Ladywood Primary School

Skills Progression- Gymnastics



Gymnastics Gymnastics Control of the						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
-To create a short	-To explore	-To remember and	- To explore jumping	- To practice body	- To identify and	- To identify and
sequence of moves/	movement actions	repeat simple	techniques and to	shapes.	practice body	practice symmetrical
shapes.	with control and link	gymnastic actions	link them with other	- To identify and	shapes and	and asymmetrical
- To explore a	them together with	with control.	gymnastic actions.	practice symmetrical	balances.	body shapes.
variety of balances	flow.	- To balance on	- To select and	and asymmetrical	- To identify and	- To construct
with control.	- To explore	isolated parts of the	adapt gymnastics	body shapes.	practice symmetrical	sequences using
- To explore a	gymnastic actions	body using the floor	actions to meet the	- To construct	and asymmetrical	balancing and linking
variety of rolls.	and shapes.	and hold balance.	task.	sequences using	body shapes.	movements.
- To explore a	- To explore	- To develop a range	-To work with a	balancing and	- To use and refine	- To use
variety of jumps	movement actions	of gymnastic moves,	partner or a small	linking movements.	the following skills:	counterbalances and
	with control, and to	particularly	group to create a	- To use	flexibility, strength,	incorporate them
	link them together	balancing.	sequence that	counterbalances and	balance, power and	into a sequence of
	with flow.	- To link together	develops jumping	incorporate them	mental focus.	movements.
	-To choose and use	several gymnastic	skills.	into a sequence of	- To develop skills	- To perform
	simple	actions into a	- To improve the	movements.	for movement,	movements in canon
	compositional ideas	sequence.	ability to choose	- To perform	including rolling,	and in unison.
	by creating and	- To explore ways of	appropriate actions	movements.	bridging and	-To perform and
	performing	travelling around on	when creating a	- To perform and	dynamic movement.	evaluate own and
	sequences.	large apparatus.	sequence of	evaluate own and	- To use	others' sequences.
	- To repeat and link	- To choose and use	gymnastic	others' sequences.	counterbalances and	
	combinations of	a variety of	movements to		incorporate them	
	gymnastic actions.	gymnastic actions to	music.		into a sequence of	
	To link	make a sequence.			movements.	
	combinations of	- To choose and use			- To perform	
	movements and	a variety of			movements in canon	
	shapes with control.	gymnastic actions on			and in unison.	
	-To practice taking	apparatus.			- To perform and	
	off from different				evaluate own and	
	positions.				others' sequences.	