

## Gymnastic progression

In gymnastics children will develop flexibility, strength, technique, control and balance.

Sunshine  
(EYFS)

Health and fitness

Describe how the body feels when still and when exercising.

Acquiring and Developing Skills in Gymnastics

Create a short sequence of movements.

Roll in different ways with control. Travel in different ways.

Stretch in different ways. Jump in a range of ways from one space to another with control.

Begin to balance with control. Move around, under, over, and through different objects and equipment.

Rolls

Curled side  
roll (egg roll)

Log roll  
(pencil roll)

Teddy bear  
roll

Jumps

Straight  
jump

Tuck

jump

Jumping

Jack Half

turn

jump

Vault

Handstands/ cartwheels

Bunny hop

Traveling and linking ideas

Tiptoe, step, jump and hop

Shapes and balances

Standing balance

Compete/ perform

Control my body when performing a sequence of movements. Participate in simple games.

Evaluate

Talk about what they have done. Talk about what others have done.

Rainbow and  
Amethyst

## Health and fitness

Describe how the body feels before, during and after exercise. Carry and place equipment safely.

## Acquiring and Developing Skills in Gymnastics

Create and perform a movement sequence.

Copy actions and movement sequences with a beginning, middle and end.

Link two actions to make a sequence. Recognise and copy contrasting actions (small/tall, narrow/wide). Travel in different ways, changing direction and speed. Hold still shapes and simple balances.

Carry out simple stretches.

Carry out a range of simple jumps, landing safely.

Move around, under, over, and through different objects and equipment. Begin to move with control and care.

## Rolls

Log roll (controlled)

Curled side roll (egg roll) (controlled) Teddy bear roll (controlled)

## Jumps

Straight  
t jump

Tuck

jump

Jumpin

g jack

Half turn jump

Cat spring

Vault

Straight jump off springboard.

Handstands/ cartwheels

Bunny

hop

Front

support

wheelbarrow with partner

Traveling and linking ideas

Tiptoe, step, jump

and hop Hopscotch

Skipping

Gallop

Shapes and balances

Standing

balances

Kneeling

balances

Pike, tuck, star, straight, straddle shapes

Compete/ perform

Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control.

### Evaluate

Watch and describe performances. Begin to say how they could improve

Amber

### Health and fitness

Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.

## Acquiring and Developing Skills in Gymnastics

Copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence.

Travel in a variety of ways, including rolling.

Hold a still shape whilst balancing on different points of the body. Jump in a variety of ways and land with increasing control and balance. Climb onto and jump off the equipment safely.

Move with increasing control and care.

### Rolls

Log roll (controlled)

Curled side roll (egg roll) (controlled) Teddy bear roll (controlled)

Rocking for forward roll Crouched forward roll

### Jumps

Straight

jump

Tuck

jump

Jumping

jack Half

turn



jump Cat  
spring  
Cat spring to straddle

### Vault

Hurdle step onto  
springboard  
Straight jump off  
springboard Tuck  
jump off  
springboard

### Handstands/ cartwheels

Bunny hop  
Front support  
wheelbarrow with  
partner T-lever Scissor  
kick

## Traveling and linking ideas

Tiptoe, step, jump  
and hop Hopscotch

Skipping

Galloping

Straight jump half-turn

## Shapes and balances

Standing

balances

Kneeling

balances

Large body

part balances

Balances on

apparatus

Balances with

a partner

Pike, tuck, star,

straight, straddle

shapes Front and back

support

## Compete/ perform

Perform sequences of their own

composition with coordination. Perform

learnt skills with increasing control.

### *Evaluate*

*Watch and describe performances, and use what they see to improve their own performance. Talk about the differences between their work and that of others.*

### *Ruby and Diamond*

#### *Health and fitness*

*Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down.*

#### *Acquiring and Developing Skills in Gymnastics*

*Choose ideas to compose a movement sequence independently and with*

others. Link combinations of actions with increasing confidence, including changes of direction, speed or level.

Develop the quality of their actions,

shapes and balances. Move with

coordination, control and care.

Use turns whilst travelling in a variety of ways.

Use a range of jumps in their sequences. Begin to use equipment to vault.

Create interesting body shapes while holding balances with control and confidence. Begin to show flexibility in movements.

### Rolls

Crouched forward roll  
Forward roll from standing  
Tucked backward roll

### Jumps

Straight jump  
Tuck jump  
Jumping jack  
Star jump  
Straddle jump  
Pike

jump  
Straight

jump  
half-  
turn  
Cat leap

### Vault

Hurdle step onto  
springboard

Squat on vault

Star jump

off Tuck

jump off

Straddle

jump off

Pike jump

off

### Handstands/ cartwheels

Handstand

Lunge into

handstand

Cartwheel

## Traveling and linking ideas

Tiptoe, step, jump  
and hop Hopscotch

Skippin

g

Chassis

steps

Straight jump

half turn Cat

leap

## Shapes and balances

Large and small body part balances, including  
standing and kneeling balances. Balances on  
apparatus

Matching and contrasting  
partner balances Pike,  
tuck, star, straight,

straddle shapes Front and  
back support

## Compete/ perform

Develop the quality of the actions in  
their performances. Perform learnt  
skills and techniques with control  
and confidence. Compete against self  
and others in a controlled manner.

