Gymnastics (PE) Learning Journey

Class 4

- Create and remember longer sequences linking different actions, showing smooth links, control and clarity.
- Create sequences with contrasting actions (e.g. different level, speed, direction, use of apparatus).
- Work cooperatively to create and perform sequences.
- Evaluate their own and others work, suggesting appropriate ways to improve.
- Sideways rolls (log roll, egg roll, dish-arch), teddy-bear roll, rocking forwards and backwards in a tuck to standing with control, shoulder roll, forward roll into pike/straddle and backwards roll.
- Create sequences of different actions which include balances on different levels.
- Perform controlled balances using different body part on floor and apparatus.
- Create sequences including different ways of travelling (changing speed/direction/level and incorporating use of different equipment).
- Vaulting; squat onto apparatus and jump from higher agility tables.
- Use balances to move into and out of rolls smoothly.
- Choose and perform mirrored, contrasting and counter-balances with a partner on the floor and apparatus.
- Create shapes on floor and apparatus: straight, star, tuck, pike, straddle, dish, symmetrical shapes and asymmetrical shapes.

Class 3

- Sideways rolls (log roll, egg roll, dish-arch), teddy-bear roll, rocking forwards and backwards in a tuck to standing with control, shoulder roll, forward roll into pike/straddle and backwards roll.
- Create and remember longer sequences linking different actions, showing smooth links, control and clarity.
- Evaluate their own and others work, suggesting appropriate ways to improve.
- Work co-operatively to create and perform sequences.
- Create sequences of different actions which include balances on different levels.
- Use balances to move into and out of rolls smoothly.
- Vaulting; squat onto apparatus and jump from higher agility tables
- Create sequences with contrasting actions (e.g. different level, speed, direction, use of apparatus).
- Choose and perform mirrored, contrasting and counter-balances with a partner on the floor and apparatus.
- Create sequences including different ways of travelling (changing speed/direction/level and incorporating use of different equipment).
- Evaluate their own and others performances using criteria and give ideas for improvements.
- Vaulting; squat onto apparatus (hands then feet).
- Create clear shapes when jumping from standing and apparatus.
- Crouched forward roll. Forward roll from standing. Backward roll.
- Perform controlled balances using different body part on floor and apparatus.
- Rocking forwards and backwards in a tuck to standing with control.
- Create shapes on floor and apparatus: straight, star, tuck, pike, straddle, dish, symmetrical shapes and asymmetrical shapes.
- Use feedback and evaluations to improve. Compare and contrast two performances.
- Show clear beginning, middle and end when creating sequences.
- Land with control when jumping from standing and apparatus.
- Sideways rolls (log roll, egg roll, dish-arch).
- Use rolls within sequences to link balances (*Sideways rolls, log roll, egg roll, dish-arch, Teddy-bear roll, Rocking forwards and backwards in a tuck to standing with control, Shoulder roll, Crouched forward roll and Forward roll from standing).*
- Copy and create matching and contrasting partner balances on the floor and apparatus.
- Use apparatus in sequences Change level, speed or direction within sequences
- Link balances with rolls. Link balances on different levels. Hold balances with alignment of body parts.
- Use rolls effectively within sequences to link balances and change direction.
- Hold balances with control and confidence
- Move into and out of balances smoothly
- Copy and create controlled partner balances taking some body weight.

Class 2

- Create shapes on floor and apparatus (straight, star, tuck, pike, straddle, dish)
- 1, 2, 3 and 4 point balances including front and back support on floor and apparatus
- Land with control when jumping and Jump from apparatus to create shapes in the air
- Create and remember sequences linking 4+ actions (e.g. travel, jump, balance, turn, roll). Create and perform paired sequence
- Evaluate own and others work using criteria. Identify own strengths and what was most difficult. Begin using feedback and evaluations to improve skills.
- Move confidently in different ways with clarity and control: Tiptoe, hop, jumping, skipping, hopping, chassis steps, cat leap, half turn, full turn, pivot.
- Move in different ways with control, care and confidence (Tiptoe, hop, jumping, skipping, hopping, chassis steps, cat leap, half turn)
- Create simple sequences including travelling
- Begin to evaluate their own and others work using criteria
- Gain height and create shapes when jumping
- Rocking forwards and backwards in a tuck to standing
- Travelling in different ways, changing levels, speed and using turns to change direction.
- Create basic shapes when jumping. Copy jumps from 2 feet to 2 feet, from 1 foot to 2 feet and from 2 feet to 1 foot.
- Create and remember simple sequences linking 3-4 actions (e.g. travel, jump, travel, balance)
- Copy and repeat short sequences of jumps (e.g. jumping from 1 foot to 1 foot, 2 feet to 1 foot then 1 foot to 2 feet)
- Copy shapes: straight, star, tuck pike and straddle
- Standing balances. Kneeling balances
- Describe what they have done or seen others doing
- Travelling in different ways, changing levels/directions/speed. Copy simple travelling patterns.
- Copy and remember shapes (straight, star, tuck, pike, straddle, dish)
- Hold still shapes and simple balances.
- Sideways rolls (log roll, egg roll, dish-arch, Teddy-bear roll)
- Sideways rolls (log roll, egg roll). -Rocking forwards and backwards in a tuck shape
- Create simple sequences linking to 2+ actions Copy a partner's sequence.
- Move in different ways with control, care and confidence (Tiptoe, hop, jumping, skipping, galloping, jogging, hopping)
- Hold still shapes whilst balancing on different points of the body
- 1, 2, 3 and 4 point balances including front and back support
- Recognise and copy contrasting actions
- Travelling on different body part in different ways
- Jump and land on feet
- Copy shapes
- Explore travelling on the floor and apparatus in different ways
- Explore travelling on different body parts

Reception

- Travelling in different ways, changing directions/speed
- Copy movements with control and care.
- Jump confidently from low level apparatus and land on both feet.
- Copy contrasting actions
- Hold still shapes and standing balances
- Travel with confidence around, under, over and through apparatus.
- Negotiate spaces, adjusting speed or direction to avoid obstacles.