

PE Knowledge and Skills Progression - Gymnastics

	General		Gymnastics	
	Knowledge	Skills	Knowledge	Skills
Year R	Your breathing changes when you exercise. Exercise helps keep you healthy.	Work individually and with others. Move safely within the space available, showing control over your body.	How to land safely when jumping.	Jump off an object and lands appropriately. Travel with confidence and skill around, under, over, and through balancing and climbing equipment.
Year 1	Your breathing gets faster when you exercise. You need to warm up before exercise.	Engage in cooperative physical activities. Engage in competitive physical activities against self. Describe your own and others actions. Move confidently and safely within the space available, using change of speed and direction. Begin to develop agility, balance and coordination.	The 5 basic gymnastic shapes – straight, star, pike, tuck, straddle. Different ways of travelling – run, hop, skip, jump.	Copy and explore the 5 basic gymnastic shapes showing basic control and co-ordination. Copy or create movement phrases including the 5 basic gymnastics shapes with beginnings, middles and ends. Perform movement phrases including the 5 basic gymnastic shapes using a range of body actions and body parts.
Year 2	Your heart beats faster when you exercise. You need to cool down after exercise.	Engage in competitive physical activities against others. Describe the differences in your own and others work. Use what you have learned to improve the quality and control of your own work. Develop agility, balance and coordination.	Individual gymnastic balances – arch, dish, bridge, shoulder stand. Different ways of travelling – roll, hop scotch, bunny hop.	Copy, remember, repeat and explore simple balances and movements with increasing control and co-ordination. Remember, repeat and link movement phrases including combinations of gymnastic actions, shapes and balances with control and precision. Perform movement phrases including combinations of gymnastic actions, shapes and balances.
Year 3	Your breathing gets faster when you exercise because your body needs more exercise. A warm up includes stretching and aerobic exercise. Warming up helps get your body ready for exercise. Cooling down helps your body recover after exercise. Exercise is good for your fitness, health and wellbeing.	Compare your own work to others commenting on similarities and differences. Suggest improvements in your own and others work. Suggest suitable activities for a warm up. Demonstrate agility, balance and co-ordination.	The 5 basic gymnastic shapes – straight, star, pike, tuck, straddle. Individual gymnastic balances – arch, dish, bridge, shoulder stand. Different ways of travelling – teddy bear rolls, side step.	Copy, remember, repeat and explore simple balances, and movements with increasing control and co-ordination. Remember, repeat and link movement phrases including combinations of gymnastic actions, shapes and balances, with control and precision. Perform movement phrases including combinations of gymnastic actions, shapes and balances.
Year 4	Your heart beats faster when you exercise because your body needs more oxygen. Warming up helps get your muscles, lungs and heart ready for exercise. Cooling down helps your muscles, heart and lungs recover after exercise.	Compare your work to others' and use this comparison to improve your performance. Suggest suitable activities for a cool down. Consistently demonstrate agility, balance and co-ordination. Begin to develop flexibility, strength, technique and control.	Know the Level 1 balances. Ways of linking Level 1 balances together.	Copy, remember, repeat, mirror and explore balances, including Level 1 balances, and movements, with increasing control and co-ordination. Use knowledge of compositional devices and performance techniques to select and use skills, actions and ideas appropriately. Create gymnastic sequences that meet a theme or set of conditions.
Year 5	When you exercise your muscles need more oxygen. Your breath faster and deeper to get more oxygen into your lungs. The oxygen transfers into your blood stream. Your heart pumps faster and deeper to get the oxygen round your body to the muscles where it is needed. Stretching helps prepare your muscles for exercise. Aerobic activity helps prepare your lungs and heart for exercise.	Evaluate and recognise your own success. Compare and comment on skills, techniques and ideas used in your own and others work. Organise your own warm-up and cool-down activities to suit different activities. Develop flexibility, strength, technique and control.	Know the Level 2 balances. Ways of linking Level 2 balances together. Compositional devices – changes in level and direction. Performance techniques – mirror images, in cannon.	Copy, remember, repeat, mirror and explore balances, including Level 2 balances, and movements, with increasing control and co-ordination. Use knowledge of compositional devices and performance techniques to select and use skills, actions and ideas appropriately. Adapt gymnastic sequences to meet a theme or set of conditions.
Year 6	When you exercise lactic acid builds up in your muscles. Too much of this causes cramp.	Compare your performances with previous ones and demonstrate improvement to achieve personal best. Analyse and comment on skills and techniques and how these are applied in your own and others' work. Lead warm up and cool down activities for others. Demonstrate flexibility, strength, technique and control.	Know the Level 3 balances. Ways of linking Level 3 balances together. Compositional devices – changes in speed. Performance techniques – call and response.	Link actions and ideas together and use them accurately and appropriately. Perform a range of gymnastic shapes and balances consistently showing control and fluency. Combine skills, techniques and ideas consistently showing precision control and fluency. Develop gymnastic sequences by understanding, choosing and applying a range of compositional devices and performance technics.