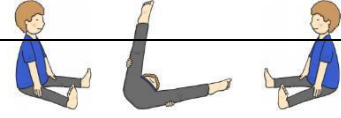


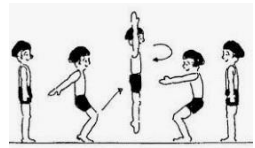
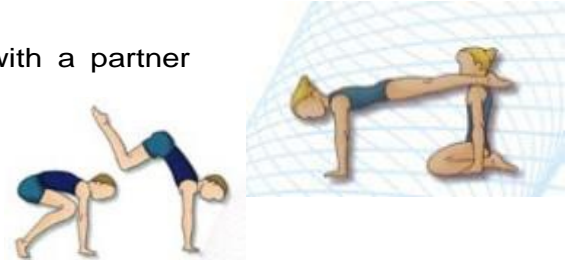


Dodworth St John's – Gymnastics Progression

Theme: Gymnastics	Year: EYFS	Subject: Physical Education
What should I already know/be able to do? <ul style="list-style-type: none"> • move in different ways 	How will I use this learning in the future? In Year 1, you will learn more control with movements and many more positions and stretches to help you balance.	What vocabulary should I learn?
What should I be able to do by the end? <ul style="list-style-type: none"> • Make body tense, relaxed, curled and stretched. • Balance on small/large body parts & understand stillness • Make large and small body shapes • Climb & hang from apparatus • Perform basic travelling actions on various body parts 	Rolls: Perform the following rolls <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;"> <p>Pencil Roll</p> </div> <div style="text-align: center;"> <p>Egg Roll</p> </div> </div>	jump push from a surface into the air using leg and feet muscles roll moving whilst turning speed how fast or slowly someone moves star to make a star shape with your body, legs and arms outstretched step to transfer weight from one foot to another tiptoe to step lightly on the balls of your feet Other Tense, relaxed, curled, stretched, balance, still, travel, climb, hang
How will I showcase all of my learning? <ul style="list-style-type: none"> • I will perform my learnt skills with control. • I will link two actions to make a short sequence by myself. I will copy a longer movement sequence using learnt skills and perform this with control.	Travelling and linking actions: tiptoe step jump hop hopscotch skip gallop Use different directions and speeds.	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Tuck</p> </div> <div style="text-align: center;"> <p>Straight</p> </div> </div>
Health and Safety -Land safely when jumping with knees bent, head up and chest forwards. -Be aware of where equipment is. -Carry and place small pieces of equipment safely, working with others when necessary.	Jumps: <ul style="list-style-type: none"> • straight jump • star jump Practise on the ground and then perform these jumps off, on and over objects equipment. <div style="text-align: center; margin-top: 10px;"> </div>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Straddle</p> </div> <div style="text-align: center;"> <p>Star</p> </div> <div style="text-align: center;"> <p>Pike</p> </div> </div>

