

## What can they do?

1	Create complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging and stretching
2	Demonstrate precise and controlled placement of body parts in their actions, shapes and balances
3	Apply skills and techniques consistently showing precision and control
4	Develop strength, technique and flexibility throughout performances
5	Perform and apply a variety of skills and techniques confidently, consistently and with precision
6	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements

## Specific Skills

ROLLS	<ul style="list-style-type: none"> <li>forward from standing</li> <li>straddle forward roll</li> <li>Pike forward roll</li> <li>Dive forward roll</li> <li>tucked backward</li> <li>backward roll to straddle</li> </ul>
JUMPS	<ul style="list-style-type: none"> <li>straight</li> <li>tuck</li> <li>jumping jack</li> <li>star jump</li> <li>straddle</li> <li>Pike</li> <li>Stag jump / stag leap</li> <li>straight jump half / full turn</li> <li>Cat leap / half / full turn</li> <li>Split leap</li> </ul>
JUMP FROM TABLE	<ul style="list-style-type: none"> <li>star jump off</li> <li>tuck jump off</li> <li>straddle jump off</li> <li>pike jump off</li> </ul>
OTHER	<ul style="list-style-type: none"> <li>Lunge into handstand</li> <li>Lunge into cartwheel</li> <li>Lunge into round off</li> </ul>
TRAVEL / LINKING ACTION	<ul style="list-style-type: none"> <li>tiptoe, step, jump and hop</li> <li>hopscotch</li> <li>skipping</li> <li>chassis steps</li> <li>Straight jump half / full turn</li> <li>Cat leap half / full turn</li> <li>Pivot</li> </ul>
BALANCE	<ul style="list-style-type: none"> <li>1,2,3,4 point balance</li> <li>Balance on apparatus</li> <li>Full body weight partner balances</li> </ul>
SHAPES	<ul style="list-style-type: none"> <li>Pike, tuck, star, straight, straddle shapes</li> <li>Front and back support</li> </ul>

## GYMNASTICS YEAR 6

### Health and Fitness

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

### Vocabulary

Pike	Position in which the body is bent forwards from the hips and the legs are straight with pointed toes
Straddle	Position in which the body faces forward and the legs are spread out wide to the sides
Stag jump	Jumping move in which the legs are in a splits position, but the front leg bends down at the knee and the back leg stays straight
Cat leap	Movement in which the gymnast leaps into the air by pushing off the ground with one foot and raising one knee then the other high in the air
Split leap	Leaping movement in which the gymnast runs and jumps into a splits position in the air
Round off	Movement begins like a cartwheel then the gymnast brings the legs together quickly as they move over the top of the movement and lands with both feet together

## What can they do?

1	Select ideas to compose specific sequences of movements, shapes and balances
2	Perform jumps, shapes and balances fluently and with control
3	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 balance
4	Apply skills, develop strength, technique and flexibility throughout performances
5	Apply skills, develop strength, technique and flexibility throughout performances
6	Choose and use criteria to evaluate own and others' performances
7	Explain why they have used particular skills or techniques and the effect they have had on their performance

## Specific Skills

ROLLS	<ul style="list-style-type: none"> <li>• forward from standing</li> <li>• straddle forward roll</li> <li>• Pike forward roll</li> <li>• tucked backward roll</li> <li>• backward roll to straddle</li> </ul>
JUMPS	<ul style="list-style-type: none"> <li>• straight</li> <li>• tuck</li> <li>• jumping jack</li> <li>• star jump</li> <li>• straddle</li> <li>• Pike</li> <li>• Stag jump</li> <li>• straight jump half / full turn</li> <li>• Cat leap / half turn</li> <li>• Split leap</li> </ul>
JUMP FROM TABLE	<ul style="list-style-type: none"> <li>• star jump off</li> <li>• tuck jump off</li> <li>• straddle jump off</li> <li>• pike jump off</li> </ul>
OTHER	<ul style="list-style-type: none"> <li>• Lunge into handstand</li> <li>• Lunge into cartwheel</li> <li>• Lunge into round off</li> </ul>
TRAVEL / LINKING ACTION	<ul style="list-style-type: none"> <li>• tiptoe, step, jump and hop</li> <li>• hopscotch</li> <li>• skipping</li> <li>• chassis steps</li> <li>• Straight jump half / full turn</li> <li>• Cat leap half turn</li> <li>• Pivot</li> </ul>
BALANCE	<ul style="list-style-type: none"> <li>• 1,2,3,4 point balance</li> <li>• Balance on apparatus</li> <li>• Part body weight partner balances</li> </ul>
SHAPES	<ul style="list-style-type: none"> <li>• Pike, tuck, star, straight, straddle shapes</li> <li>• Front and back support</li> </ul>

