

Progression of skills and knowledge in Physical Education - Gymnastics

Foundation Stage

Negotiate space and obstacles safely, with consideration for themselves and others. (Gross motor skills)

Demonstrate strength, balance and coordination when playing. (Gross motor skills)

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (Gross motor skills)

Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. (Self regulation)

Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. (Self regulation)

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. (Managing self)

Y1/2

I know that fundamental movement skills, such as travelling, balancing, and moving smoothly from one position to another are important gymnastics basics.

I know that agility, balance, and coordination need developing to improve gymnastics skills.

I know when to link movement phases with beginning, middle and ends.

I know how to perform basic gymnastic actions, including travelling, rolling, jumping, and staying still.

I know how to combine different ways of travelling exploring a range of movements and shapes.

I know how to perform movement phrases using a range of different body parts/actions.

I know how to perform fundamental movement skills on the floor and apparatus.

I know how to, moving safely using changes of speed, level, and direction.

I can copy actions. (Y1)

I can copy and remember actions. (Y2)

I know how to form simple sequences of different actions, using the floor and a variety of apparatus.

I can plan a sequence of movements. (Y2)

I can work on my own or with a partner. (Y2)

I know how to use equipment safely. (Y1)

Y3/4

I know that combinations of actions create gymnastic sequences and routines.

I know the importance of flexibility, strength, control, technique, and balance in gymnastics.

I know that there are different ways of using a shape, balance, or travel.

I know when to experiment with spatial patterns, speed, and tension.

I know how to perform a range of actions, abilities and skills with consistency, fluency, and clarity of movement.

I know how to create gymnastic sequences that meet a theme/set of conditions, showing a clear, beginning, middle and end.

I know how to create, perform, and repeat a combination of actions that include changes of dynamic e.g., changes of level, speed and direction, and clarity of shape.

I know how to link different elements and use elements in different ways to make sequences of movement.

I know how to work with a partner and in a small group, considering performance aesthetics such as spatial patterns, mirroring, and contrasting.

I know how to use different apparatus. (Y3)

Y5/6

I know the importance of rhythm when creating, practising, and performing a routine.

I know the terms exploration and improvisation in relation to creating and performing gymnastic routines.

I know various compositional principles, including varying direction, level, and pathways to improve the look of a sequence.

I know what skills are required when developing a performance, to meet the need of the situation.

I know when flexibility, strength, control, technique, and balance are required for wide variety of elements in gymnastics.

I know how to create longer sequences, performing with fluency and clarity of movement.

I know how to use combinations of dynamics using the space effectively.

I know how to combine movement ideas fluently and effectively.

I can combine actions in a group. (Y6)

I know how to use skills in different ways, performing confidently, with clarity and a sense of rhythm.