Theme: Gymnastics	Year: 1	Subject: Physical Education
What should I already know/be able to do? <ul style="list-style-type: none"> • make different body shapes • move in different ways • safely use space 	How will I use this learning in the future? In Year 2 you will learn front and back support, balances on equipment and with a partner, a crouched forward roll and scissor kicks.	
What should I be able to do by the end?		
<ul style="list-style-type: none"> • Make body tense, relaxed, curled and stretched, showing some tension. • Begin to work alone/with someone to make a sequence of shapes/travels • Climb safely, showing some shapes and balances when climbing. • Keep balance travelling in a range of ways along bench, spots, mat etc • Roll in stretched/curled positions e.g. 'log' and 'egg rolls' 	Rolls: Perform the following rolls with control:  <ol style="list-style-type: none"> 1. Sit with legs straight and apart. 2. Hold back of knees. 3. Roll back on to shoulder. 4. Roll across to other shoulder. 5. Sit back up. 6. Keep legs straight. 7. Start and finish in a straddle position. Pencil Roll  <ol style="list-style-type: none"> 1. Lie down on the floor. 2. Put arms and legs out straight. 3. Keep arms and legs together. 4. Keep body in a stiff position. 5. Roll from back to front then front to back. Egg Roll  <ol style="list-style-type: none"> 1. Curl up like an egg. 2. Keep chin tucked tight. 3. Hold knees tight. 4. Keep body tight and roll from one side all the way over. 5. Practise rolling in both directions. 	Jumps: <ul style="list-style-type: none"> • straight jump • star jump • tuck jump • half turn jump  <p>Practise on the ground and then perform these jumps off, on and over objects equipment.</p>
Tumbling: bunny hops support front wheelbarrow with a partner 	Travelling and linking actions: tiptoe step jump hop hopscotch skip gallop Use different directions and speeds.	
Health and Safety -Land safely when jumping with knees bent, head up and chest forwards. -Be aware of where equipment is. -Carry and place small pieces of equipment safely, working with others when necessary.	How will I showcase all of my learning? <ul style="list-style-type: none"> • I will perform my learnt skills with control. • I will link two actions to make a short sequence by myself. • I will copy a longer movement sequence using learnt skills and perform this with control. 	
What vocabulary should I learn?		
balance an even distribution of weight enabling someone or something to remain steady control to use strength to perform moves correctly direction the path that you move along (forwards, backwards, sideways) gallop to move with a bounce, leading with the same leg each time hopscotch move by jumping from one foot to two feet and two feet to one foot jump push from a surface into the air using leg and feet muscles pencil/straight to make a straight shape with the body with arms above the head perform present your work to an audience pike to make a shape with your legs and arms in front, usually a sitting shape sequence to put moves into an order skip move along lightly, stepping from one foot to another with a hop or bounce speed how fast or slowly someone moves step to transfer weight from one foot to another straddle to make a wide shape with your body, legs and arms outstretched as far as possible tiptoe to step lightly on the balls of your feet tuck to make a shape with your knees tucked in to your chest Others Tension, sequence, points, flight, straight, barrel, tuck, pike, straddle, sequence, curl, stretch, control, travel, balance, copy, hop		

Theme: Gymnastics	Year: 2	Subject: Physical Education
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What should I already know/be able to do?

- Make body tense, relaxed, curled and stretched, showing some tension.
- Begin to work alone/with someone to make a sequence of shapes/travels
- Climb safely, showing some shapes and balances when climbing.
- Keep balance travelling in a range of ways along bench, spots, mat etc
- Roll in stretched/curled positions e.g. 'log' and 'egg rolls'

How will I use this learning in the future?
 In Year 3, you will learn a forward roll, a crouched backwards roll, handstands, cartwheels and chassis steps. You will also begin to make sequences that allow you to compete against yourself and others.

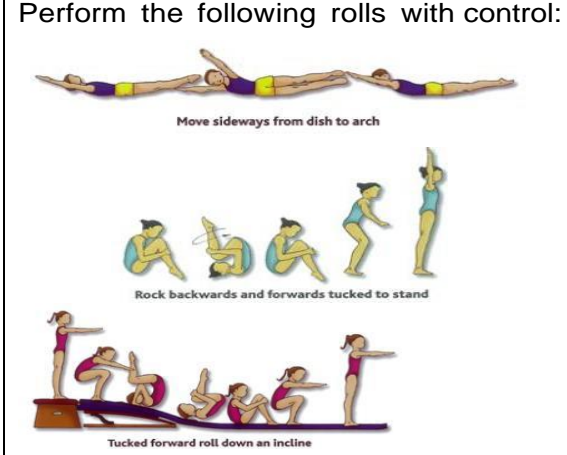
What vocabulary should I learn?

Agility - to have the skills to move quickly and easily
arch - to make your body into a curved shape, bringing your shoulders, head, arms and legs backwards from your core
arch roll - to roll from an arch shape to a dish shape to an arch shape
back support - to start in a sitting pike then lift your core from the ground – add tension and make your body straight
cat leap - take off from one foot, raise one knee then the other before landing on the other foot
core - the central part of your body
dish to make your body into a curved shape, bringing your shoulders, head, arms and legs forwards from your core
dish roll - to roll from a dish shape to an arch shape to a dish shape
flexibility - the ability to bend easily without breaking
front support - face downwards, lift your core from the floor and create a straight line with your body-add tension
incline - a slope
relaxed - make your body free from tension **rocking roll** - move gently along your spine
scissor kicks - in the T-lever position kick your legs backwards and upwards
T-lever - hold a balance with your hands and one leg on the floor and your other leg stretched outwards
Tension - hold your body tightly **Other**
 Tension, sequence, points, flight, straight, barrel, tuck, pike, straddle, sequence, curl, stretch, control, travel, balance, copy

What should I be able to do by the end?

