



PE Knowledge and Skills Progression- Gymnastics

EYFS and Years 1-2

National Curriculum Requirements of PE for Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

master basic movements, including running, jumping, throwing and catching, as well as **developing balance, agility and co-ordination, and begin to apply these in a range of activities**

- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

EYFS	YEAR 1	YEAR 2
<p><u>Health and Fitness</u> I can describe how the body feels when still and when exercising.</p> <p><u>Gymnastic Skills</u> I can copy a short sequence of movements. I can roll in different ways with control (egg roll and log roll) Travel in different ways (tiptoe, step, jump, hop) I can jump in a range of ways (straight jump, tuck jump, jumping jack, half turn jump) I am beginning to balance with control. I can move around, under, over, and through different objects and equipment.</p>	<p><u>Health and Fitness</u> I can describe how my body feels before, during and after exercise. I can carry and place equipment safely.</p> <p><u>Gymnastic Skills</u> I can perform standing and kneeling balances. I can demonstrate pike, tuck, star, straight and straddle shapes. I can travel using steps, jumps, hops, galloping, skipping and hopscotch. I can travel on tip toes. I can perform a straight, tuck, halfturning jump and a jumping jack. I can perform the following rolls: Log roll (controlled), curled side roll (egg roll) (controlled), teddy bear roll (controlled). I can perform a bunny hop and front support wheelbarrow with a partner.</p>	<p><u>Health and Fitness</u> I can recognise and describe how the body feels during and after different physical activities. I can explain what they need to stay healthy.</p> <p><u>Gymnastic Skills</u> I can perform standing, kneeling and large body part balances on the floor, apparatus and with a partner. I can demonstrate pike, tuck, star, straight, straddle, front and back support shapes. I can travel using steps, jumps, hops, galloping, skipping and hopscotch. I travel on tip toes and use a straight jump half-turn as a linking action. I can perform a straight, tuck, star jump, straddle, pike, straight jump half-turn, jumping jack and a cat leap. I can perform the following rolls: Log roll (controlled), curled side roll (egg roll) (controlled), teddy bear roll</p>

<p>I can perform a standing balance. I can perform a bunny hop. I can control my body when performing a sequence of movements.</p> <p><u>Evaluate</u> I can talk about what I have done and what others have done.</p>	<p>I can create and perform a movement sequence. I can copy actions and movement sequences with a beginning, middle and end. I can link two actions to make a sequence. I recognise and can copy contrasting actions (small/tall, narrow/wide). I can travel in different ways, changing direction and speed. I can hold still shapes and simple balances. I can carry out simple stretches. I can carry out a range of simple jumps, landing safely. I move around, under, over, and through different objects and equipment. I am beginning to move with control and care.</p> <p><u>Vault</u> I can perform a straight jump of springboard/raised platform.</p> <p><u>Evaluate</u> I can watch and describe performances and suggest how they could improve.</p>	<p>(controlled), rocking for forward roll, crouched forward roll. I can perform a bunny hop, front support wheelbarrow with partner and a mini handstand where feet touch. I copy, explore and remember actions and movements to create my own sequence. I link actions to make a sequence. I can travel in a variety of ways, including rolling. I can hold a still shape whilst balancing on different points of the body. I can jump in a variety of ways and land with increasing control and balance. I can climb onto and jump off the equipment safely. I move with increasing control and care.</p> <p><u>Vault</u> I can perform a hurdle step onto springboard. I can perform a straight, tuck jump of springboard/raised platform.</p> <p><u>Evaluate</u> I can watch and describe performances and use what I see to improve my own performance. I can talk about the differences between my work and that of others.</p>
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