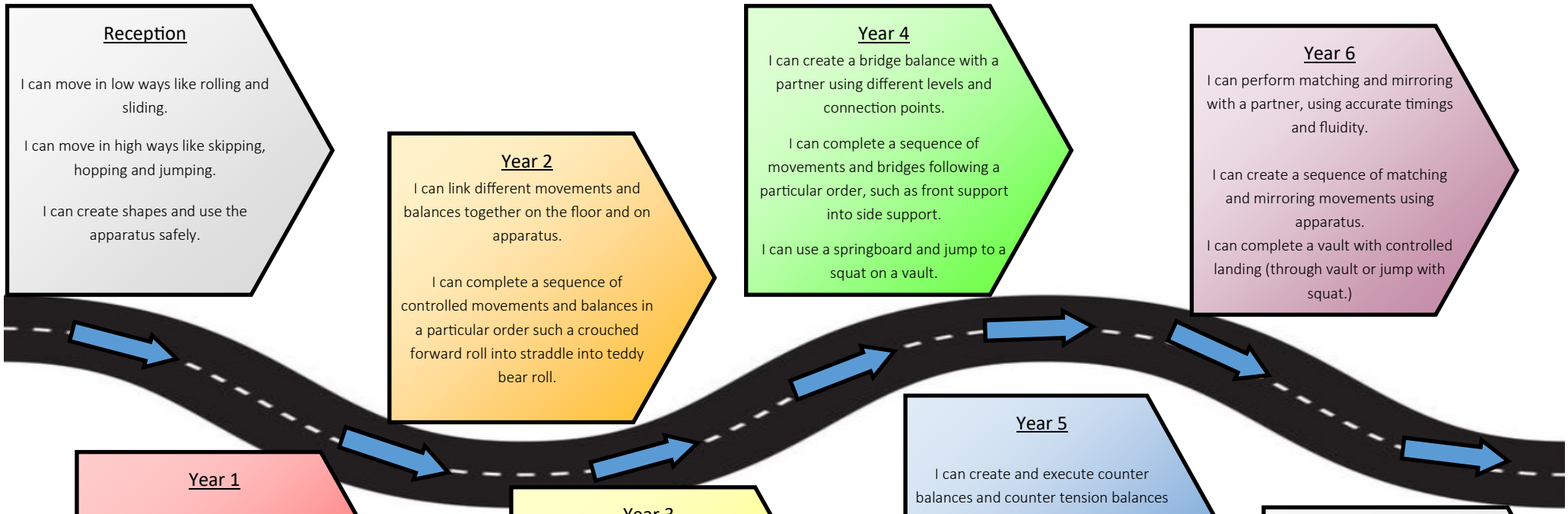
PE Curriculum Journey

Gymnastics



Reception

I can move in low ways like rolling and sliding.

I can move in high ways like skipping, hopping and jumping.

I can create shapes and use the apparatus safely.

Year 1

I can move on the floor and apparatus using wide, narrow and curled shapes, such a star jumps and pencil rolls.

I can add different movements together using more than one piece of apparatus.

Year 2

I can link different movements and balances together on the floor and on apparatus.

I can complete a sequence of controlled movements and balances in a particular order such a crouched forward roll into straddle into teddy bear roll.

Year 3

I can hold a balance with increasing control extending my fingers and toes such a dish with stretched leg.

I can create symmetrical and asymmetrical balances and movements with a partner.

Year 4

I can create a bridge balance with a partner using different levels and connection points.

I can complete a sequence of movements and bridges following a particular order, such as front support into side support.

I can use a springboard and jump to a squat on a vault.

Year 5

I can create and execute counter balances and counter tension balances with a partner.

I can create a sequence combining balances and movements with flow, accuracy and change of speed.

Year 6

I can perform matching and mirroring with a partner, using accurate timings and fluidity.

I can create a sequence of matching and mirroring movements using apparatus.

I can complete a vault with controlled landing (through vault or jump with squat.)

Year 7

Pupils produce routines with changes of level, speed and evidence of accurate timings.

Pupils will continue to develop their techniques and improve their performance.