

I Am Progression Sheet

PE KS2 Gymnastics

Year 3	Year 4	Year 5	Year 6
Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.	Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down.	Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise.	Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.
Choose ideas to compose a movement sequence independently and with others. Link combinations of actions with increasing confidence, including changes of direction, speed or level. Develop the quality of their actions, shapes and balances. Move with coordination, control and care. Use turns whilst travelling in a variety of ways. Use a range of jumps in their	Create a sequence of actions that fit a theme. Use an increasing range of actions, directions and levels in their sequences. Move with clarity, fluency and expression. Show changes of direction, speed and level during a performance. Travel in different ways, including using flight. Improve the placement and alignment of body parts in	Select ideas to compose specific sequences of movements, shapes and balances. Adapt their sequences to fit new criteria or suggestions. Perform jumps, shapes and balances fluently and with control. Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the	Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. Confidently use equipment to vault and incorporate this into sequences. Apply skills and techniques

I Am Progression Sheet

PE KS2 Gymnastics

sequences. Begin to use equipment to vault. Create interesting body shapes while holding balances with control and confidence. Begin to show flexibility in movements.	balances. Use equipment to vault in a variety of ways. Carry out balances, recognising the position of their centre of gravity and how this affects the balance. Begin to develop good technique when travelling, balancing and using equipment. Develop strength, technique and flexibility throughout performances.	balance. Confidently use equipment to vault in a variety of ways. Apply skills and techniques consistently. Develop strength, technique and flexibility throughout performances. Combine equipment with movement to create sequences.	consistently, showing precision and control. Develop strength, technique and flexibility throughout performances.
<u>Rolls</u> Perform the following rolls, beginning to develop their control: • Crouched forward roll • Forward roll from standing • Tucked backward roll	<u>Rolls</u> Perform the following rolls, beginning to develop their control: • Forward roll from standing • Straddle forward roll • Tucked backward roll • Backward roll to straddle	<u>Rolls</u> Perform the following rolls, beginning to develop their control: • Forward roll from standing • Straddle forward roll • Pike forward roll • Tucked backward roll • Backward roll to straddle	<u>Rolls</u> Perform the following rolls, beginning to develop their control: • Forward roll from standing • Straddle forward roll • Pike forward roll • Dive forward roll • Tucked backward roll • Backward roll to straddle • Backward roll to standing pike • Pike backward roll
<u>Jumps</u> Performing the following jumps safely, beginning to develop their	<u>Jumps</u> Performing the following jumps safely, beginning to develop their	<u>Jumps</u> Performing the following jumps safely, beginning to develop their	<u>Jumps</u> Performing the following jumps

I Am Progression Sheet

PE KS2 Gymnastics

control: • Straight jump • Tuck jump • Jumping jack • Star jump • Straddle jump • Pike jump • Straight jump half-turn • Cat leap • Hurdle step onto springboard • Squat on vault • Star jump off • Tuck jump off • Straddle jump off • Pike jump off • Handstand • Lunge into handstand • Cartwheel • Tiptoe, step, jump and hop • Hopscotch • Skipping • Chassis steps	control: • Straight jump • Tuck jump • Jumping jack • Star jump • Straddle jump • Pike jump • Straight jump half-turn • Straight jump full-turn • Cat leap • Cat leap half-turn • Hurdle step onto springboard • Squat on vault • Straddle on vault • Star jump off • Tuck jump off • Straddle jump off • Pike jump off • Lunge into handstand • Lunge into cartwheel • Tiptoe, step, jump and hop • Hopscotch • Skipping • Chassis steps • Pivot	control: • Straight jump • Tuck jump • Jumping jack • Star jump • Straddle jump • Pike jump • Stag jump • Straight jump half-turn • Straight jump full-turn • Cat leap • Cat leap half-turn • Split leap • Hurdle step onto springboard • Squat on vault • Straddle on vault • Star jump off • Tuck jump off • Straddle jump off • Pike jump off • Squat through vault • Lunge into handstand • Lunge into cartwheel • Lunge into round-off • Tiptoe, step, jump and hop • Hopscotch • Skipping • Chassis steps • Pivot	safely, beginning to develop their control: • Straight jump • Tuck jump • Jumping jack • Star jump • Straddle jump • Pike jump • Stag jump • Straight jump half-turn • Straight jump full-turn • Cat leap • Cat leap half-turn • Cat leap full-turn • Split leap • Stag leap • Hurdle step onto springboard • Squat on vault • Straddle on vault • Star jump off • Tuck jump off • Straddle jump off • Pike jump off • Squat through vault • Straddle over vault • Lunge into cartwheel • Lunge into round-off • Hurdle step • Hurdle step into cartwheel • Hurdle step into round-off
--	---	---	--

I Am Progression Sheet

PE KS2 Gymnastics

			• Tiptoe, step, jump and hop • Hopscotch • Skipping • Chassis steps • Pivot
Balances Large and small body part balances, including standing and kneeling balances Balances on apparatus Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes Front and back support	Balances 1, 2, 3 and 4- point balances Balances on apparatus Balances with and against a partner Pike, tuck, star, straight, straddle shapes Front and back support Perform and create sequences with fluency and expression.	Balances 1, 2, 3 and 4- point balances Balances on apparatus Part body weight partner balances Pike, tuck, star, straight, straddle shapes Front and back support Perform own longer, more complex sequences in time to music.	Balances 1, 2, 3 and 4- point balances Balances on apparatus Develop technique, control and complexity of part-weight partner balances Group formations Pike, tuck, star, straight, straddle shapes Front and back support Link actions to create a complex sequence using a full range of movement that showcases different abilities, performed in time to music.
Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.	Perform and apply skills and techniques with control and accuracy.	Consistently perform and apply skills and techniques with accuracy and control.	Perform and apply a variety of skills and techniques confidently, consistently and with precision. Begin to record their peers' performances, and evaluate these.

I Am Progression Sheet

PE KS2 Gymnastics