



Be inspired.... Have belief and grow.

Physical Education

Gymnastics

EYFS	Yr 1/2	Yr 3/4	Yr 5/6
<ul style="list-style-type: none"> • Create a short sequence with rolls, travelling and stretching. • Jump in a range of ways. • Begin to balance with control. • Move around, under, over and through different objects. <p>Rolls: Curled side roll (egg roll) Log roll (pencil roll) Teddy bear roll</p> <p>Jumps: Straight jump Tuck jump Jumping jack Half turn jump</p>	<ul style="list-style-type: none"> • Create and perform a movement sequence. • Link actions to make a sequence. • Travel in a variety of ways including rolling. • Hold still shape, balancing on different parts of the body. • Jump in a variety of ways using balance and control. • Climb into and jump off equipment safely. • Move with increasing control and care. <p>New rolls: Controlled teddy bear roll Rocking forward roll Log roll (Arch and dish)</p>	<ul style="list-style-type: none"> • Create a sequence of actions that fit a theme. • Move with clarity, fluency and expression. • Show changes of direction and speed during a performance. • Use equipment to vault in a variety of ways. • Create interesting body shapes while holding balances with control and confidence. • Develop strength, technique and flexibility throughout performances. <p>New rolls: Shoulder roll</p> <p>New jumps: Star jumps</p>	<ul style="list-style-type: none"> • Compose 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 consistently and with precision. Develop strength, technique



Nether Kellet Primary School – Skills Progression

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<p>Handstands, cartwheels and round-offs: Bunny hop</p> <p>Travelling and linking actions: Tiptoe, step, jump and hop</p> <p>Shapes and balances: Standing balances</p> <p>Compete and perform: Control my body with performing movements Participate in simple games</p>	<p>New jumps: Cat spring jump Cat spring to straddle Straddle</p> <p>Vaults: Straight jump off springboard Tuck jump off springboard</p> <p>Handstands, cartwheels: Front support wheelbarrow with partner T-lever Scissor kick</p> <p>Travelling and linking actions: Hopscotch Skipping Galloping Straight jump half turn</p> <p>Shapes and balances: Kneeling balances</p>	<p>Straddle jump Pike jump Straight jump half-turn Straight jump full-turn</p> <p>Vaults: Squat on vault Star jump off Tuck jump off Straddle jump off Pike jump off Straddle on vault</p> <p>Introduction to handstands and cartwheels: Handstand Lunge into handstand Cartwheel</p> <p>Travelling and linking actions: Chassis steps Pivot</p>	<p>and flexibility throughout performance.</p> <p>New jumps: Stag jump Split leap Stag leap</p> <p>Vaults: Squat through vault Straddle over vault</p> <p>Travelling and linking actions</p> <p>Shapes and balances: Part body weight partner balances (develop techniques, control and complexity) Group formations</p> <p>Compete and perform:</p>
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	<p>Large body part balances Balances on apparatus Balances with a partner Pike, tuck, star, straight, straddle, shapes Front and back support</p> <p>Compete and perform: Perform sequences of their own composition with coordination. Perform learnt skills with increasing control.</p>	<p>Shapes and balances: Large and small body part balances Matching and contrasting partner balances 1,2,3 and 4 point balances Balances with and against a partner</p> <p>Compete and perform: Perform and create sequences with fluency and expression Compete against themselves and other in a controlled manner</p>	<p>Perform own longer and more complex sequences in time to music. Begin to record their peers performances and evaluate these. Work in partners or part of a small group working in unison, cannon, matching and mirroring either with or without apparatus.</p>
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