

## LILY LANE PE SKILLS PROGRESSION Key Stage 2 GYMNASTICS

Children can;

YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>Improve the quality of their actions, body shapes and balance through understanding of their own bodies</p> <p>Choose actions that flow into one another</p> <p>Link together pairs of actions with increased fluency</p> <p>Refine movements into short sequences Show changes in speed, direction and level during performances</p> <p>Make simple judgments on their own and others work</p> <p>Use equipment in a variety of ways (e.g. dismounting, mounting and balances)</p> <p>Adapt sequences to suit different types of apparatus</p> <p>With help, recognise how performances could be improved.</p>	<p>Travel in a variety of ways including flight via transfer of weight</p> <p>Use equipment in a variety of ways</p> <p>Plan and perform and repeat sequences</p> <p>Move in a clear, fluent and expressive manner</p> <p>Perform a range of stable balances eg, 1 point-5 point balances</p> <p>Perform stretched actions which are narrow and wide and contrast them with curled actions</p> <p>Describe how their body reacts to different situations Suggest ways performances can be improved</p> <p>Adapt sequences to suit different types of apparatus</p> <p>Link at least 3 actions with at least one being a stable balance</p> <p>Suggest ways performances can be improved</p>	<p>Perform actions in a fluent and consistent performance</p> <p>Perform actions which are symmetrical and contrast them with actions of asymmetrical</p> <p>Evaluate and improve their own and others work</p> <p>Understand centre of gravity and use this to create interesting body shape</p> <p>Create complex and well executed sequences including:</p> <ul style="list-style-type: none"> <li>&gt; Travelling</li> <li>&gt; Balances</li> <li>&gt; Bending</li> <li>&gt; Stretching</li>   <li>&gt; Twists</li> <li>&gt; Rolls</li> </ul> <p>Perform large and small body part balances including standing and kneeling balances. Perform balances on apparatus Perform matching and contrasting partner balances</p> <p>Can use equipment in a variety of ways</p>	<p>Combine and perform gymnastic actions, shapes and balances fluently</p> <p>Develop their own sequences</p> <p>Can suggest ways of improvements (self-evaluating and peer evaluating).</p> <p>Create complex and well executed sequences that include a range of:</p> <ul style="list-style-type: none"> <li>&gt; Springing</li> <li>&gt; Flight</li> <li>&gt; Rotations</li> <li>&gt; Linking</li> </ul> <p>Demonstrate a variety of vaulting techniques</p> <p>Show safe take off and landings on springboard and off the box tops.</p> <p>Carry out star jumps, tuck jump off. Perform basic vaults over the apparatus</p> <p>Use a springboard correctly when taking off in flight</p> <p>Vary speed, direction, level and body rotation during floor performances</p> <p>Use equipment in a variety of ways (e.g. vaults and balances)</p>