



PROGRESSION OF KEY SKILLS

Gymnastics

Early Years

EY

- Can experiment with different shapes
- Experiment with different jumps
- Experiment with different ways of rolling in small shape
- Experiment with balancing on different body parts
- Moving along the floor in different ways like aliens sliding, rolling, stretching etc
- Show a start shape, middle and finishing shape (beginning of a sequence)
- Moving on and off apparatus safely



1

Year 1

- Can perform various shapes
- Perform basic jump (straight jump, Star jump)
- Perform a tuck rock and a tuck roll and rocket roll with pointed toes
- Perform a simple balance holding for 3 seconds
- Perform a bunny hop- hands first then feet
- Perform a basic sequence (roll, jump and roll)
- Moving on and off apparatus with control

2

Year 2

- Can perform shapes with a strong body and control
- Perform jumps (straight, star, tuck jump) with control and a strong body
- Perform a tuck rock, tuck roll, forward roll and dish/arch roll
- Perform a balance on one or more parts of body
- Perform a bunny hop - hands flat with straight arms
- Perform a sequence on apparatus- (roll, jump and balance)
- Moving on and off apparatus with strong body and control



3

Year 3

- Can perform a variety of shapes with good control
- Perform a straight jump with a half turn
- Perform a Teddy bear roll
- Perform Point and Patch balances
- Perform a bunny hop across a mat run and onto/across low benches and apparatus
- Perform a short sequence on mats (using levels directions control)
- Hopscotch on throw down feet- introduction to hurdle step onto apparatus

4

Year 4

- Can perform a variety of shapes with good control when performing various skills
- Perform various jumps and develop travelling across the mat
- Teddy bear roll with a partner/group in sequence with pointed toes
- Perform matching and mirroring balance routines on apparatus
- Perform a bunny hop onto a variety of apparatus with control
- Perform a short sequence on mats and apparatus showing levels, unison, and pointed toes
- Hopscotch across the floor to develop hurdle step onto low apparatus



5

Year 5

- Can perform complex shapes with control and some flexibility
- Perform more complex jumps, tuck, pike and a scissor kick
- Perform a T-roll
- Perform symmetrical and asymmetrical balances
- Perform a 'squat on and squat off' on various apparatus
- Link skills to create a sequence with Fluency. Co-operate, communicate and collaborate with others
- To perform a hurdle step on the floor/springboard
- Cartwheel on the floor using various apparatus

6

Year 6

- Can perform complex shapes when performing Sequences and skills with flexibility
- Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leap
- Side star roll, T-roll (with pointed toes), backwards roll
- Perform various balances counter balance and counter tension
- Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)
- Compete in teams to win points with sequences and a vault competition
- Perform a hurdle step on the floor/springboard and onto apparatus
- Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand

