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| **Gymnastics Progressions of skills**  |
| **KS2 National Curriculum Aims** * Use running, jumping, throwing and catching in isolation and in combination
* 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
* Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
* Perform dances using a range of movement patterns
* Take part in outdoor and adventurous activity challenges both individually and within a team
* Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
 | **KS2 National Curriculum Aims** The main KS2 national curriculum aims covered in the Gymnastics units are: • Develop flexibility, strength, technique, control and balance. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. |
| **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| Complete balanceswith increasingstability, control andtechnique.Demonstrate somestrength and controlwhen taking weight ondifferent body parts forlonger periods of time.Demonstrateincreased flexibilityand extension intheir actions.Choose actions thatflow well into oneanother both onand off apparatus.**Skills** **Shapes**: explore matching and contrasting shapes. **Balances**: explore point and patch balances and transition smoothly into and out of them.**Rolls**: develop the straight, barrel, and forward roll. **Jumps**: develop stepping into shape jumps with control.**Knowledge** **Shapes**: understand how to use body tension to make my shapes look better. **Balances**: understand that I can make my balances look interesting by using different levels. **Rolls**: understand the safety considerations when performing more difficult rolls. **Jumps**: understand that I can change the take off and shape of my jumps to make them look interesting. **Strategy**: know that if I use different levels it will help to make my sequence look interesting. | Use body tension toperform balances bothindividually and with apartnerDemonstrate increasingstrength, control andtechnique when takingown and others weight.Demonstrateincreased flexibilityand extension inmore challengingactions.Plan and performsequences showingcontrol and techniquewith and without apartner.**Skills****Shapes**: develop the range of shapes I use in my sequences. **Inverted movements**: develop strength in bridge and shoulder stand. **Balances**: develop control and fluency in individual and partner balances.**Rolls**: develop the straight, barrel, forward and straddle roll and perform them with increased control.**Jumps**: develop control in performing and landing rotation jumps.**Knowledge** **Shapes**: understand how shapes can be used to improve my sequence.**Inverted movements**: know that inverted movements are actions in which my hips go above my head.**Balances**: know how to keep myself and others safe when performing partner balances.**Rolls**: understand that I can keep the shape of my roll using body tension.**Jumps**: know that I can control my landing by landing toes first, looking forwards and bending my knees.**Strategy**: know that if I use different directions it will help to make my sequence look interesting. | Show increasingcontrol and balancewhen moving fromone balance toanother.Use strength toimprove the qualityof an action and therange of actionsavailable.Use flexibilityto improve thequality of the actionsthey perform as wellas the actions theychoose to link them.Create and performmore complexsequences of actionswith a good level ofquality, control andtechnique with andwithout a partner.**Skills****Shapes**: perform shapes consistently and fluently linked with other gymnastic actions.**Inverted movements**: explore progressions of a cartwheel.**Balances**: explore symmetrical and asymmetrical balances.**Rolls**: develop control in the straight, barrel, forward, straddle and backward roll.Jumps: select a range of jumps to include in sequence work. **Knowledge** **Shapes**: understand that shapes underpin all other skills.**Inverted movements**: understand that sometimes I need to move slowly to gain control and othertimes I need to move quickly to build momentum.**Balances**: understand how to use contrasting balances to make my sequences look interesting.**Rolls**: understand that I need to work within my own capabilities and this may be different to others.**Jumps**: understand that I can use jumps to link actions and changing the shape of these will make mysequence look interesting.**Strategy**: know that if I use different pathways it will help to make my sequence look interesting | Combine and performmore complex balanceswith control, techniqueand fluency.Demonstrate morecomplex actions with agood level of strengthand technique.Confidently transitionfrom one action toanother showingappropriate control andextension for thecomplexity of the action.Plan and performwith precision,control and fluency,a sequence ofactions including awide range of skills.**Skills****Shapes**: combine and perform gymnastic shapes more fluently and effectively.**Inverted movements**: develop control in progressions of a cartwheel and a headstand.**Balances**: explore counter balance and counter tension.**Rolls**: develop fluency and consistency in the straddle, forward and backward roll.**Jumps**: combine and perform a range of gymnastic jumps more fluently and effectively.**Knowledge** **Shapes**: know which shapes to use for each skill. Inverted movements: understand that spreading my weight across a base of support will help me to balance. **Balances**: know where and when to apply force to maintain control and balance. **Rolls**: understand that I can use momentum to help me to roll and know where that momentum from. **Jumps**: understand that taking off from two feet will give me more height and therefore more time in the air. **Strategy**: know that if I use changes in formation it will help to make my sequence look interesting. |