## GYMNASTICS YEAR 5

### Health and Fitness

Know and understand the reasons for warming up and cooling down

Explain some safety principles when preparing for and during exercise

### Vocabulary

Pike	Position in which the body is bent forwards from the hips and the legs are straight with pointed toes
Straddle	Position in which the body faces forward and the legs are spread out wide to the sides
Stag jump	Jumping move in which the legs are in a splits position, but the front leg bends down at the knee and the back leg stays straight
Cat leap	Movement in which the gymnast leaps into the air by pushing off the ground with one foot and raising one knee then the other high in the air
Split leap	Leaping movement in which the gymnast runs and jumps into a splits position in the air
Round off	Movement begins like a cartwheel then the gymnast brings the legs together quickly as they move over the top of the movement and lands with both feet together
Chassis steps	The gymnast hops forward or sideways onto the ball of one foot and then brings the ball of the other foot to meet it before hopping again onto ball of first foot

## What can they do?

1	Create a sequence of actions using directions and levels that fits a theme
2	Move with clarity, fluency and expression showing changes of speed, direction and level
3	Travel in different ways
4	Improve the placement and body parts in balances
5	Carry out balances, recognising the position of their centre of gravity
6	Begin to develop good technique when travelling, balancing and using equipment
7	Develop strength, technique and flexibility throughout performances
8	Perform and create sequences with fluency and expression
9	Watch and evaluate performances, giving ideas for improvements
10	Modify their performance to achieve a better result

## Specific Skills

ROLLS	<ul style="list-style-type: none"> <li>• forward from standing</li> <li>• straddle forward roll</li> <li>• tucked backward roll</li> <li>• backward roll to straddle</li> </ul>
JUMPS	<ul style="list-style-type: none"> <li>• straight</li> <li>• tuck</li> <li>• jumping jack</li> <li>• star jump</li> <li>• straddle</li> <li>• pike</li> <li>• straight with half / full turn</li> <li>• Cat leap / half turn</li> </ul>
JUMP FROM TABLE	<ul style="list-style-type: none"> <li>• star jump off</li> <li>• tuck jump off</li> <li>• straddle jump off</li> <li>• pike jump off</li> </ul>
OTHER	<ul style="list-style-type: none"> <li>• Lunge into handstand</li> <li>• Lunge into cartwheel</li> </ul>
TRAVEL / LINKING ACTION	<ul style="list-style-type: none"> <li>• tiptoe, step, jump and hop</li> <li>• hopscotch</li> <li>• skipping</li> <li>• chassis steps</li> <li>• Straight jump / turn</li> <li>• Cat leap</li> <li>• Pivot</li> </ul>
BALANCE	<ul style="list-style-type: none"> <li>• 1,2,3,4 point balance</li> <li>• Balance on apparatus</li> <li>• Balance with and against a partner</li> </ul>
SHAPES	<ul style="list-style-type: none"> <li>• Pike, tuck, star, straight, straddle shapes</li> <li>• Front and back support</li> </ul>

## GYMNASTICS YEAR 4

### Health and Fitness

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

### Vocabulary

Cat leap	Movement in which the gymnast leaps into the air by pushing off the ground with one foot and raising one knee then the other high in the air
Chassis steps	The gymnast hops forward or sideways onto the ball of one foot and then brings the ball of the other foot to meet it before hopping again onto ball of first foot
Straddle	Position in which the body faces forward and the legs are spread out wide to the sides
Pike	Position in which the body is bent forwards from the hips and the legs are straight with pointed toes
Tucked backward roll	The gymnast transitions from standing into a squat position and then rolls backwards, bringing the hips and legs over the top of the body while pushing through the hands to propel the whole body over and back onto the feet
Pivot	Movement in which the gymnast rotates on the ball of one foot

