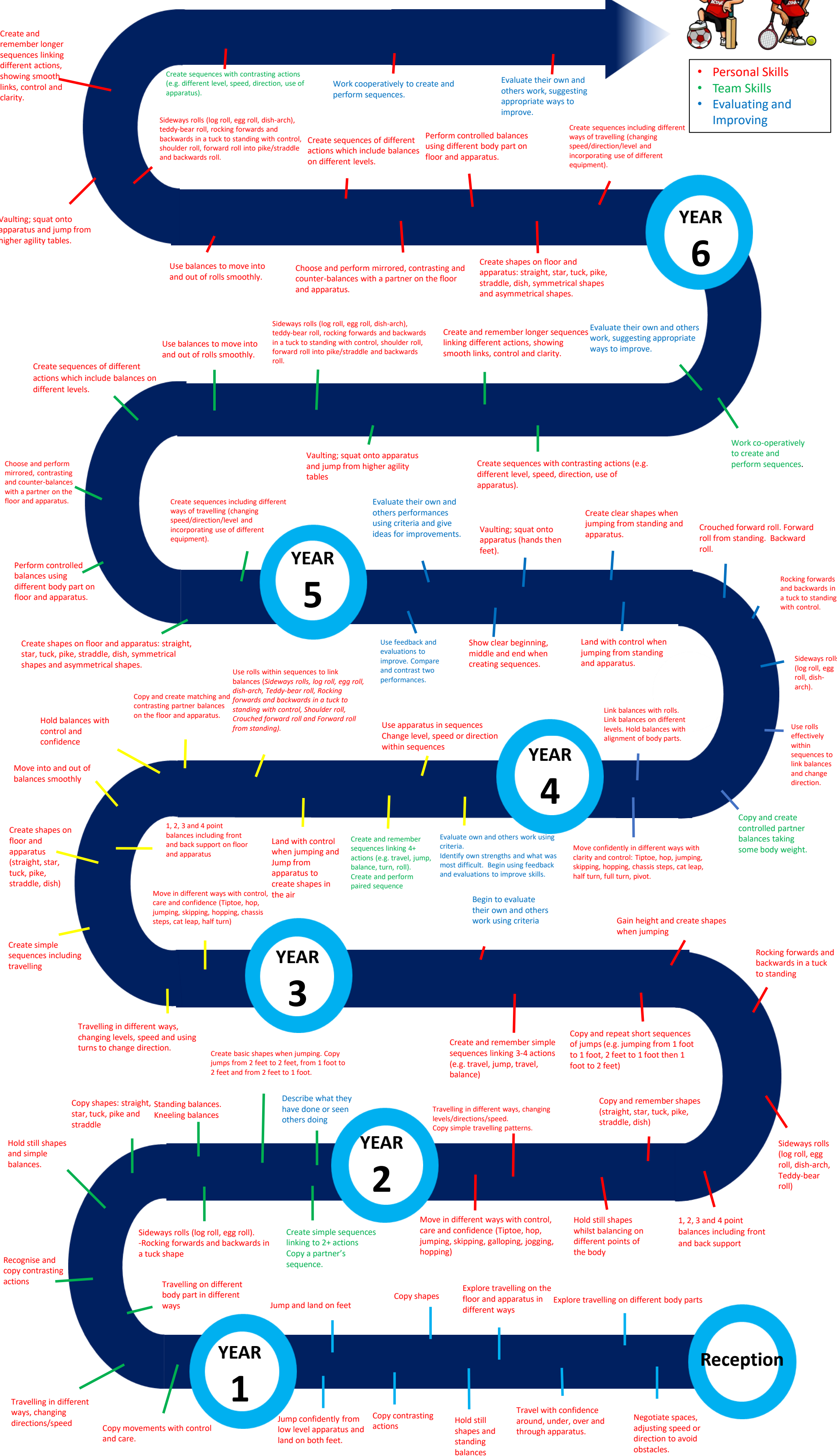


# Gymnastics (PE) Learning Journey



- Personal Skills
- Team Skills
- Evaluating and Improving



**YEAR 6**

**YEAR 5**

**YEAR 4**

**YEAR 3**

**YEAR 2**

**YEAR 1**

**Reception**

Create and remember longer sequences linking different actions, showing smooth links, control and clarity.

Vaulting; squat onto apparatus and jump from higher agility tables.

Create sequences of different actions which include balances on different levels.

Choose and perform mirrored, contrasting and counter-balances with a partner on the floor and apparatus.

Perform controlled balances using different body part on floor and apparatus.

Create shapes on floor and apparatus: straight, star, tuck, pike, straddle, dish, symmetrical shapes and asymmetrical shapes.