- Make body tense, relaxed, curled and stretched, in a range of movements.
- Perform a sequence with changes in speed & direction including 3 different actions (sometimes giving advice to others)
- Be still on single/two + points of contact on floor/apparatus showing tension & control
- Link known shape/travel/roll/jump to a balance using floor & on apparatus
- Jump/land with control using different body shapes in flight

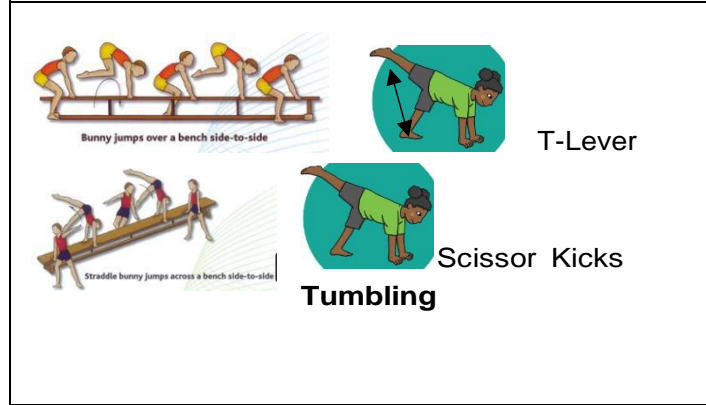
Rolls:
 Perform the following rolls with control:



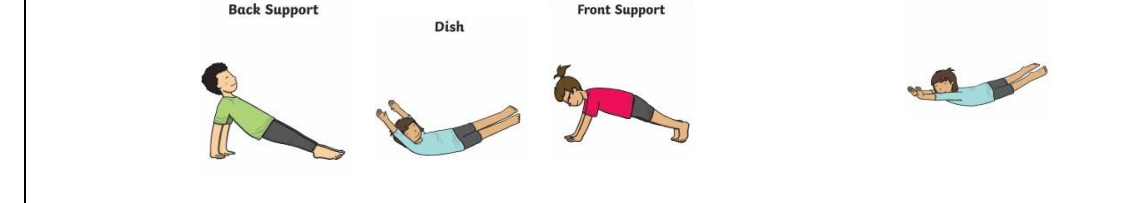
Jumps:
 From the ground and off, on and over equipment, you should be able to complete the following jumps with control:

- straight jump
- star jump
- tuck jump
- half turn jump
- cat leap

You can also add these jumps to the end of your rocking and forward rolls



Shapes and Balances:



Perform these balances (and Y1 balances) on the floor and on equipment.
 Perform simple balances using known shapes with a partner.

Travelling and Linking Actions:

tiptoe step jump hop hopscotch skip gallop
 Straight jump quarter and half turn then change or continue travel.

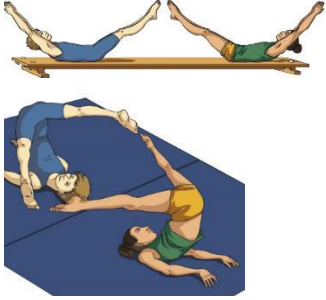
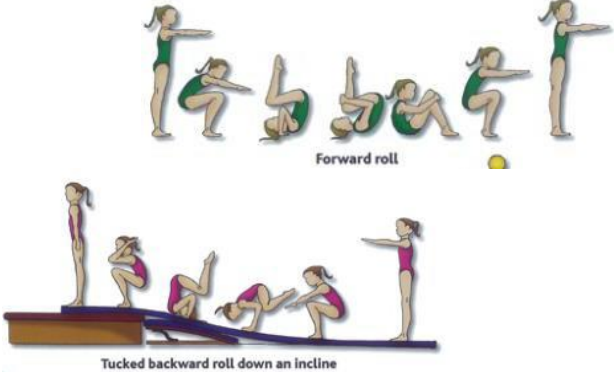
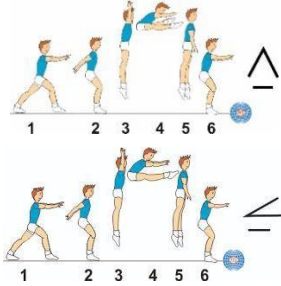


How will I showcase all of my learning?

