endurance in gymnastics. To know how to safely move equipment. To know the terms "progressions" and "preps" and why they are important in developing skills safely. To know a variety of preps for advance skills, such as walkovers and handsprings. To know how to safely land and finish skills. To know what constitutes a good gymnastics routine; including different types of timing, transitions, different heights, and balances. To know how to safely enter and exit group balances and what to do if the balance becomes unsafe. To understand the differences between a leap and a jump. Knows how to create their own complex sequences involving the full range of actions and movements. Knows how to demonstrate precise and controlled placement of body parts in their actions, shapes and balances. Knows how to confidently use equipment to vault and incorporate this into sequences. Knows how to apply skills and techniques consistently, showing precision and control. Knows how to develop strength, technique and flexibility throughout performances.
Vocabulary	Move, copy, over, shape, space, rock, around, safely, sideways, travel, forwards, backwards	Action, jump, roll, level, direction, speed, point, balance, link, pathway, sequence, tuck, straddle, speed, star, pike	Flow, explore, create, matching, interesting, control, contrasting, technique, quality, apparatus, perform, extension, inverted	Symmetrical, rotation, aesthetics, canon, asymmetrical, synchronisation, progression, momentum, fluently, stability, formation, counter balance, counter tension

National Curriculum Link

- Develop flexibility, strength, technique, control and balance.
- Compare their performance with previous one and demonstrate improvement to achieve their personal best.