Hold balances with control and confidence

Move into and out of balances smoothly

Create shapes on floor and apparatus (straight, star, tuck, pike, straddle, dish)

Create simple sequences including travelling

Travelling in different ways, changing levels, speed and using turns to change direction.

Copy shapes: straight, star, tuck, pike and straddle

Hold still shapes and simple balances.

Recognise and copy contrasting actions

Travelling in different ways, changing directions/speed

Create sequences with contrasting actions (e.g. different level, speed, direction, use of apparatus).

Sideways rolls (log roll, egg roll, dish-arch), teddy-bear roll, rocking forwards and backwards in a tuck to standing with control, shoulder roll, forward roll into pike/straddle and backwards roll.

Use balances to move into and out of rolls smoothly.

Use balances to move into and out of rolls smoothly.

Create sequences including different ways of travelling (changing speed/direction/level and incorporating use of different equipment).

Copy and create matching and contrasting partner balances on the floor and apparatus.

Move in different ways with control, care and confidence (Tiptoe, hop, jumping, skipping, hopping, chassis steps, cat leap, half turn)

Create basic shapes when jumping. Copy jumps from 2 feet to 2 feet, from 1 foot to 2 feet and from 2 feet to 1 foot.

Copy shapes: straight, star, tuck, pike and straddle

Sideways rolls (log roll, egg roll), -Rocking forwards and backwards in a tuck shape

Travelling on different body part in different ways

Copy movements with control and care.

Work cooperatively to create and perform sequences.

Create sequences of different actions which include balances on different levels.

Choose and perform mirrored, contrasting and counter-balances with a partner on the floor and apparatus.

Sideways rolls (log roll, egg roll, dish-arch), teddy-bear roll, rocking forwards and backwards in a tuck to standing with control, shoulder roll, forward roll into pike/straddle and backwards roll.

Vaulting; squat onto apparatus and jump from higher agility tables

Evaluate their own and others performances using criteria and give ideas for improvements.

Use rolls within sequences to link balances (Sideways rolls, log roll, egg roll, dish-arch, Teddy-bear roll, Rocking forwards and backwards in a tuck to standing with control, Shoulder roll, Crouched forward roll and Forward roll from standing).

Use apparatus in sequences Change level, speed or direction within sequences

Land with control when jumping and Jump from apparatus to create shapes in the air

Describe what they have done or seen others doing

Create simple sequences linking to 2+ actions Copy a partner's sequence.

Jump and land on feet

Jump confidently from low level apparatus and land on both feet.

Evaluate their own and others work, suggesting appropriate ways to improve.

Perform controlled balances using different body part on floor and apparatus.

Create shapes on floor and apparatus: straight, star, tuck, pike, straddle, dish, symmetrical shapes and asymmetrical shapes.

Create and remember longer sequences linking different actions, showing smooth links, control and clarity.

Create sequences with contrasting actions (e.g. different level, speed, direction, use of apparatus).

Vaulting; squat onto apparatus (hands then feet).

Show clear beginning, middle and end when creating sequences.

Evaluate own and others work using criteria. Identify own strengths and what was most difficult. Begin using feedback and evaluations to improve skills.

Begin to evaluate their own and others work using criteria

Create and remember simple sequences linking 3-4 actions (e.g. travel, jump, travel, balance)

Travelling in different ways, changing levels/directions/speed. Copy simple travelling patterns.

Move in different ways with control, care and confidence (Tiptoe, hop, jumping, skipping, galloping, jogging, hopping)

Copy shapes

Hold still shapes and standing balances

Create sequences including different ways of travelling (changing speed/direction/level and incorporating use of different equipment).

Evaluate their own and others work, suggesting appropriate ways to improve.

Work co-operatively to create and perform sequences.

Create clear shapes when jumping from standing and apparatus.

Land with control when jumping from standing and apparatus.

Link balances with rolls. Link balances on different levels. Hold balances with alignment of body parts.

Move confidently in different ways with clarity and control: Tiptoe, hop, jumping, skipping, hopping, chassis steps, cat leap, half turn, full turn, pivot.

Gain height and create shapes when jumping

Copy and repeat short sequences of jumps (e.g. jumping from 1 foot to 1 foot, 2 feet to 1 foot then 1 foot to 2 feet)

Copy and remember shapes (straight, star, tuck, pike, straddle, dish)

Hold still shapes whilst balancing on different points of the body

1, 2, 3 and 4 point balances including front and back support

Negotiate spaces, adjusting speed or direction to avoid obstacles.

Rocking forwards and backwards in a tuck to standing with control.

Sideways rolls (log roll, egg roll, dish-arch).

Use rolls effectively within sequences to link balances and change direction.

Rocking forwards and backwards in a tuck to standing

Sideways rolls (log roll, egg roll, dish-arch, Teddy-bear roll)