

Key Concept	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	<p>To be able to travel by walking, running, crawling, hopping and skipping</p> <p>To be able to perform an egg roll and log roll</p> <p>To be able to do a straight jump and tuck jump</p> <p>To balance on different body parts</p> <p>Move around, under, over and through different pieces of equipment</p>	<p>Know how to carry and place apparatus safely using the correct technique of bending knees and keeping back straight</p> <p>To be able to tense, relax, stretch and curl body</p> <p>Hold still shapes (star, arch, dish, straddle, pike) and simple balances</p> <p>To be able to do a teddy bear roll</p> <p>Rock forwards and backwards in a tuck shape</p> <p>To be able to land safely by bending knees, looking forwards, using arms for balance.</p> <p>To be able to do a star jump and half turn jump</p> <p>Travel in different ways (walking, running, crawling, hopping, skipping, jumping, galloping, tip toeing; changing direction and speed</p>	<p>Climb onto and jump off equipment safely by using the correct landing technique of bending knees, looking forwards and arms for balance.</p> <p>Hold a still shape whilst balancing on different body parts</p> <p>Travel in union with a partner</p> <p>Perform a partner balance</p> <p>To be able to do a crouched forwards roll</p> <p>Plan and repeat simple sequence of actions</p>	<p>Balance on the apparatus for 3 seconds</p> <p>To be able to do a forward roll from standing</p> <p>Plan and perform a sequence of actions on the apparatus with a partner in unison</p> <p>To be able to do a tucked backward roll</p> <p>To do a straddle and pike jump off equipment, landing safely.</p> <p>Perform matching and contrasting partner balance on the floor and on the apparatus</p> <p>To know what is meant by body tension</p> <p>Perform a front and back support</p>	<p>To know what is meant by mount and dismount</p> <p>Watch, describe and suggest improvements to someone else's performance.</p> <p>Perform a straddle forward roll and a tucked backwards roll</p> <p>Vault - Squat onto the table and perform a shaped jump off, landing with the correct technique</p> <p>Describe what is happening to the body during the warm up (heart rate, temperature and breathing rate)</p> <p>Identify muscle groups used in gymnastics; triceps/biceps, hamstring/quadriceps, abdominals.</p>	<p>Create and perform sequences with a partner on the apparatus to include the following; mount, travel, balance, jumps and dismounts</p> <p>Give constructive feedback to another person/pair on ways to improve their performance</p> <p>To be able to produce partner balances using matching and mirroring</p> <p>To use a spring-board to produce height in order to perform different jump shapes with a safe controlled landing</p>	<p>To demonstrate good body tension with tense muscles</p> <p>Understand and perform counter balances and counter tension with a partner</p> <p>Link actions to create a complex sequence using a full range of movements</p> <p>Reflect on own performance and improve performance based on these reflections.</p>

Key Vocabulary	Gymnastics Move Travel walk run crawl skip hop Roll Jump Balance	Apparatus Safely Bending Stretching Star shape Arch Dish Straddle Pike Forwards roll	Landing Sequence Unison Forward roll	Unison Backwards roll Take off Flight Landing Matching Mirroring Body tension Front support Back support	Observe Improvements Feedback Vault Mount Dismount	Performance Sequence Constructive feedback Matching/mirroring Spring board	Body tension Counter balance Counter tension Reflect Evaluate Improvements Quality Consistent
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