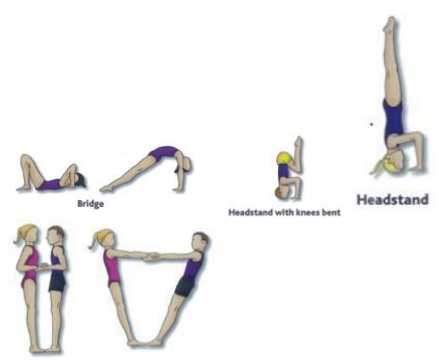
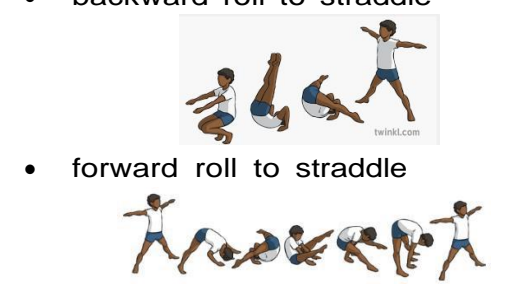



- I will perform my learnt skills with control.



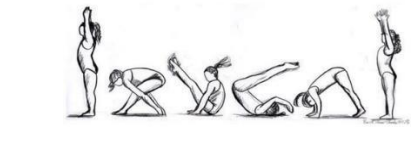
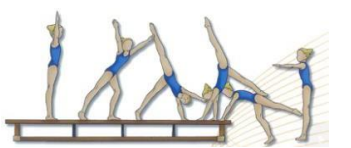


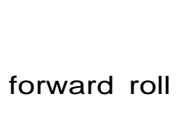


Link actions to make my own and partner sequences and perform these.

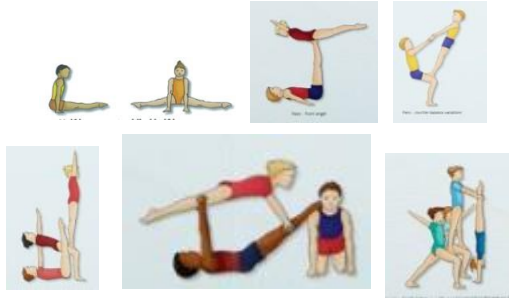
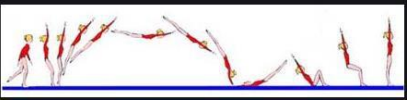


Health and Safety

- Land safely when jumping with knees bent, head up and chest forwards.
- Choose when it is appropriate to use a matted floor.
- Carry and place equipment safely, working with others when necessary.

Theme: Gymnastics	Year: 3	Subject: Physical Education
What should I already know/be able to do? <ul style="list-style-type: none"> • Make body tense, relaxed, curled and stretched, in a range of movements. • Perform a sequence with changes in speed & direction including 3 different actions (sometimes giving advice to others) • Be still on single/two + points of contact on floor/apparatus showing tension & control • Link known shape/travel/roll/jump to a balance using floor & on apparatus <ul style="list-style-type: none"> • Jump/land with control using different body shapes in flight 	How will I use this learning in the future? In Year 4, you will learn straddle forward and backward rolls, to lunge into handstands and cartwheels, balances with different points of contact, full turn jumps and pivoting.	What vocabulary should I learn? Cartwheel - a circular sideways handspring with the arms and legs extended Chassis - to sidestep with a skip Control - to use strength to perform moves correctly Compose - create a work of art Dynamics - the way in which moves are executed Evaluate -to make a judgement on something Flow - for movements to link together smoothly Handstand -to balance on your hands with your feet in the air Incline - a slope improve - to make better level = how high or low something is Pike jump - to jump with your legs stretched out in front a 90-degree angle from your body Straddle jump -to jump with your legs stretched as wide as possible in front of you Technique - to perform moves with skill and execution tucked backwards roll to roll backwards from a sitting position over your spine unison to complete the same moves at the same time as someone else Other: Mirror, matching, cannon, dynamics, levels, apparatus, extension, body tension, rotation, momentum, inversion, pathways, symmetrical, asymmetrical, aesthetics, synchronisation, strength, suppleness, performance, stamina
What should I be able to do by the end? <ul style="list-style-type: none"> • Use a greater number of own ideas for movement in response to a task. • Combine arm actions with skips/leaps/steps/jumps & spins in travel • Travel while using various hand apparatus, (ribbon/hoop/rope/ball) • Know principles of balance and apply them on floor & apparatus 	Shapes and Balances: Perform learned balances creatively in pairs and small groups to create interesting shapes, for example: 	Rolls: Perform the following rolls with control: 
Jumps: From the ground and off, on and over equipment, you should be able to complete the following jumps with control: <ul style="list-style-type: none"> • straddle jump • pike jump 	How will I showcase all of my learning? <ul style="list-style-type: none"> • I will choose ideas to compose a movement sequence independently and with others. I will watch my own sequences and suggest improvements then improve my own work.	Travelling and Linking Actions: tiptoe step jump hop hopscotch skip gallop Straight jump quarter and half turn then change or continue travel.
Health and Safety -Land safely when jumping with knees bent, head up and chest forwards. -Use correct technique when rolling to protect my neck and spine. -Keep my arms straight during handstands and cartwheels.	Tumbling: free handstand cartwheel with lunge  	

