

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.

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

Work cooperatively to create and perform sequences.

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

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.

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

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

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

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

Use balances to move into and out of rolls smoothly.

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

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

Use balances to move into and out of rolls smoothly.

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.

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

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

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.

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

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

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

Work co-operatively to create and perform sequences.

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.

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).

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

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.

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.

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

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

Create and remember sequences linking 4+ actions (e.g. travel, jump, balance, turn, roll). Create and perform paired sequence

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

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

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

Begin to evaluate their own and others work using criteria

Gain height and create shapes when jumping

Rocking forwards and backwards in a tuck to standing

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

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

Hold still shapes whilst balancing on different points of the body

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

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

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

Travelling on different body part in different ways

Jump and land on feet

Copy shapes

Explore travelling on the floor and apparatus in different ways

Explore travelling on different body parts

Travelling in different ways, changing directions/speed

Copy movements with control and care.

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

Copy contrasting actions

Hold still shapes and standing balances

Travel with confidence around, under, over and through apparatus.

Negotiate spaces, adjusting speed or direction to avoid obstacles.