## **Gymnastics progression**

	Skills and knowledge	Vocabulary
Pre-school	<ul> <li>Shapes: copy different basic shapes.</li> <li>Balances: explore shapes in stillness.</li> <li>Rolls: begin to rock and roll.</li> <li>Jumps: explore jumping safely.</li> <li>Shapes: understand that I can make basic shapes with my body.</li> <li>Balances: know how to stay still when holding a balance.</li> <li>Rolls: know what a roll looks like.</li> </ul>	Move Copy Shape Space
Reception	<ul> <li>Jumps: know that bending my knees will help me to jump.</li> <li>Shapes: show contrast with my body including wide/narrow, straight/curved.</li> <li>Balances: explore shapes in stillness using different parts of my body.</li> <li>Rolls: explore rocking and rolling.</li> <li>Jumps: jumping safely.</li> </ul>	Rock Around Sideways Forwards Over Safely Travel Backwards
	<ul> <li>Shapes: understand that I can make different interesting shapes with my body.</li> <li>Balances: know that I should be still when holding a balance.</li> <li>Rolls: know that I can change my body shape to help me roll.</li> <li>Jumps: know that bending my knees will help me to land safely.</li> <li>Strategy: know that if I hold a shape and count to five people will see it clearly.</li> </ul>	
Year 1	<ul> <li>Shapes: explore basic shapes straight, tuck, straddle, and pike.</li> <li>Balances: perform balances making my body tense, stretched and curled.</li> <li>Rolls: explore barrel, straight and forward roll progressions.</li> <li>Jumps: explore shape jumps including jumping off low apparatus.</li> </ul>	Action Direction Jump Speed

	<ul> <li>Shapes: understand that I can improve my shapes by extending parts of my body.</li> <li>Balances: know that balances should be held for 5 seconds.</li> <li>Rolls: know that I can use different shapes to roll.</li> <li>Jumps: know that landing on the balls of my feet helps me to land with control.</li> <li>Strategy: know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.</li> </ul>	Roll Point Level Balance
Year 2	<ul> <li>Shapes: explore using shapes in different gymnastic balances.</li> <li>Balances: remember, repeat and link combinations of gymnastic balances.</li> <li>Rolls: explore barrel, straight and forward roll and put into sequence work.</li> <li>Jumps: explore shape jumps and take off combinations.</li> <li>Shapes: know that some shapes link well together.</li> <li>Balances: understand that squeezing my muscles helps me to balance. Rolls: understand that there are different teaching points for different rolls.</li> <li>Jumps: understand that looking forward will help me to land with control.</li> <li>Strategy: know that if I use shapes that link well together it will help my sequence to flow.</li> </ul>	Link Straddle Pathway Speed Sequence
Year 3	<ul> <li>Shapes: explore matching and contrasting shapes.</li> <li>Balances: explore point and patch balances and transition smoothly into and out of them.</li> <li>Rolls: develop the straight, barrel, and forward roll.</li> <li>Jumps: develop stepping into shape jumps with control.</li> <li>Shapes: understand how to use body tension to make my shapes look better.</li> </ul>	Matching Flow Interesting Explore Control Create Contrasting

	<ul> <li>Balances: understand that I can make my balances look interesting by using different levels.</li> <li>Rolls: understand the safety considerations when performing more difficult rolls.</li> <li>Jumps: understand that I can change the take-off and shape of my jumps to make them look interesting.</li> <li>Strategy: know that if I use different levels it will help to make my sequence look interesting.</li> </ul>	
Year 4	<ul> <li>Shapes: develop the range of shapes I use in my sequences.</li> <li>Inverted movements: develop strength in bridge and shoulder stand.</li> <li>Balances: develop control and fluency in individual and partner balances.</li> <li>Rolls: develop the straight, barrel, forward and straddle rolls and perform them with increased control.</li> <li>Jumps: develop control in performing and landing rotation jumps.</li> </ul>	Technique Quality Apparatus Perform Extension Inverted
	<ul> <li>Shapes: understand how shapes can be used to improve my sequence.</li> <li>Inverted movements: know that inverted movements are actions in which my hips go above my head.</li> <li>Balances: know how to keep myself and others safe when performing partner balances.</li> <li>Rolls: understand that I can keep the shape of my roll using body tension.</li> <li>Jumps: know that I can control my landing by landing toes first, looking forwards and bending my knees.</li> <li>Strategy: know that if I use different directions it will help to make my sequence look interesting.</li> </ul>	

Year 5	<ul> <li>Shapes: perform shapes consistently and fluently linked with other gymnastic actions.</li> <li>Inverted movements: explore progressions of a cartwheel.</li> <li>Balances: explore symmetrical and asymmetrical balances.</li> <li>Rolls: develop control in the straight, barrel, forward, straddle and backward roll.</li> <li>Jumps: select a range of jumps to include in sequence work.</li> </ul>	Symmetrical Asymmetrical Rotation Synchronisation Aesthetics Progression canon
	<ul> <li>Shapes: understand that shapes underpin all other skills.</li> <li>Inverted movements: understand that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.</li> <li>Balances: understand how to use contrasting balances to make my sequences look interesting.</li> <li>Rolls: understand that I need to work within my own capabilities and this may be different to others.</li> <li>Jumps: understand that I can use jumps to link actions and changing the shape of these will make my sequence look interesting.</li> <li>Strategy: know that if I use different pathways it will help to make my sequence look interesting.</li> </ul>	
Year 6	<ul> <li>Shapes: combine and perform gymnastic shapes more fluently and effectively.</li> <li>Inverted movements: develop control in progressions of a cartwheel and a headstand.</li> <li>Balances: explore counterbalance and counter tension.</li> <li>Rolls: develop fluency and consistency in the straddle, forward and backward roll.</li> <li>Jumps: combine and perform a range of gymnastic jumps more fluently and effectively.</li> </ul>	Formation Momentum Counter balance Fluently Counter tension Stability

- 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.