Townville Academy

Physical Education Progression Document

Gymnastics

Year Group	Unit	Term	Health and fitness	Skills
Nursery		Autumn 2	Observe the effects of activity on the body	Move freely and in a range of ways, such as slithering, shuffling, rolling, crawling, walking, jumping, skipping, sliding and hopping.
Nursery		Spring 2	Observe the effects of activity on the body	Move freely and in a range of ways, such as slithering, shuffling, rolling, crawling, walking, jumping, skipping, sliding and hopping.
Reception	Key skills	Autumn 2	Describe how the body feels when still and when exercising	I can experiment with different shapes I can make with my body.
				I can experiment with different ways of moving.
				I know how to use apparatus safely.
				I can explore how different parts of the body can be used.
				I can explore static and dynamic balance
				I can move with control and awareness of space.
				I can perform basic gymnastic rolls; rock and roll, log roll, egg roll.
				I can perform basic jumping and landing techniques, 2-2 & 1-2; straight, tuck and star.
				I can use my gymnastics skills safely on apparatus.
Reception	Performance	Spring 2	- Show some understanding of good practices with regards to exercise - Know the importance of physical exercise for good health	I can perform movement phrases using a range of body parts and actions.
				I can watch, copy and describe what others have done.
				I can link two or more actions to make a sequence.
				I know how to carry and place apparatus
				I can move around, under, over and through different objects and equipment.
1	Key skills	Autumn 2	- Describe how the body feels, before, during and after exercise.	I can explore a range of straight and tuck shapes on different body parts.
				I can perform shapes on apparatus.
				I can travel at different levels; high, mid and low.
				I can move with control and precision.
				I can travel at different levels; high, mid and low on apparatus
				I can make and hold balances using large and small body parts.

				I can make and hold balances using large and small body parts using apparatus.
				I can perform basic gymnastic rolls; rock and roll, log roll, egg roll with increased precision.
				I can perform basic jumping and landing techniques, 2-2 & 1-2; straight, tuck and star. Safely, using apparatus.
				I can show control and co-ordination using different hand apparatus (ribbons, balls, hoops and ropes)
				I can link movements and actions to create a sequence.
				Carry and place equipment safely.
1	Performance	Spring 2	- Describe how the body feels, before, during and after exercise.	Using the movements and balances I know, I can link movements and actions to create a sequence.
				Using the movements and balances I know, I can copy actions and movement sequences with a beginning, middle and end.
				Using the movements and balances I know, I can perform using a range of actions and body parts with some co-ordination.
				Begin to perform learnt skills with some control.
				Carry and place equipment safely.
2	Key skills and Performance: Floor	Autumn 2	- Recognise and describe how the body feels during and after physical exercise. - Explain what they need to stay healthy. - I understand safe activity starts with a warm-up and ends with a cool down.	I can make basic gymnastics shapes on different body parts.
				I can link gymnastics actions, creating and performing a basic sequence.
				I can name basic positions.
				I can travel using different directions and levels; high, mid and low, on the floor.
				I can perform a rock and roll to stand, teddy bear roll, crouched forward roll and a dish/arch roll.
				I can perform basic jumping and landing techniques, half turn jump and cat spring.
				I can compare and contrast different shapes, movements and balances.
				Develop flexibility through rolls and stretches.
				Know how to carry, lift and place equipment.
				Create routines with a clear beginning and end.
2	Key skills and Performance: Apparatus	Spring 2	- Recognise and describe how the body feels during and after physical exercise. - Explain what they need to stay healthy. - I understand safe activity starts with a warm-up and ends with a cool down.	I can make basic gymnastics shapes on different body parts.
				I can link gymnastics actions, creating and performing a basic sequence.
				I can name basic positions.
				I can travel using different directions and levels; high, mid and low, on apparatus
				I can perform basic jumping and landing techniques, half turn jump, cat spring and cat spring to straddle.
				I can compare and contrast different shapes, movements and balances.
				Use obtained knowledge of gymnastics to create more complex sequences.
				Can improve their work using information they have gained by watching and listening.
				Know how to carry, lift and place equipment.
				I can hold a balance with a partner.
				Create routines with a clear beginning and end.

Skill progression

	Reception	Year 1	Year 2
Rolls	Rock and roll Leg roll Egg roll	Rock and roll Leg roll Egg roll All with increased precision	Rock and roll Leg roll Egg roll Teddy bear roll Crouched forward roll Dish to arch roll All with increased precision
Jumps	2-2 & 1-2; Straight, Tuck, Star.	2-2 & 1-2; Straight, Tuck, star. Safely and with apparatus.	Straight, Tuck, Star, Half turn, Cat spring, Cat Spring to straddle Safely and with apparatus.
Travelling and linking actions	Tiptoe, Step, Jump, Hop.	Tiptoe, Step, Jump, Hop, Hopscotch, Skipping, Galloping.	Tiptoe, Step, Jump, Hop, Hopscotch, Skipping, Galloping, Straight jump half-turn.
Shapes and Balances	Standing balances Large and small body part balances	Standing balances Kneeling balances Pike, tuck, star, straight shapes. Large and small body part balances.	Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes. Large and small body part balances. Balances with a partner.