

Skills Progression - Gymnastics

Year 1 / 2 KS1	Year 3	Year 4	Year 5	Year 6
Uses space safely & well.	Can explore, apply and link broader range of skills / actions	Perform actions, balances, body shapes and agilities with Control .	Create, practise and refine longer, more complex sequences	Compose longer , more complex sequences with partner/group
Can remember, repeat & explore simple actions	Uses a greater number of own ideas for movements to respond to a task	Perform more difficult gymnastic Agilities demonstrating Technique	Show Controlled changes in level/direction/speed .	Have confidence & competence to try new actions e.g. sportsacro
Can work cooperatively with a partner.	Can support weight on different body parts.	Perform with greater fluency, Linking sequences of movement	Show good body tension during actions e.g. Balances	Include a wide range of Actions, Body-shapes and Balances .
Work on apparatus safely.	Can demonstrate the five basic Jumps	Include changes of speed & level .	Transfer smoothly between movements (Link / Flow).	Develop Clear, Fluent and accurate movements .
Can demonstrate different Levels in actions.	Can perform with fluency and control .	Combine actions in more physically challenging ways	Show a wider range of actions, body shapes and balances.	Show Consistency & Control in their own movements.
Can demonstrate differences in Speed .	Can adapt work from floor to suit different types of apparatus .	Lead a partner through short warm-up routines.	Perform with increasing Control, Balance & Coordination	Combine gymnastic actions, shapes and balances.
Can land safely when Jumping .	Can adapt own sequence to suit their partner's ability	Collaborate & Adapt their own movements to include a partner.	Lead small groups in warm-up & cool-down type activities.	Solve a task by applying a range of compositional ideas.
Can take weight on hands.	Chooses and plans sequences of contrasting actions	Plan, perform, evaluate and repeat a sequence on a clear theme	Adapt sequences from floor to apparatus with confidence	Perform a practised sequence to an audience in small groups.
Can create & apply different Body Shapes	Can demonstrate Control and increasing Technical competence	Demonstrate both Matching & Mirroring to show difference	Include Contrasting actions , shapes, balances and dynamics.	Can demonstrate control in a variety of Pair Balances
Can Balance on small and large body parts.	With help, can recognise how own performances could be improved	Choose, practise and refine sequences on their own.	Adapt their performance to the demands of a task or theme.	Use Apparatus to support more challenging actions with Control
Can Travel on different body parts.	Will offer & accept advice and using it to improve performance	Suggest improvements to their own performance.	Judge and comment on performances using set criteria.	Be aware of factors that influence the quality of a performance.
Can Co-ordinate body during movements	Is willing to practice, improving performance	Can use simple choreographic techniques e.g. Canon, Unison	Understands practice can lead to improvement.	Suggest aspects of a performance that need improving
Link movements to suit activity.	Knows why to warm up/ cool down, can suggest some simple warm-up activities.	Can name and show simple Bone / Muscle groups anatomic position	Can describe blood flow around the human body	Judge a performance using their own set of agreed criteria.
Can adapt 'sequence' to include apparatus	Can explain how flexibility and strength can be developed	Say which joints are affected by specific stretches.	Can explain why we need to warm up and use appropriate terms	Say why it is important to warm up and cool down.
Is willing to practice and improve.	Can identify & name some muscle groups used in gymnastic activities	Understand that Strength and Flexibility can be improved.	Say which joints and muscles are helped by specific stretches.	Say why activity is good for their health and well-being.
Can evaluate their own movements.	Can explore, apply and link broader range of skills / actions			
Can say how their bodies feel during exercise.	Uses a greater number of own ideas for movements to respond to a task			

To be used in conjunction with VisionED's Gymnastics Assessment Sheets and Audit documents