



# PE Knowledge and Skills Progression- Gymnastics

## Years 3-4

### National Curriculum Requirements of PE for Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

**Pupils should be taught to:**

Use running, jumping, throwing and catching in isolation and in combination

Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Perform dances using a range of movement patterns

Take part in outdoor and adventurous activity challenges both individually and within a team.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### YEAR 3

#### **Health and Fitness**

I can recognise and describe the effects of exercise on my body.  
I know the importance of strength and flexibility for physical activity.  
I can explain why it is important to warm up and cool down.

#### **Gymnastic Skills**

I can perform large and small body part balances including standing and kneeling on the floor and apparatus.  
I can perform matching and contrasting partner balances.  
I can demonstrate pike, tuck, star, straight, straddle, front and back support shapes.  
I travel using steps, jumps, hops, galloping, skipping, hopscotch and chassis steps.  
I travel on tip toes and use a straight jump half-turn and cat leap as linking actions.  
I perform a straight, tuck, star jump, straddle, pike, straight jump half-turn and full turn, jumping jack and a cat leap, cat leap half-turn.  
I can perform the following rolls: Crouched forward roll, forward roll from standing, tucked backward roll down an incline.  
I can perform a handstand with a lunge into it and a cartwheel.  
I can choose ideas to compose a movement sequence independently and with others.  
I link combinations of actions with increasing confidence, including changes of direction, speed or level.  
I can develop the quality of my actions, shapes and balances.  
I move with coordination, control and care.  
I can use turns whilst travelling in a variety of ways.  
I can use a range of jumps in my sequences and am beginning to use equipment to vault.  
I can create interesting body shapes while holding balances with control and confidence.  
I am beginning to show flexibility in movement

#### **Vault**

I can hurdle step onto a springboard/ raised platform.  
I can squat on vault (lower one) star, tuck, straddle, pike jump off.

#### **Evaluate**

I can watch, describe and evaluate the effectiveness of a performance.

### YEAR 4

#### **Health and Fitness**

I can describe how my body reacts at different times and how this affects performance.  
I can explain why exercise is good for your health.  
I know some reasons for warming up and cooling down.

#### **Gymnastic Skills**

I can perform 1, 2, 3 and 4 point balances both on the floor and apparatus.  
I can balance with and against a partner.  
I can demonstrate pike, tuck, star, straight, straddle, front/back/side support shapes.  
I can travel using steps, jumps, hops, galloping, skipping, hopscotch and chassis steps.  
I can travel on tip toes and use a straight jump half-turn, straight jump full turn, cat leap, cat leap half-turn and pivot.  
I can perform a straight, tuck, star jump, straddle, pike, straight jump half-turn and full turn, jumping jack and a cat leap, cat leap half-turn, stag jump and split leap.  
I can perform the following rolls: Forward roll from standing, straddle forward roll, tucked backward roll, backward roll to straddle.  
I can perform both a handstand and a cartwheel with a lunge start and finish.  
I can create a sequence of actions that fit a theme.  
I use an increasing range of actions, directions and levels in my sequences.  
I move with clarity, fluency and expression.  
I show changes of direction, speed and level during a performance.  
I travel in different ways, including using flight.  
I can improve the placement and alignment of body parts in balances.  
I use equipment to vault in a variety of ways.  
Carry out balances, recognising the position of their centre of gravity and how this affects the balance.  
Begin to develop good technique when travelling, balancing and using equipment.  
Develop strength, technique and flexibility throughout performances.

#### **Vault**

I can hurdle step onto a springboard/raised platform.  
I can squat on vault.

I can describe how a performance has improved over time.

I can straddle on vault.

I can perform a star, tuck, straddle and pike jump off a vault.

**Evaluate**

I can watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

I can modify my use of skills or techniques to achieve a better result.