Theme: Gymnastics		Year: 4	Subject: Physical Education
What should I already know/be able to do? <ul style="list-style-type: none"> • Use a greater number of own ideas for movement in response to a task. • Combine arm actions with skips/leaps/steps/jumps & spins in travel • Travel while using various hand apparatus, (ribbon/hoop/ rope/ball) • Know principles of balance and apply them on floor & apparatus 		How will I use this learning in the future? In Year 5, I will learn part and full body-weight partner and group balances, roundoffs, pike forward rolls and to fit routines to music.	What vocabulary should I learn? Alignment - arrange your body in a straight line Axis - an imaginary line in which your body rotates around Bridge - With hands and feet on ground, facing upwards, push the core to create an arch, feet together. Control - to use strength to perform moves correctly correct grip - to hold a partner correctly to ensure safety- usually with 2 grips per link (e.g. wrist to wrist) counterbalance = a weight that balances another weight dynamics - the way in which moves are executed expression - making thoughts and feelings known through movement flexibility - the ability to bend easily without breaking flight - travelling in the air free - to hold a movement without any physical support full turn - to turn 360-degrees in a rotation headstand - a 3 point of contact balance using the head and two hands lunge - to place one leg in front of the other and bend the front knee forwards whilst straightening the back leg pivot - the central point in which the body turns from placement - ensuring that body parts are in the correct place for a move to be executed correctly point of contact - the amount of body parts requiring contact with a surface to balance theme the subject of a routine Other: Mirror, matching, cannon, dynamics, levels, apparatus, extension, body tension, rotation, momentum, inversion, pathways, symmetrical, asymmetrical, aesthetics, synchronisation, strength, suppleness, performance, stamina
What should I be able to do by the end? <ul style="list-style-type: none"> • Share ideas and give positive criticism/advice to self & others. • Create & perform matching/mirroring sequences explaining how it could be improved • Perform at least 3 different rolls (shoulder, forward, back) with some control • Link a roll with travel and balance using floor and apparatus with good body control 		Shapes and Balances: Advanced solo balances and balances with a partner e.g:  Correct body placement and alignment.	Rolls: Perform the following rolls with control: <ul style="list-style-type: none"> • forward roll from standing • backward roll to straddle • forward roll to straddle 
Jumps: Full turn jump:  Cat leap half turn: 		How will I showcase all of my learning? <ul style="list-style-type: none"> • I will perform my learnt skills with control, fluency and expression. Create a sequence of actions that fit a theme.	Travelling and Linking Actions: tiptoe step jump hop hopscotch skip gallop Straight jump quarter and half turn then change or continue travel.
Health and Safety -Land safely when jumping with knees bent, head up and chest forwards. -Use correct technique when rolling to protect my neck and spine. -Keep my arms straight during handstands and cartwheels.		Tumbling: free handstand cartwheel with lunge 	

