

	1/2	3/4	5/6
Gymnastics	<ul style="list-style-type: none"> <li>● Copy, explore and remember actions and movements to create their own sequence.</li> <li>● Recognise and copy contrasting actions (small/tall, narrow/wide).</li> <li>● Travel in different ways, changing direction and speed.</li> <li>● Hold still shapes and simple balances.</li> <li>● Move on, around, under, over, and through different objects and equipment.</li> <li>● Hold a still shape whilst balancing on different points of the body.</li> <li>● Perform a variety of jumps and rolls with control.</li> <li>● Perform range of gymnastic moves on different pieces of equipment.</li> <li>● Move with increasing control and care.</li> <li>● Climb onto and jump off the equipment safely.</li> </ul>	<ul style="list-style-type: none"> <li>● Choose ideas to compose a movement sequence independently.</li> <li>● Use an increasing range of actions, directions, speed and levels in their sequences.</li> <li>● Develop the quality of their actions, shapes and balances.</li> <li>● Carry out balances (independently and with a partner), recognising the position of their centre of gravity and how this effects the balance.</li> <li>● Travel in different ways with coordination, control and care.</li> <li>● Perform a variety of jumps and rolls with confidence and control.</li> <li>● Use equipment to vault in a variety of ways.</li> <li>● Climb onto and jump off the equipment safely.</li> </ul>	<ul style="list-style-type: none"> <li>● Confidently use equipment to vault in a variety of ways and incorporate this into sequences.</li> <li>● Combine equipment with movement to create sequences.</li> <li>● Create their own complex and well executed sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</li> <li>● Demonstrate precise and controlled placement of body parts while performing jumps, shapes, rolls and balances.</li> <li>● Apply skills and techniques consistently, showing precision and control.</li> <li>● Climb onto and jump off the equipment safely.</li> </ul>

Gymnastics Overview