



Danson Primary School PE Progression - GYMNASTICS



Whole school gymnastics							
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>(High, low, over, under)</p> <p>I can move whilst pointing my fingers and toes. I can understand the difference between heights of shape and height of movement. I can understand the difference between low shapes and low movement. I can move over, under, along and through the apparatus. I can hold a balance on different apparatus.</p>	<p>(Wide, narrow ,curled)</p> <p>I can create 'Wide', 'Narrow' and 'Curled' balances (shapes) on the floor and on apparatus, using a variety of body parts. I know why it is important to perform each movement and balance like a 'champion' I understand the difference between 'wide', 'narrow' and 'curled'. I can 'transition' between movements, adding movements together and transitioning between them I can use more than one piece of apparatus at the same time to create movements and balances. 'interesting' gymnastics. I can create 'Wide', 'Narrow' and 'Curled' movements on the floor and on apparatus, using a variety of body parts.</p> <p>(Body parts)</p> <p>I can hold my balance for 4 seconds. I can balance on big body parts. I can balance on small body parts. I can combine movement body parts. I can show the difference between wide, narrow and curled balance on a small and big body part I can link balances together with movement,</p>	<p>(Linking)</p> <p>I can apply 'flow' to our movements, understanding that 'flow' means moving from one action to another without stopping. I can link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus. I can use a variety of apparatus when we are creating movement sequences.</p> <p>(Pathways)</p> <p>I can move from side to side in a zigzag pathway using wide, narrow culled shapes. .</p> <p>I can move in a zigzag pathway with a balance.</p> <p>I can move in a curved pathway on the floor. I can move in a curved pathway on the apparatus.</p> <p>I can create a sequence with different pathways linked together.</p>	<p>(Symmetry & Asymmetry)</p> <p>I know what symmetry and asymmetry means. I can execute balances and movements in both symmetrical and asymmetrical ways I know why it is so important to create 'excellent' movements and balances. I can explore a variety of movements to ascertain the best moves to allow for flow and interesting gymnastics for the sequence.</p> <p>I can peer and self assess, identifying strengths and weaknesses in my own and others' performances.</p>	<p>(Bridges)</p> <p>I can create a 'bridge balance' with a partner using different levels and different connection points I can reflect and evaluate using my observations to make accurate improvements to our own and others performances. I can explore bridge balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus.</p>	<p>(Counter balance and balance)</p> <p>I can create a counter balance (pull) with my partner. I can create a counter balance of different heights and levels. I can create a tension balance (pull) with my partner. I can create a counter tension of different heights and levels. I can create a sequence of counter balance and counter tension on the apparatus.</p>	<p>(Matching and mirroring)</p> <p>I can create matching movements as part of a sequence on the floor and the apparatus.. I can create movements that show unison with my partners or group as part of a sequence on the floor and the apparatus I can create movements that show canon with my partners or group as part of a sequence on the floor and the apparatus.. I can create a sequence that includes mirroring with my partner on the floor and the apparatus. I can create a sequence of different speeds and levels on the floor and the apparatus. .</p>



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	I can move over apparatus by pulling myself over, under and through.	I can roll from one side to the other. I can roll from knee to knee	I can perform a stationary roll with my head tucked under. I can perform a controlled egg roll (knee to knee) .	I can perform a forward roll without help. I can perform a backward roll on an incline I can perform a roll in turns with straight legs. I can cartwheel from stationary start.	I can start from standing to forward roll in one smooth movement, and with some control over finish With assistance, I can backward roll on flat I can perform a controlled 'teddybear' roll in full circles I can cartwheel from a walking start and with legs going nearly vertical	I can forward roll from walking, in one smooth movement & with controlled finish I can backward roll on flat I can cartwheel from moving start, in one smooth movement and with controlled finish I can cartwheel along a marked line (from stationery start)	I can move into forward roll at speed, with controlled finish I can forward roll without using hands I can backward roll on flat, with controlled finish I can move into cartwheel at speed I can cartwheel along a marked line (from stationery start)
Balance	I can hold a balance on the floor for a few seconds. I can hold a balance on the apparatus for a few seconds.	I can walk along marked line Stand on one leg for several seconds I can balance on a large body part for 4 seconds. I can balance on a small body part for 4 seconds.	I can jog along marked line Stand on one leg without difficulty I can hold balances of 4 seconds at the end of a sequence.	I can confidently stand on one leg while moving the other I can hold balances of 4 seconds within a sequence.	I can hop along a marked line I can hold a bridge a balance with a partner for 4 seconds.	I can jog backwards along marked line I can balance with a partner as part of counter-balance. .	I can hold a balance with control as part of a sequence. I can match and mirror the balance as part of a group.
Bridge					I can start from flat to form a bridge I can hold a bridge for several seconds I can bridge walk With help, I can perform a standing bridge	I can perform a standing bridge without help	
Vocabulary							
	over, under, through, along, balance, hold, gymnastics.	Champion gymnastics, wide, narrow, curled, transition, interesting, linking. big body parts, small body parts,	Champion gymnastics, linking, flow, transition, jump, roll, sequence	Excellent gymnastics, linking, flow, interesting, extension, symmetrical, asymmetrical	Excellent gymnastics, extension, control, interesting, bridge, levels	Excellent dancers, expression, creativity, emotion, motif, character, unison	control, sequence, balance, mirror, cannon, match, canon, unison.



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