# GYMNASTICS YEAR 3

## What can they do?

1	Choose ideas to compose a movement sequence independently and with others
2	Link combinations of actions with increasing confidence, include change of direction, speed and travel
3	Develop the quality of their actions, shapes and balances and move with coordination, control and care
4	Use turns whilst travelling in a variety of ways
5	Use a range of jumps in their sequences
6	Create interesting body shapes while holding balances with control and confidence
7	Begin to show flexibility in movements
8	Perform learnt skills and techniques with control and confidence
9	Watch, describe and evaluate effectiveness of performance
10	Describe how their performance has improved over time

## Specific Skills

ROLLS	<ul style="list-style-type: none"> <li>Crouched forward roll</li> <li>Forward roll from standing</li> <li>Tucked backward roll</li> </ul>
JUMPS	<ul style="list-style-type: none"> <li>straight</li> <li>tuck</li> <li>jumping jack</li> <li>star jump</li> <li>straddle</li> <li>pike</li> <li>straight with half turn</li> <li>Cat leap</li> </ul>
JUMP FROM TABLE	<ul style="list-style-type: none"> <li>star jump off</li> <li>tuck jump off</li> <li>straddle jump off</li> <li>pike jump off</li> </ul>
OTHER	<ul style="list-style-type: none"> <li>handstand</li> <li>Lunge into handstand</li> <li>Cartwheel</li> </ul>
TRAVEL / LINKING ACTIONS	<ul style="list-style-type: none"> <li>tiptoe, step, jump and hop</li> <li>hopscotch</li> <li>skipping</li> <li>chassis steps</li> <li>Straight jump half turn</li> <li>Cat leap</li> </ul>
BALANCE	<ul style="list-style-type: none"> <li>Large and small body part balances, stand / kneel</li> <li>Balance on apparatus</li> <li>Matching and contrasting partner balances</li> </ul>
SHAPES	<ul style="list-style-type: none"> <li>Pike, tuck, star, straight, straddle shapes</li> <li>Front and back support</li> </ul>

## Health and Fitness

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

## Vocabulary

Cat leap	Movement in which the gymnast leaps into the air by pushing off the ground with one foot and raising one knee then the other high in the air
Chassis steps	The gymnast hops forward or sideways onto the ball of one foot and then brings the ball of the other foot to meet it before hopping again onto ball of first foot
Tucked backward roll	The gymnast transitions from standing into a squat position and then rolls backwards, bringing the hips and legs over the top of the body while pushing through the hands to propel the whole body over and back onto the feet
Straddle	Position in which the body faces forward and the legs are spread out wide to the sides
Pike	Position in which the body is bent forwards from the hips and the legs are straight with pointed toes

## What can they do?

1	Copy, explore and remember actions and movements to create own sequence
2	Link actions to make a sequence
3	Travel in a variety of ways, including rolling
4	Hold a still shape whilst balancing on different parts of the body
5	Jump in a variety of ways and land with increasing control and balance
6	Climb onto and jump off the equipment safely and move with increasing control and care
7	Perform sequences of their own composition with coordination and learnt skills showing increasing control
8	Watch and describe performances, use what they see to improve their own performance
9	Talk about the differences between their work and that of others

## Specific Skills

ROLLS	<ul style="list-style-type: none"> <li>• Crouched forward roll</li> <li>• Log roll (controlled)</li> <li>• Curled side roll (egg roll)</li> <li>• Rocking for forward roll</li> </ul>
JUMPS	<ul style="list-style-type: none"> <li>• straight</li> <li>• tuck</li> <li>• jumping jack</li> <li>• Half turn</li> <li>• Cat spring</li> <li>• Cat spring to straddle</li> </ul>
JUMP FROM TABLE	<ul style="list-style-type: none"> <li>• Straight jump</li> <li>• Tuck jump</li> </ul>
OTHER	<ul style="list-style-type: none"> <li>• Bunny hop</li> <li>• front support wheelbarrow with partner</li> <li>• T-lever for handstand</li> <li>• Scissor kick for handstand</li> <li>• Handstand</li> <li>• Crab walk</li> <li>• Low bridge</li> <li>• Full back bend bridge</li> </ul>
TRAVEL / LINKING ACTIONS	<ul style="list-style-type: none"> <li>• tiptoe, step, jump and hop</li> <li>• hopscotch</li> <li>• skipping</li> <li>• galloping</li> <li>• Straight jump half turn</li> </ul>
BALANCE	<ul style="list-style-type: none"> <li>• Standing balance</li> <li>• Kneeling balance</li> <li>• Large body part balance</li> <li>• Balance on apparatus</li> <li>• Balance with a partner</li> </ul>
SHAPES	<ul style="list-style-type: none"> <li>• Pike, tuck, star, straight, straddle</li> <li>• Front and back support</li> </ul>

