

GYMNASTICS

Progression of skills

Year B

KEY SKILLS



SHAPE



FLIGHT



BALANCE



TRAVEL



ROTATION

FUNS LINKS

SHAPE AND BALANCE

Static balance:

one leg,
seated,
floor work,
stance

FLIGHT

dynamic balance:

jumping and landing

coordination:

footwork

TRAVEL

dynamic balance:

on a line
jumping and landing

coordination:

footwork

ROTATION

static balance:

one leg
seated
floor work

dynamic balance:

on a line

RECEPTION

Skills and knowledge outcomes

Perform jumps with shapes on floor with accuracy and control.

jump and land technique (straight jump)

Perform named jumps (with legs below horizontal) on floor with accuracy and control.

Perform tricky flight movements (jumps or hops, with legs lower than horizontal) using large apparatus.

Perform rolls on floor (using straight shape) with accuracy and control.

Perform rotation on different body parts on floor (on patches or two points) with accuracy and control.

Perform tricky rotations (single or combining shapes on patches or points) using low apparatus.

YEAR 1 AND 2

Skills and knowledge outcomes

<https://app.realpe.co.uk/gym/year/1/unit/2>

Perform jumps with shapes on floor with accuracy and control.

jump and land technique (straight jump)

Perform named jumps (with legs below horizontal) on floor with accuracy and control.

Perform tricky flight movements (jumps or hops, with legs lower than horizontal) using low apparatus.

Perform tricky flight movements (jumps or hops, with legs lower than horizontal) using large apparatus.

Perform rotation on different body parts on floor (on patches or two points) with accuracy and control.

Perform rolls on floor (using straight shape) with accuracy and control.

Perform tricky rotations (single or combining shapes on patches or points) using low and large apparatus.

YEAR 3 AND 4

Skills and knowledge outcomes

<https://app.realpe.co.uk/gym/year/3/unit/2>

Perform named jumps (with legs below horizontal) on floor with accuracy and control.

Perform jumps with shapes on floor with accuracy and control.

Perform types jumps (with any shape in flight) on floor with accuracy and control.

Perform tricky flight movements (jumps or hops, with legs lower than horizontal) using low apparatus.

Perform balances on one foot on floor with leg held low, with accuracy and control.

Perform balances on points and patches on floor with accuracy and control.

Perform tricky balances (patches and multiple points, vertical or near/on floor, with leg held low) using low and large apparatus.

YEAR 5 AND 6

Skills and knowledge outcomes

Pupils develop skills and expertise through instruction from qualified Gymnastics coaches at Penzance Gymnastics club, allowing them experience in working on high and low balance beams, pommel horses and spring floor.

Perform trickier flight movements (hurdle step and/or more complex leg movements, with legs at or below horizontal) through partner work.

Perform trickier rotations (combining shapes and/or on points with increased speed) through partner and group work.

Perform tricky flight movements (jumps or hops, with legs lower than horizontal) using low apparatus.

Perform trickier flight movements (hurdle step and/or more complex leg movements, with legs at or below horizontal) using large apparatus.

Perform trickier shapes, rotations and movements using large apparatus.

