

Intent & Skills Progression - Gymnastics

Year 1 / 2 KS1	Year 3	Year 4	Year 5	Year 6
<p>Pupils will use space safely & well. They will be able to remember, repeat & explore simple actions working cooperatively with a partner. They can work on apparatus safely and will be able to demonstrate different Levels, Speed and Directions in their actions. Pupils will be able to land safely when Jumping from the floor or apparatus. They will take their weight on their hands and also be able to create & apply different Body Shapes.</p> <p>They will Balance on small and large body parts and explore Travelling on different body parts and in different ways. They will be able to Co-ordinate their body during movements with increasing control & Link movements to suit the activity. They can adapt their 'sequence' to include different types of apparatus. They will be willing to practice & improve and able to evaluate their own movements. They can say & describe how their bodies feel during exercise.</p>	<p>Pupils will explore, apply and link a broader range of skills / actions using a greater number of their own ideas for movements to respond to a task. They will be able to support weight on different body parts. They will be able demonstrate the five basic Jumps & also perform actions with fluency and control. They will adapt work from floor to suit different types of apparatus. They can adapt a sequence to suit their partner's ability, choose and plan sequences of contrasting actions demonstrating Control and increasing Technical Competence. With help, can recognise how own performances could be improved against set criteria & offer & accept advice using it to improve their performance. Pupils will know why to warm up/ cool down & be able to suggest some simple warm-up activities. They will be able to explain how flexibility and strength can be developed and identify & name some muscle groups used in gymnastic activities.</p>	<p>Pupils will perform actions, balances, body shapes and agilities with Control & will experience more difficult gymnastic Agilities demonstrating increased Technique. They will be able to perform with greater fluency, Linking sequences of movement that include changes of Speed, Level & Direction combining these actions in more physically challenging ways. They will lead a partner through a short warm-up routine & Collaborate & Adapt their own movements to include their partner(s). They will Plan, Perform, Evaluate & Repeat a sequence on a clear theme. They will demonstrate both Matching & Mirroring to show difference & use simple choreographic techniques e.g. Canon, Unison. They will choose, practise and refine sequences on their own & suggest improvements to their own performance. They will be able to name and show simple Bone / Muscle groups anatomic position, say which joints are affected by specific stretches & understand that Strength and Flexibility can be improved.</p>	<p>Pupils will create, practise and refine longer, more complex sequences show increased Control in changes in level/direction/speed. They will show good body tension (core) during actions e.g. Balances. They will transfer smoothly between movements (Link / Flow) & show a wider range of actions, body shapes and balances with increasing Control, Balance & Coordination. They will be able to lead small groups in warm-up & cool-down type activities. They will be able to adapt sequences from floor to apparatus with confidence including Contrasting actions (e.g. symmetrical / a-symmetrical), shapes, balances and dynamics. They will adapt their performance to the demands of a task or theme & also judge and comment on performances using set criteria (peer assessment). They will be able to describe blood flow around the human body & explain why we need to warm up using appropriate terms. They will be able to say which joints and muscles are helped by specific stretches.</p>	<p>Pupils will compose longer, more complex sequences with a partner or in a group. They will have confidence & competence to try new actions e.g. sportsacro / rhythmic gymnastics. They will include a wide range of Actions, Body-shapes and Balances and develop Clear, Fluent and Accurate movements that show Consistency & Control. They will be able to combine gymnastic actions, shapes and balances & solve a task by applying a range of compositional ideas. They will be able to perform a practised sequence to an audience in small groups. They will demonstrate control in a variety of Pair Balances & use Apparatus to support more challenging actions with increasing control & fluency. They will be aware of factors that influence the quality of a performance (aesthetics) & suggest aspects of a performance that needs improving. They will be able to judge a performance using their own set of agreed criteria. They will be able to explain using appropriate language and terminology why it is important to warm up and cool down as well as to say why activity is good for their health and well-being.</p>
Key Skills to be Covered				
<p>Travelling, Turning, Balancing, Body Shapes, Take off & Landing, Body Shapes Jumps (e.g. wide), Side Roll, Log-roll, Teddy Roll, Rocking & Rolling, Introduce Shoulder Stand as an inversion Year 2 should build upon everything covered in previous year</p>	<p>Travelling, Turning, Taking Body Weight, Straight Jumps, Tucked Jumps, Star Jumps, Balancing on Large & Small Body Parts (Points & Patches), V-sit, Use of Props e.g. Ribbons. Progression for Forward Rolls Build upon everything from previous year</p>	<p>Travelling, Jumping, Balancing, Body Shapes, Turning (rolls). Progression into Forward Roll, Introduce Backward Roll, Arch & Bridge Shapes (include basic crab) Shoulder Stand, V-sit on Apparatus. Matching, Mirroring, Canon & Unison. Build upon everything from previous years</p>	<p>Travelling, Jumping, Balancing, Turning & Body Shapes. Straddle Rolls (forward & backward), Handstand, Headstand, Cartwheel, Bridge, Leap-frog. Symmetry and A-symmetry. Relationships in the space (e.g. starting apart, together) Build upon everything from previous years</p>	<p>Travelling, Jumping, Body Shapes. Turning, Straddle Rolls (forward and Backwards), Balancing including Counter-balance & Counter-tension, Use of Partner(s) to Balance, Use of Props e.g. Hoops, Ribbons. Headstand, Handstand, Cartwheel, Leap-frog. Build upon everything from previous year</p>