



# PE Knowledge and Skills Progression- Gymnastics

## Years 5-6

### **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 5****Health and Fitness**

I know and understand the reasons for warming up and cooling down.  
I can explain some safety principles when preparing for and during exercise.

**Gymnastic Skills**

I can perform 1, 2, 3 and 4 point balances both on the floor and apparatus.  
I complete part body weight partner balances.  
I can demonstrate front/back and side support shapes and lower to the floor with control.  
I 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, cat leap full-turn, stag jump and split leap.  
I can perform the following rolls: Forward roll from standing, straddle forward roll, pike forward roll, tucked backward roll, backward roll to straddle.  
I can perform a handstand, cartwheel and round-off with a lunge.  
I select ideas to compose specific sequences of movements, shapes and balances.  
I can adapt my sequences to fit new criteria or suggestions.  
I can perform jumps, shapes and balances fluently and with control.  
I can confidently develop the placement of my body parts in balances.  
I can confidently use equipment to vault in a variety of ways.  
I apply skills and techniques consistently.  
I can develop strength, technique and flexibility throughout performances.  
I can combine equipment with movement to create sequences.

**Vault**

I can hurdle step onto springboard.  
I can squat on vault.  
I can straddle on vault.  
I can star jump off, tuck jump off, straddle jump off, pike jump off, squat through vault.

**Evaluate**

I can choose and use criteria to evaluate my own and others' performance.

**YEAR 6****Health and Fitness**

I understand the importance of warming up and cooling down.  
I can carry out warm-ups and cooldowns safely and effectively.  
I understand why exercise is good for health, fitness and wellbeing.  
I know ways I can become healthier.

**Gymnastic Skills**

I can perform 1, 2, 3 and 4 point balances both on the floor and apparatus.  
I can complete full body weight partner balances.  
I can demonstrate front/back and side support shapes and lower to the floor with control and push back up.  
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, cat leap full-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, cat leap full-turn, stag jump, split leap and stag leap.  
I can perform the following rolls: Forward roll from standing, straddle forward roll, pike forward roll, dive forward roll, tucked backward roll, backward roll to straddle, backward roll to standing pike, pike backward roll.  
I can perform a cartwheel and round off with a lunge.  
I am able to hurdle step, using into a cartwheel and round-off.  
I can create my own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.  
I can demonstrate precise and controlled placement of body parts in my actions, shapes and balances.  
I confidently use equipment to vault and incorporate this into sequences.  
I can apply skills and techniques consistently, showing precision and control.  
I can develop strength, technique and flexibility throughout performances.

**Vault**

I can hurdle step onto springboard.  
I can squat on vault.  
I can straddle on vault.  
I can star jump off, tuck jump off, straddle jump off, pike jump off, squat through vault and straddle over vault.

I can explain why they have used particular skills or techniques, and the effect they have had on my performance.

**Evaluate**

I can thoroughly evaluate my own and others' work, suggesting thoughtful and appropriate improvements.