

<u>Gymnastics</u>						
Reception:	Year 1:	Year 2:	Year 3:	Year 4:	Year 5:	Year 6:
Experiment with different ways of moving.	Perform shapes with a strong body and control.	Perform shapes when moving with a strong body and good control.	Perform twisting jumps with control and body tension.	Perform twisted jumps as part of a sequence with good control, body tension and pointed toes.	Perform jumps and leaps with control and body tension.	Perform a wide variety of jumps and leaps with control, body tension, fluency and pointed toes.
Negotiate space successfully, adjusting speed and changing direction.	Perform a jump with control and a strong body.	Perform all jumps with good control, body tension and pointed toes.	Perform a teddy bear roll with some control.	Perform a teddy bear with good control, both independently and with a partner.	Perform a T-roll and side star roll with control.	Consistently perform a T-Roll and side star roll with precision, control and fluency.
Travel with confidence and skill through balancing.	Perform basic rolls with control and a strong body.	Perform a forwards roll independently with good control.	Perform matching and mirroring balances with good control.	Perform matching and mirroring balances in a sequence with control and precision.	Perform point and patch balances showing good control, body tension and fluency.	Identify and perform a variety of point and patch balances in a sequence showing good control, body tension and fluency.
Jump off an object and lands appropriately.	Perform a basic bunny hop using hands and feet.	Perform a bunny hop across a mat keeping hands flat and arms straight.	Perform a bunny hop lifting legs with good height off the ground with control.	Perform a controlled bunny hop with good control, lifting hips high to varying levels.	Perform an adapted cartwheel progressing to straight legs.	Perform a cartwheel/adapted cartwheel on a mat showing control and fluency.
	Perform a sequence with control and a strong body	Perform a sequence from start to finish with good control, a strong body and pointed toes.	Bunny hop onto apparatus from standing with some control.	Perform a controlled bunny hop with good control, lifting hips high to varying levels.	Perform a hurdle step from a standing position showing good control and co-ordination.	
			Perform a sequence using different levels showing good control, body	Bunny hop onto apparatus with a short run up with	Independently perform a squat on, squat off onto a	

			tension and fluency.	control and some precision. Perform a sequence in unison with partner using different levels showing good control, body tension and fluency.	box top from a standing position.	Perform a hurdle step with a short run up (using a springboard) showing speed, control and fluency. Independently perform a squat on, squat off onto a box top with a run up –with or without the use of a springboard.
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