



PE Skills Progression **GYMNASTICS**

ST. LUKE'S PRIMARY SCHOOL

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Move freely and with pleasure and confidence in a range of ways.</p> <p>Experiment with ways of moving and travelling using different body parts.</p> <p>Make the body tense, relaxed, curled and stretched.</p> <p>Balance on small/ large body parts and understand stillness.</p> <p>Make large and small body shapes.</p> <p>Jump off the apparatus and land appropriately.</p> <p>Climb and hang from apparatus safely.</p> <p>Copy and link simple actions together.</p>	<p>Learn a variety of basic gym movements.</p> <p>Make the body tense, relaxed, curled and stretched showing some tension.</p> <p>Move between mats and small apparatus and change the speed of movement.</p> <p>Be still in different body shapes and balances and combine different ways of moving.</p> <p>Develop balance, agility, coordination of travelling, stillness, jumping, and timing, changing shapes direction and size.</p> <p>Climb safely showing some shapes and balances when climbing.</p> <p>Remember, repeat and link simple actions together.</p>	<p>Learn a variety of basic movements linked to feelings/ emotions.</p> <p>Use their imagination to find different ways of using the apparatus.</p> <p>Make the body tense, relaxed, curled, stretched in a range of movements.</p> <p>Perform balances on different body parts with some control and balance.</p> <p>Form simple sequences with a clear start, middle and end using the floor and apparatus.</p> <p>Jump and land with control using different body shapes in flight.</p> <p>Say when a movement/skill is performed well.</p> <p>Evaluate what they and others have done.</p>	<p>Develop and perform actions with increasing stability, control and technique.</p> <p>Demonstrate some strength and control when taking weight on different body parts and when linking different balances.</p> <p>Transfer weight smoothly from one body part to another.</p> <p>Chooses actions that flow well into one another to create and perform simple sequences both on and off the apparatus, independently and with others.</p> <p>Copy a partner's sequence on the floor and the apparatus.</p> <p>Describe and evaluate their own and other's work using simple gym vocabulary.</p>	<p>Demonstrate increased flexibility and extension in more challenging actions.</p> <p>Demonstrate increasing strength, control and technique when taking own and other's weight.</p> <p>Develop, perform and repeat sequences that include travel, body shapes and balances, showing control and technique, both on and off the apparatus.</p> <p>Work individually, with a partner and in small groups to create sequences.</p> <p>Include changes of dynamics in their performances.</p> <p>Compare, contrast and evaluate performances,</p> <p>Suggest ways to improve and refine performances.</p>	<p>Use strength and flexibility to improve the quality of an action and the range of actions available.</p> <p>Show increasing control, fluency and balance when moving from one balance to another.</p> <p>Explore a range of symmetric and asymmetric actions, shapes and balances.</p> <p>Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.</p> <p>Move from floor to apparatus, change levels and move safely.</p> <p>Evaluate and suggest areas for improvement and practice in their own and other's performances.</p>	<p>Demonstrate more complex actions with a good level of strength and technique.</p> <p>Combine and perform more complex balances with control, technique and fluency.</p> <p>Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in shape, speed, levels and directions.</p> <p>Adapt their sequences to different apparatus layouts, different numbers of people and different amounts of available space.</p> <p>Analyse and comment on skills and techniques and how these are applied in their own and other's work.</p> <p>Use more complex gym vocabulary to describe how to improve and refine performances.</p>