

# Gymnastics – Whole School Progression of Skills



EYFS	YR1	YR2	YR3	YR4	YR5	YR6
<ul style="list-style-type: none"> <li>- Experiment with different space/body shapes/jumps</li> <li>- Experiment with different ways of rolling in shapes</li> <li>- Move along the floor in different ways</li> <li>- Show a beginning of a sequence (start shape, roll, finishing shape)</li> </ul>	<ul style="list-style-type: none"> <li>- Can perform shapes</li> <li>- Perform basic jumps/rolls with pointed toes</li> <li>- Perform different hops</li> <li>- Perform a basic sequence, including a roll and a jump</li> </ul>	<ul style="list-style-type: none"> <li>- Perform shapes with control and a strong body</li> <li>- Perform jumps with control</li> <li>- Perform a variety of rolls</li> <li>- Perform a bunny hot with hands flat and straight arms</li> <li>- Perform a sequence including roll, jump and balance</li> </ul>	<ul style="list-style-type: none"> <li>- Perform a variety of shapes with good control</li> <li>- Perform a jump with a half turn</li> <li>- Perform matching and mirroring balances</li> <li>- Perform bunny hops across a mat and onto/across a bench or apparatus</li> <li>- Perform a short sequence on mats</li> </ul>	<ul style="list-style-type: none"> <li>- Use good control when performing various skills and shapes</li> <li>- Perform a jump with a ¼ and full turn, using pointed toes</li> <li>- Perform matching and mirroring balance routines on mats/apparatus</li> <li>- Perform a hop onto variety of apparatus with control</li> <li>- Run and jump over hurdles with speed and control</li> </ul>	<ul style="list-style-type: none"> <li>- Perform complex shapes with control and some flexibility</li> <li>- Perform more complex jumps (tuck, pike and begin leaps)</li> <li>- Perform point and patch balances</li> <li>- Perform a 'squat on' and 'squat off' on various apparatus</li> <li>- Perform a hurdle step on the floor/springboard</li> <li>- Link and sequences actions and skills</li> </ul>	<ul style="list-style-type: none"> <li>- Perform complex shapes in sequences, with skill and flexibility</li> <li>- Perform more complex jumps, as well as scissor kick and cat leap</li> <li>- Perform more complex point and patches balances in a sequence</li> <li>- Perform a 'squat on and squat off' apparatus with a run up</li> <li>- Perform a hurdle step on the floor and onto low apparatus</li> <li>- Compete in teams to win points</li> </ul>