Theme: Gymnastics		Year: 5	Subject: Physical Education
What should I already know/be able to do? <ul style="list-style-type: none"> • Share ideas and give positive criticism/advice to self & others. • Create & perform matching/mirroring sequences explaining how it could be improved • Perform at least 3 different rolls (shoulder, forward, back) with some control • Link a roll with travel and balance using floor and apparatus with good body control 		How will I use this learning in the future? In Year 6, I will learn to create complex sequences, to hurdle step into tumbles and develop more complex part and full weight partner and group balances.	What vocabulary should I learn? Alignment - arrange your body in a straight line Axis - an imaginary line in which your body rotates around Bridge - With hands and feet on ground, facing upwards, push the core to create an arch, feet together. Control - to use strength to perform moves correctly correct grip - to hold a partner correctly to ensure safety- usually with 2 grips per link (e.g. wrist to wrist) counterbalance = a weight that balances another weight dynamics - the way in which moves are executed expression - making thoughts and feelings known through movement flexibility - the ability to bend easily without breaking flight - travelling in the air free - to hold a movement without any physical support full turn - to turn 360-degrees in a rotation headstand - a 3 point of contact balance using the head and two hands lunge - to place one leg in front of the other and bend the front knee forwards whilst straightening the back leg pivot - the central point in which the body turns from placement - ensuring that body parts are in the correct place for a move to be executed correctly point of contact - the amount of body parts requiring contact with a surface to balance theme the subject of a routine Other: Mirror, matching, cannon, dynamics, levels, apparatus, extension, body tension, rotation, momentum, inversion, pathways, symmetrical, asymmetrical, aesthetics, synchronisation, strength, suppleness, performance, stamina Travelling and Linking Actions: tiptoe step jump hop hopscotch skip gallop Straight jump quarter and half turn then change or continue travel.
What should I be able to do by the end? <ul style="list-style-type: none"> • Combine own work with that of others, identifying strengths & weaknesses. • Include change of speed, direction and shape in movements. • Follow a set of 'rules' to produce a sequence, possibly made by peers. • Create mirror/matching/ cannon (pair) sequence varying dynamics/levels/direction etc. 		Shapes and Balances: Part and full weight balances with others, e.g.: 	Rolls: Pike forwards roll:  Backward roll to standing pike: 
Tumbling: cartwheel off bench  roundoff  handstand  forward roll 	Jumps: Stag jump:  Split leap: 		
Health and Safety -Carry and place equipment safely, working with others when necessary. -Use correct hand grips when balancing with a partner. -Use correct technique when partner balancing to avoid injury.		How will I showcase all of my learning? <ul style="list-style-type: none"> • I will select ideas to compose specific sequences – fitting criteria. Use equipment and music within sequences when appropriate.	

Theme: Gymnastics		Year: 6	Subject: Physical Education
What should I already know/be able to do? <ul style="list-style-type: none"> Combine own work with that of others, identifying strengths & weaknesses. Include change of speed, direction and shape in movements. Follow a set of 'rules' to produce a sequence, possibly made by peers. Create mirror/matching/ cannon (pair) sequence varying dynamics/levels/direction etc. 		How will I use this learning in the future? In KS3, I will learn to develop my technique and improve my gymnastic performances, analysing these to ensure I reach my personal best. I will learn to vault and perform skills on trampolines.	What vocabulary should I learn? Alignment - arrange your body in a straight line Axis - an imaginary line in which your body rotates around Cannon - movement in a routine done one after the other Control - to use strength to perform moves correctly correct grip - to hold a partner correctly to ensure safety- usually with 2 grips per link (e.g. wrist to wrist) counterbalance - a weight that balances another weight dynamics - the way in which moves are executed expression - making thoughts and feelings known through movement flexibility - the ability to bend easily without breaking flight - travelling in the air isolation - when gymnasts are performing different moves at the same time matching - gymnasts performing the same moves mirroring - when gymnasts mirror each other's moves pivot - the central point in which the body turns from placement - ensuring that body parts are in the correct place for a move to be executed correctly point of contact - the amount of body parts requiring contact with a surface to balance split leap - a jump/travel where the splits position is held in the air stag leap - a jump that provides travel with one leg extended behind the body and one bent in front Other: Mirror, matching, cannon, dynamics, levels, apparatus, extension, body tension, rotation, momentum, inversion, pathways, symmetrical, asymmetrical, aesthetics, synchronisation, strength, suppleness, performance, stamina
What should I be able to do by the end?			
<ul style="list-style-type: none"> Select a suitable routine to perform to different audiences, bearing in mind who the audience is. Transfer sequence above onto suitably arranged apparatus & floor Perform 6-8 part floor sequence as individual, pair & small group to a piece of music Demonstrate 3 paired balances in sequence using various skills/actions 	Shapes and Balances: More complex part and full weight balances alone and with others e.g: 	Rolls: dive forwards roll:  Recap previous rolls and perform with control.	
Jumps: Stag leap, Cat leap full turn: 	Tumbling: hurdle steps into tumbles:  Recap previous tumbles and begin to link tumbles together, performing with control.	Travelling and Linking Actions: tiptoe step jump hop hopscotch skip gallop Straight jump quarter and half turn then change or continue travel.	
Health and Safety -Carry and place equipment safely, working with others when necessary. -Check that equipment is safe for use. -Use correct hand grips when balancing with a partner. -Use correct technique when partner balancing to avoid injury.			