

**Gymnastics Skills and Vocabulary**

Year 1 I can recognise and copy contrasting actions (small/tall, narrow/wide) I can hold a patch balance I can travel in different ways, including along a bench I can roll in stretched/curled positions e.g. 'log' and 'egg rolls' I can perform different jumps (straight, bunny hop) I can complete 5 patch balances (back, front, shoulder, side, bottom) I can copy a sequence/ movements I can link two actions to make a sequence with a partner	<u>Travels:</u> forwards, backwards, small, big(tall), sideways <u>Roll:</u> log/pencil <u>Patch balances:</u> Balance, Back, Front, Shoulder, Side, Bottom <u>Jump:</u> straight, bunny hop <u>Equipment:</u> hoop, mat, bench Sequence
Year 2 I can begin to give advice to others. I can be still on single/two+ points of contact on floor/apparatus showing tension & control I can hold point or patch balances I can link known shape/travel/roll/ jump to a balance using floor & on apparatus. I can hop/leap and land with control using different body shapes in flight. I can perform sequences, changing speed & direction with 3 different actions.	Flexibility <u>Rolls:</u> egg, teddy bear <u>Patch Balance</u> <u>Point Balance</u> (hands, feet, elbows, knees & head) <u>Jumps</u> Hop, Leap <u>Equipment:</u> Beam Performance Curled, stretched, tense, relaxed, core
Year 3 I can combine arm actions with skips/leaps/steps/ jumps in travel I can use a range of rolls to create movements I can link actions with confidence, including changing direction, speed or level. I can begin to use a vault I can use different balance types on floor and apparatus I can use more of my own ideas for movement in response to task	<u>Travels:</u> 2-1 foot leap, cat leap <u>Rolls:</u> Shoulder roll, crouched forward, standing forward <u>Point Balance-</u> H-balance, Arabesque, <u>Shapes</u> Tuck, pike, star <u>Equipment:</u> ball, hoop, vault Stomach, lower back, thigh,

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<p>I am beginning to use equipment to create movements</p> <p>I can choose actions to create a sequence independently or with a partner</p>	
<p>Year 4-</p> <p>I can link a range of rolls with travel and balance using floor and apparatus with good body control, performing at least 3 different types.</p> <p>I can use an increasing range of point and patch balances</p> <p>I can create & perform matching/mirroring sequences</p> <p>I can use equipment to vault in different ways</p> <p>I can create a sequence linked to a theme</p> <p>I can share ideas and give positive criticism/advice to self & others</p>	<p><u>Travels:</u> stag leap, scissor leap, <u>Rolls:</u> tucked backwards, straddle forward, <u>Patch Balance:</u> symmetrical and asymmetrical. <u>Point Balance:</u> Y balance <u>Jump:</u> stretch, jump $\frac{1}{4}$, jump $\frac{1}{2}$ <u>Equipment/Apparatus:</u> Core (abdominals and quadriceps, glutes Static stretch</p>
<p>I can include change of speed, direction and shape in movements, using a range of travels</p> <p>I can perform a range of rolls, including gymnastic shapes.</p> <p>I can follow a set of 'rules' to produce a sequence, possibly made by peers.</p> <p>I can create mirror/matching/cannon(pair) sequence varying dynamics/levels/ direction etc.</p> <p>I can combine own work with that of others, identifying strengths & weaknesses.</p>	<p><u>Travels:</u> chassis steps, spin on point <u>Rolls:</u> backward to straddle, pike forward roll. <u>Balance:</u> counter balance <u>Jump:</u> cat spring, jump $\frac{3}{4}$ turn <u>Shapes</u> Dish & Arch <u>Core:</u> hamstrings</p>
<p>I can create a complex sequence involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</p> <p>I can transfer sequence above onto suitably arranged apparatus & floor</p> <p>I can perform a 6-8 part floor sequence as individual, pair & small group to a piece of music.</p> <p>I can demonstrate 3 paired balances in sequence using various skills/actions.</p>	<p><u>Travels:</u> Cartwheel, spinning with travel <u>Rolls:</u> diving forwards, backward to standing pike <u>Jump:</u> whole turn Dynamic Stretch</p>