

# PROGRESSION OF KEY SKILLS

## Gymnastics

### Reception (through into First PE unit)

EY

- > Can experiment with different space shapes
- > Experiment with different jumps
- > Experiment with different ways of rolling in small shape (moon roll) Experiment with a rocket roll
- > Moving along the floor in different ways like aliens sliding, rolling, stretching etc
- > Show a start shape, rocket roll and finishing shape (beginning of a sequence)



### Year 1

1

- > Can perform shapes
- > Perform basic space jump (rocket jump)
- > Perform a moon rock and a moon roll Perform a rocket roll with pointed toes
- > Perform a bunny hop- hands first then feet
- > Perform a basic sequence (roll and a jump)

### Year 2

2

- > Can perform shapes with a strong body and control
- > Perform jumps (rocket, star, moon jump) with control and a strong body
- > Perform a moon rock, moon roll and forward roll Perform a rocket roll and extend to a dish/saucer roll
- > Perform a bunny hop – hands flat with straight arms
- > Perform a sequence – (roll, jump and balance)



### Year 3

3

- > Can perform a variety of shapes with good control
- > Perform a rocket jump with a half turn
- > Teddy bear roll Perform matching and mirroring balances
- > Perform a bunny hop across a mat run and onto/across low benches and apparatus
- > Hopscotch on throw down feet
- > Perform a short sequence on mats



### Year 4

4

- > Can perform a variety of shapes with good control when performing various skills
- > Perform a rocket jump with a  $\frac{3}{4}$  and full turn with pointed toes
- > 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 variety of apparatus with control
- > Hopscotch across the floor to develop hurdle step
- > Run and jump over hurdles with some speed and control

### Year 5

5

- > Can perform complex shapes with control and some flexibility
- > Perform more complex jumps, tuck, pike and begin leaps
- > Side star roll and T-roll. Perform point and patch balances
- > Perform a 'squat on and squat off' on various apparatus
- > To perform a hurdle step on the floor/springboard
- > Link and sequence actions. Co-operate, communicate and collaborate with others

### Year 6

6

- > Can perform complex shapes when performing Sequences and skills with flexibility
- > Perform more complex jumps, tuck, pike and leaps scissor kick and cat leap
- > Side star roll, T-roll (with pointed toes), backwards roll. Perform more complex point and patches balances in a sequence on apparatus
- > Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)
- > Perform a hurdle step on the floor/springboard and onto low apparatus
- > Compete in teams to win points with sequences and a vault competitions

