

Gymnastics – Progression Document

Year 1	Can move with control and have awareness of space
	Can know how to carry and place equipment
	Can perform movement phrases using a range of body parts and actions
	I can jump in a variety of ways and land with some control and balance
	Be able to hold balances
	Can watch, copy and describe what others have done
Year 2	Link two or more actions to make a sequence
	Can move safely and with confidence
	Can know how to carry, lift and place equipment
	Travel by rolling forwards, backwards and sideways
	Hold a position whilst balancing on different points of the body
	Develop flexibility through rolls and stretches
	Use obtained knowledge of gymnastics to create more complex sequences
Can watch, copy and describe what others have done	
Year 3	Can improve their work using information they have gained by watching and listening
	Can improve the quality of their actions, body shapes and balance through understanding of their own bodies
	Can know the importance of strength in different parts of the body
	Can recognise how their work can be improved
	Refine movements into sequences
	Show changes in speed, direction and level during performances
	Can make simple judgments on their own and others work
Year 4	I can use equipment in a variety of ways (e.g. vaults and balances)
	Travel in a variety ways including flight via transfer of weight
	Use equipment in a variety of ways (e.g. vaults and balances)
	Plan and perform and repeat sequences
	Move in a clear, fluent and expressive manner
	Can create gymnastic sequences that meet a theme or set of objectives (e.g. topic, poem)
	Can develop a range of actions, body shapes and levels and include in a performance
	Can describe how their body reacts to different situations (e.g. their muscles)
Can suggest ways performances can be improved	
Year 5	Can evaluate their work and quality of their performance
	Can perform actions in a fluent and consistent performance
	Can create sequences and adapt to variables such as feedback, the needs of a partner and the implementation of equipment
	Can evaluate and improve their own and others work
	Understand centre of gravity and use this to create interesting body shape
	Create complex and well executed sequences including:
	> Travelling
	> Balances
	> Bending
> Stretching	
> Twists	
> Rolls	
I can use equipment in a variety of ways (e.g. vaults and balances)	

Year 6	Can combine and perform gymnastic actions, shapes and balances fluently.
	Can develop their own sequences
	Can suggest ways of improvements (self-evaluating and peer evaluating). Use ideas to practise and refine gymnastics techniques learnt
	Create complex and well executed sequences that include a range of: <ul style="list-style-type: none"> > Springing > Flight > Rotations > Linking shapes > Vaults > Rolls/flips
	Hold shapes that are strong, fluent and expressive
	I Can vary speed, direction, level and body rotation during floor performances
	I can use equipment in a variety of ways (e.g. vaults and balances)