

## Gymnastics Progression of Knowledge 2023

<b>Year 3</b>		
<b>National Curriculum</b>	<b>Composite</b>	<b>Component</b>
<ul style="list-style-type: none"> <li>• To develop flexibility, strength, technique, control and balance</li> <li>• To link actions into sequences of movement</li> <li>• To compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>	<ol style="list-style-type: none"> <li>1. To develop good technique to hold shapes and balances</li> <li>2. To develop basic skills of rolling</li> <li>3. To develop jumps fluently and with control</li> <li>4. Perform sequences of their own composition with coordination and increasing control.</li> </ol>	<ul style="list-style-type: none"> <li>• Large and small body part balances, including standing and kneeling balances</li> <li>• Balances on apparatus</li> <li>• Matching and contrasting partner balances</li> <li>• Pike, tuck, star, straight, straddle shapes</li> <li>• Front and back support</li>   <li>• Log roll (controlled)</li> <li>• Curled side roll (egg roll) (controlled)</li> <li>• Teddy bear roll (controlled)</li> <li>• Rocking forward roll</li> <li>• Crouched forward roll</li> <li>• Forward roll from standing</li> <li>• Tucked backward roll</li>   <li>• Straight jump</li> <li>• Tuck jump</li> <li>• Star jump</li> <li>• Straight half turn</li>   <li>• Develop the quality of the actions in their performances</li> <li>• Perform learnt skills and techniques with control and confidence</li> </ul>

### Gymnastics Progression of Knowledge 2023

		<ul style="list-style-type: none"> <li>Explain how they can improve their own performance</li> </ul>
<b>Year 4</b>		
<b>National Curriculum</b>	<b>Composite</b>	<b>Component</b>
<ul style="list-style-type: none"> <li>To develop flexibility, strength, technique, control and balance</li> <li>To link actions into sequences of movement</li> <li>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>	<ol style="list-style-type: none"> <li>To develop good technique to hold shapes and balances</li> <li>To develop basic skills of rolling</li> <li>To develop jumps fluently and with control</li> <li>Perform sequences of their own composition with coordination and increasing control.</li> </ol>	<ul style="list-style-type: none"> <li>1, 2, 3 and 4- point balances</li> <li>Balances on apparatus</li> <li>Balances with and against a partner</li> <li>Pike, tuck, star, straight, straddle shapes</li> <li>Front and back support</li> <li>Arch and dish</li> <li>Log roll (controlled)</li> <li>Curled side roll (egg roll) (controlled)</li> <li>Teddy bear roll (controlled)</li> <li>Rocking forward roll</li> <li>Crouched forward roll</li> <li>Forward roll from standing</li> <li>Tucked backward roll</li> <li>Straight jump</li> <li>Tuck jump</li> <li>Star jump</li> <li>Straddle jump</li> <li>Pike jump</li> <li>Straight jump half-turn</li> <li>Straight jump full-turn</li> </ul>

## Gymnastics Progression of Knowledge 2023

		<ul style="list-style-type: none"> <li>• Perform and create sequences</li> <li>• with fluency and expression.</li> <li>• Perform and apply skills and techniques with control and accuracy</li> <li>• Explain how they can improve their own performance</li> </ul>
<b>Year 5</b>		
<b>National Curriculum</b>	<b>Composite</b>	<b>Component</b>
<ul style="list-style-type: none"> <li>• To develop flexibility, strength, technique, control and balance</li> <li>• To link actions into sequences of movement</li> <li>• To compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>	<ol style="list-style-type: none"> <li>1. To develop good technique to hold shapes and balances</li> <li>2. To develop basic skills of rolling</li> <li>3. To develop jumps fluently and with control</li> <li>4. Perform sequences of their own composition with coordination and increasing control.</li> </ol>	<ul style="list-style-type: none"> <li>• Large and small body part balances, including standing and kneeling balances</li> <li>• Balances on apparatus</li> <li>• Matching and contrasting partner balances</li> <li>• Pike, tuck, star, straight, straddle shapes Front and back support</li>   <li>• Log roll (controlled)</li> <li>• Curled side roll (egg roll) (controlled)</li> <li>• Teddy bear roll (controlled)</li> <li>• Rocking forward roll</li> <li>• Crouched forward roll</li> <li>• Forward roll from standing</li> <li>• Tucked backward roll</li>   <li>• Straight jump</li> <li>• Tuck jump</li> <li>• Star jump</li> <li>• Straddle jump</li> <li>• Pike jump</li> </ul>

## Gymnastics Progression of Knowledge 2023

		<ul style="list-style-type: none"> <li>• Straight jump half-turn</li> <li>• Stag leap</li>   <li>• Perform own longer, more complex sequences in time to music</li> <li>• Consistently perform and apply skills and techniques with accuracy and control</li> <li>• Explain how they can improve their own performance</li> </ul>
<b>Year 6</b>		
<b>National Curriculum</b>	<b>Composite</b>	<b>Component</b>
<ul style="list-style-type: none"> <li>• To develop flexibility, strength, technique, control and balance</li> <li>• To link actions into sequences of movement</li> <li>• To compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>	<ol style="list-style-type: none"> <li>1. To develop good technique to hold shapes and balances</li> <li>2. To develop basic skills of rolling</li> <li>3. To develop jumps fluently and with control</li> <li>4. Perform sequences of their own composition with coordination and increasing control.</li> </ol>	<ul style="list-style-type: none"> <li>• Large and small body part balances, including standing and kneeling balances</li> <li>• Balances on apparatus</li> <li>• Matching and contrasting partner balances</li> <li>• Pike, tuck, star, straight, straddle shapes</li> <li>• Front and back support</li> <li>• Side support</li> <li>• Arch and dish</li> <li>• Shoulder stand</li>   <li>• Log roll (controlled)</li> <li>• Curled side roll (egg roll) (controlled)</li> <li>• Teddy bear roll (controlled)</li> <li>• Rocking forward roll</li> </ul>

## Gymnastics Progression of Knowledge 2023

		<ul style="list-style-type: none"><li>• Crouched forward roll</li><li>• Forward roll from standing</li><li>• Tucked backward roll</li> <li>• Straight jump</li><li>• Tuck jump</li><li>• Star jump</li><li>• Straddle jump</li><li>• Pike jump</li><li>• Straight jump half-turn</li><li>• Straight jump full-turn</li><li>• Split leap</li><li>• Stag leap</li> <li>• Link actions to create a complex sequence using a full range of movement that showcases different agilities, performed in time to music</li> <li>• Perform and apply a variety of skills and techniques confidently, consistently and with precision.</li><li>• Begin to record their peers' performances, and evaluate these.</li></ul>
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