## GYMNASTICS YEAR 2

### Health and Fitness

Recognise and describe how the body feels during and after different physical activity

Explain what they need to stay healthy

### Vocabulary

Log roll	Roll sideways from back to front in a stretched position with legs together and arms stretched above head
Curled side roll	Curl up like an egg with the chin tucked in. Roll sideways from back to front in a curled position with knees tucked in. Keep the body tense
Cat spring (to straddle)	Jump forwards to take weight on hands and arms. Hips are kept high and feet are brought to outside of hands - aim to keep legs extended
Lunge	Start with feet together and step forward with one foot, bend lead leg and keep back leg straight. The front foot should be in front of the knee with foot slightly turned out
T-lever	Balance on two hands with a straight leg balance
Scissor Kick	Transfer of weight to hands, following on from T-lever, return weight to feet
Crab support	Sit on floor, reach back and place both hands on floor with fingers pointing towards toes, bend knees and push up, shoulder to knee should be a flat shape.
Low bridge	Lie on back with knees bent, feet close to bottom. Show good body tension and push up with hips through their legs - helps to do below
Full back bend bridge	As crab support but have fingers facing feet and head right back with stomach pushed up

# GYMNASTICS YEAR 1

## What can they do?

1	Create and perform a movement sequence with 2 actions
2	Copy actions and movement sequences with a beginning, middle and end
3	Travel in different ways, changing direction and speed
4	Hold still shapes and simple balances
5	Carry out simple stretches
6	Carry out a range of simple jumps landing safely
7	Move around under, over and through different objects and equipment showing control and care
8	Perform using a range of actions and body parts with some coordination
9	Begin to perform learnt skills with some control
10	Watch and describe performances and say how they could improve

## Specific Skills

ROLLS	<ul style="list-style-type: none"> <li>Log roll (controlled)</li> <li>Curled side roll (egg roll)</li> <li>Teddy bear roll</li> </ul>
JUMPS	<ul style="list-style-type: none"> <li>straight</li> <li>tuck</li> <li>jumping jacks</li> <li>Half turn</li> <li>Cat spring</li> </ul>
JUMP FROM TABLE	<ul style="list-style-type: none"> <li>Straight jump</li> </ul>
OTHER	<ul style="list-style-type: none"> <li>Bunny hop</li> <li>front support wheelbarrow with partner</li> </ul>
TRAVEL / LINKING ACTIONS	<ul style="list-style-type: none"> <li>tiptoe, step, jump and hop</li> <li>hopscotch</li> <li>skipping</li> <li>galloping</li> </ul>
BALANCE	<ul style="list-style-type: none"> <li>Standing balance</li> <li>Kneeling balance</li> </ul>
SHAPES	<ul style="list-style-type: none"> <li>Pike</li> <li>tuck</li> <li>star</li> <li>straight</li> <li>straight</li> </ul>

## Health and Fitness

Describe how the body feels before, during and after exercise

Carry and place equipment safely

## Vocabulary

Log roll	Roll sideways from back to front in a stretched position with legs together and arms stretched above head
Curled side roll	Curl up like an egg with the chin tucked in. Roll sideways from back to front in a curled position with knees tucked in. Keep the body tense
Teddy bear roll	Sit with wide and straight legs and hold them with hands. Pull one leg and arm upwards and roll onto shoulder. Roll across the back onto the other shoulder until the other leg rises up. Come back to a seated position with wide legs having completed a 180 turn. Keep the legs straight through out.
Cat spring	Jump forward to take weight on arms. Exit to stand.
Front support wheel Barrow with partner	Partner holds gymnasts thighs Gymnast walks on hands. Partner and gymnast walk in step. Gymnast controls the speed. Gymnasts back must not arch. Good body tension required