## Evaluate

Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.

## Quartz

### Health and fitness

Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health.

Know some reasons for warming up and cooling down

### Acquiring and Developing Skills in Gymnastics

Create a sequence of actions that fit a theme. Use an increasing range of actions, directions and levels in their sequences. Move with clarity,



fluency and expression.

Show changes of direction, speed and level during a performance. Travel in different ways, including using flight.

Improve the placement and alignment of body parts in balances.

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.

### Rolls

Forward roll  
from standing  
Straddle forward  
roll Tucked  
backward roll  
Backward roll to  
straddle

### Jumps

Straight jump  
Tuck jump  
Jumping jack  
Star jump  
Straddle  
jump  
Pike  
jump  
Straight  
jump half-  
turn Straight

jump full-  
turn Cat leap  
Cat leap half-turn

### Vault

Hurdle step onto  
springboard

Squat on vault

Straddle

on vault

Star jump

off Tuck

jump off

Straddle

jump off

Pike jump

off

### Handstands/ cartwheels

Lunge into  
handstand

Lunge into  
cartwheel

## Traveling and linking ideas

Tiptoe, step, jump  
and hop Hopscotch

Skippin

g

Chassis

steps

Straight

jump half

turn Straight

jump full

turn Cat leap

Cat leap

half turn

Pivot

## Shapes and balances

1, 2, 3 and 4 - point

balances Balances on

apparatus

Balances with and

against a partner Pike,

tuck, star, straight,

straddle shapes Front

and back support

Compete/ perform

Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy.

### Evaluate

Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result.

Aventurine and Emerald

### Health and fitness

Know and understand the reasons for warming up and cooling down. Explain some safety principles when preparing for and during exercise. Understand the importance of warming up and cooling down.

Carry out warm-ups and cool-downs

|  |  |
|--|--|
|  | <p>safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.</p> |
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## Acquiring and Developing Skills in Gymnastics

Select ideas to compose specific sequences of movements, shapes and balances. Adapt their sequences to fit new criteria or suggestions.

Perform jumps, shapes and balances fluently and with control.

Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance.

Confidently use equipment to vault in a variety of ways. Apply skills and techniques consistently.

Develop strength, technique and flexibility throughout performances. Combine equipment with movement to create sequences.

Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.

Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. Confidently use equipment to vault and incorporate this into sequences.

Apply skills and techniques consistently, showing precision and control. Develop strength, technique and flexibility throughout performances.

### Rolls

Forward roll from

standing Straddle

forward roll

Pike forward

roll Tucked

backward roll

Backward roll

to straddle

Dive forward

roll

Tucked backward roll Backward

roll to straddle Backward roll to

standing pike

Pike backward roll

Jumps

Straight

jump

Tuck

jump

Jumpin

g jack

Star

jump

Straddle

jump

Pike jump Stag

jump Straight

jump half-



turn Straight  
jump full-  
turn

Cat leap  
Cat leap  
half-turn  
Split leap

### Vault

Hurdle step onto  
springboard  
Squat on vault  
Straddle  
on vault  
Star jump  
off Tuck  
jump off  
Straddle  
jump off  
Pike jump  
off  
Squat  
through  
vault  
Straddle over  
vault Lunge  
into  
cartwheel  
Lunge into  
round-off  
Hurdle step

Hurdle step into  
cartwheel Hurdle  
step into round-  
off

### Handstands/ cartwheels

Lunge into  
cartwheel  
Lunge into  
round-off  
Hurdle step Hurdle step  
into cartwheel Hurdle  
step into round-off

### Traveling and linking ideas

Tiptoe, step, jump  
and hop Hopscotch  
Skippin  
g  
Chassis  
steps  
Straight  
jump half  
turn Straight  
jump full  
turn Cat leap  
Cat leap half turn  
Cat leap full turn

Pivot

### Shapes and balances

1, 2, 3 and 4 - point balances

Balances on apparatus Develop technique, control and complexity of part-weight partner balances Group formations

Pike, tuck, star,

straight, straddle

shapes Front and back

support

### Compete/ perform

Perform own longer, more complex sequences in time to music.

consistently perform and apply skills and techniques with accuracy and control.

Link actions to create a complex sequence using a full range of movement that showcases different abilities, performed in time to music.

Perform and apply a variety of skills and techniques confidently, consistently and with precision. Begin to record their peers' performances, and evaluate these.

### Evaluate

Explain why they have used particular skills or techniques, and the effect they have had on their performance. Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements..

