



Gymnastics



Curriculum Progression

Strand: to develop the skills of gymnastics

Foundation stage:

Children can copy and remember actions whilst moving with some control and awareness of space.



Key Vocabulary
balance, stretch, travel

y1:

Children can show contrasts and travel by rolling in different directions.



Key Vocabulary
direction, contrasts
(small/tall, straight/curved,
wide/narrow)

y2:

Children can link two or more actions together to make a sequence



*Key Vocabulary
perform, variety,
position, flexibility*

Y3:

Children can move in a clear, fluent and expressive manner throughout a sequence.



*Key Vocabulary
movement,
posture, dismount*

Y4:

Children can travel in a variety of ways including flight by transferring weight to generate power.



Key Vocabulary
placement, transfer, elevation

Y5:

Children can create complex and well-executed routines with a wide range of movements and levels.



*Key Vocabulary
rotation, gestures,
inversion*

Y6:

Children can include set pieces in a routine choosing appropriate linking elements.



Key Vocabulary

alignment, vaults, composition



Mastery:

Children can demonstrate good kinesthetic awareness when practising and refining gymnastics techniques



Key Vocabulary
virtuosity, choreography, execution

