



<p>Knowledge</p> <ul style="list-style-type: none"> • Understands the actions needed to start and finish a roll, in different ways, with precision and elegance • Understands how to adapt sequences to include a partner or a small group 	<p>Vocabulary</p> <p>Cat leap The gymnast takes off from one foot, raising one knee and then the other in a turned out position and the toes pointed.</p> 
<p>Activities</p> <ul style="list-style-type: none"> • Plan and perform with precision, control and fluency, movement sequences showing a wide range of actions including variations in speed, levels and directions • Repeat accurately a longer sequence with more difficult actions, with an emphasis on extension, clear body shape and changes in direction. 	<p>Hurdle step The final preparatory step before performing a skill from a run. The purpose of the hurdle step is to properly position yourself for the take-off while maintaining and/or building momentum. In most cases, a hurdle step should be low and long.</p> <p>Springboard A strong board used in gymnastics and diving that helps you jump higher than usual</p>
<p>Skills</p> <ul style="list-style-type: none"> • Perform a range of rolls showing different entrances and exits • Perform combinations of actions and agilities that show clear differences between levels, speeds and directions, with fluency and accuracy 	
<p>Handstand</p> <p>A position with your hands on the ground while your body and legs are upright in the air</p>	

Gymnastics progression and assessment

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Travel and stop with some control</p> <p>Create shapes showing basic levels of stillness using different parts of their bodies</p> <p>Begin to take weight on different parts of the body</p> <p>Show actions that stretch their bodies</p> <p>Copy and link simple actions together</p>	<p>Perform basic gymnastic actions like travelling, rolling and jumping</p> <p>Manage the space safely showing good spatial awareness, mats and apparatus</p> <p>Link and repeat basic gymnastic actions and perform with control</p>	<p>Perform a variety of actions with increasing control</p> <p>Repeat accurately sequences of gymnastic actions</p> <p>Move smoothly from a position of stillness to a travelling movement</p> <p>Move smoothly from one balance to another</p> <p>Choose simple balances to perform a sequence to practise and repeat</p> <p>Perform a sequence with has a clear beginning, middle and end</p> <p>Adapt the sequence to include a partner or apparatus</p>	<p>Perform a range of rolls and balances</p> <p>Explore apparatus and mats</p> <p>Use different ways to show balance, travelling and shape</p> <p>Practise a sequence and improve the quality by improving control, accuracy and fluency</p> <p>Plan and perform a sequence showing a contrast in speed, level and direction</p> <p>Devise and perform and sequence showing a clear beginning, middle and end</p>	<p>Perform a range of rolls with control and accuracy</p> <p>Explore different combinations of apparatus and know how to utilise this equipment to enhance their movements</p> <p>Practise and refine a sequence showing quality gymnastic actions</p> <p>Begin to develop longer and more varied movement phrases with smooth links between actions</p> <p>Perform a sequence that combine speed, levels, direction and a variety of shapes</p> <p>Work within different groups and contribute a variety of different sequences</p>	<p>Perform a range of rolls including forward and backward rolls consistently</p> <p>Perform a range of actions with consistency, fluency and clarity of movement</p> <p>Make similar and contrasting shapes on the floor and apparatus working individually and with a partner</p> <p>Perform with a partner whilst maintaining the quality of performance</p> <p>Develop a longer and more varied sequence demonstrating smooth transitions between actions, shapes and balances</p> <p>Show contrasting speed, levels and directions whilst working with a partner or small group</p> <p>Increase length of sequences working with a partner showing consistency, fluency and clarity of movement</p>	<p>Perform a range of rolls showing a clear entry and exit</p> <p>Perform combination of actions that show clear differences between levels, speeds and directions, with fluency and accuracy</p> <p>Perform actions, shapes and balances clearly with excellent control, tension and extension</p> <p>Plan, perform and evaluate a sequences showing a wide range of actions which have been adapted to show varying levels, speed and direction</p> <p>Repeat a longer sequence with clear emphasis on body extension and control</p> <p>Able to change sequence from individual to group performance</p>