



# Gymnastics



## Curriculum Progression

### Strand: to develop the skills of gymnastics

Foundation stage:

*Children can copy and remember actions whilst moving with some control and awareness of space.*



Key Vocabulary  
*balance, stretch, travel*

y1:

*Children can show contrasts and travel by rolling in different directions.*



*Key Vocabulary*  
*direction, contrasts*  
*(small/tall, straight/curved,*  
*wide/narrow)*

*y2:*

*Children can link two or more actions together to make a sequence*



*Key Vocabulary  
perform, variety,  
position, flexibility*

*Y3:*

*Children can move in a clear, fluent and expressive manner throughout a sequence.*



*Key Vocabulary  
movement,  
posture, dismount*

*y4:*



*Children can travel in a variety of ways including flight by transferring weight to generate power.*



*Key Vocabulary  
placement, transfer, elevation*

*Y5:*

*Children can create complex and well-executed routines with a wide range of movements and levels.*



*Key Vocabulary*  
*rotation, gestures,  
inversion*

*y6:*

*Children can include set pieces in a routine choosing appropriate linking elements.*



*Key Vocabulary*

*alignment, vaults, composition*

*Mastery:*



*Children can demonstrate good kinesthetic awareness when practising and refining gymnastics techniques*



*Key Vocabulary  
virtuosity, choreography, execution*

