



St Patrick's C of E Primary School

Progression of Gymnastics Skills

	New Skills Focus	Core Tasks (to work towards performing)
Y1	<p>Shapes: Held shape of choice, Dish and Arch</p> <p>Rolls: Rocking back and forwards, Side Roll (egg tucked), Pencil Roll (sausage)</p> <p>Jumps: Straight Jump + forward jump 2 feet - 2 feet</p> <p>Travel: Skipping, galloping, hopping</p>	<p>Mat based lessons: Make a solo sequence of 3 moves which includes:</p> <ul style="list-style-type: none"> - a roll - a jump - a still shape of their choosing <p>Start and finish in stillness.</p> <p>Apparatus lessons: Explore travelling along the apparatus forwards and backwards and getting on and off the apparatus smoothly.</p>
Y2	<p>Shape/Balancing: Balance on small body parts + Single Leg Balance, Front and Back Support, Pike, Straddle</p> <p>Rolls: Rocking back and forwards to standing squat</p> <p>Jumps: Rebound Jumps side to side, Broad Jump</p> <p>Travel: Caterpillar, Bear, Bunny, Crab</p>	<p>Mat based lessons: Perform a solo sequence of 4 moves which links:</p> <ul style="list-style-type: none"> - a roll - a travel - a jump - a small body part balance/or single leg balance <p>Work towards performing smoothly with control and transitioning well between the movements. Have a strong start and finish with a present to the judges.</p> <p>Apparatus lessons: Explore over, under, around, through and along the apparatus. Work with a partner to explore this together.</p>

<p>Y3</p>	<p>Shapes/balancing: V Sit, Shoulder Stand Rolls: Forward roll, Teddy Roll, Dish to Arch Jumps: Straight jump, Star jump, ¼ turn jump, skipping rope Travel: Steps forward and knee up steps or leg kick steps</p>	<p>Mat based lessons: Perform a solo sequence which links 6 moves: - 1 jump - 1 travelling movement - 2 rolls - Large body part balance (V Sit/Shoulder Stand/Dish/Arch) - Small body part balance (One leg balance/knee with hand)</p> <p>Work towards performing smoothly with control and transitioning well between the movements. Have a strong start and finish with a present to the judges.</p> <p>Apparatus lessons: Explore over, under, around, through and along the apparatus. Work with a partner to create a sequence that uses this and also adds in 2 other moves (jump/roll on, off or towards the apparatus and a balance on the apparatus).</p>
<p>Y4</p>	<p>Balance: Arabesque Weight on hands: Front and back support and go between the 2, Japana, Towards half Lever Cartwheel Rolls: Backwards Roll to knees Jumps: ½ turn, Tuck jump Travel: leap 1 – 1</p> <p>Spatial/partner: facings (side by side, back-to-back, one behind the other)</p>	<p>Mat based lessons: With a partner, perform a sequence which includes (in any order): - three different balances on different body parts - travelling towards each other at the start and away from partner at the end - a roll - a jump - facing different directions from your partner throughout the sequence (side by side, back-to-back, one behind the other) - a strong start and finish with a present to the judges</p> <p>Apparatus lessons: With a partner, create a sequence including inversion, bridge, snake movement and partner balance and focus on smooth transitions and stillness at the start and end.</p>
<p>Y5</p>	<p>Balance: Y balance Weight on hands: Half Lever, Press-up (full), Hop to Handstand Rolls: Backwards Roll to Straddle, Side Roll (to straddle) Jumps: Full 360 jump</p>	<p>Mat based lessons: With a partner, perform a sequence which links: - a jump - travel - a balance - include some weight on hands</p>

	<p>Travel: Gallop step ball change, Turn to travel</p> <p>Spatial/Partner: Mirroring and Matching, symmetry and asymmetry</p>	<ul style="list-style-type: none"> - levels and directions - Mirroring and Matching - asymmetrical shapes and balances - symmetrical rolling and jumping actions - a strong start and finish with a present to the judges <p>Apparatus lessons: With a partner, create a sequence on the small and large apparatus including inversion, snake movement, bridge, and partner balance. Move towards the apparatus and partner at the start and away from partner and apparatus at the end.</p>
Y6	<p>Spatial/Partner: Counterbalance, Countertension</p> <p>Weight on hands: Table-top for pairs balances e.g. Bunk Beds</p>	<p>Mat based lessons: With a partner, perform a sequence of balances which includes:</p> <ul style="list-style-type: none"> - Counterbalance, - Counter tension, - Mirroring and Matching (show symmetry and asymmetry) - a balance in which one person takes part of the other person's weight <p>Link your movements using:</p> <ul style="list-style-type: none"> - flight/jump - travel - change of speed - levels and direction - roll - turn - unison (synchronisation) and canon - a strong start and finish with a present to the judges <p>Apparatus lessons: With a partner, create similar sequence on the small and large apparatus including inversion, snake movement, bridge and partner balance, mirroring and matching partner work too and asymmetrical and symmetrical balances and jumping.</p>