



Progression in PE

Artistic

Gymnastics

	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
	<i>Practicing the skills</i>	<i>Taking part in the game Applying the skills Evaluation of skills</i>	<i>Positive contribution to physical and mental health</i>	
Y1	<p>Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still.</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent, moving safely using changes of speed, level, and direction.</p> <p>Combine different ways of travelling exploring a range of movements and shapes.</p> <p>Develop agility, balance, and coordination.</p>	<p>Describe what you have done or seen others do. Create linked movement phrases with beginning, middle and ends.</p> <p>Perform movement phrases using a range of different body actions and body parts.</p>		<p>Movement Travelling Level Copy Explore Forwards Backwards Sequence Tuck Feedback Straight Star Shapes Balance Rolls Jumping Landing High/ Low</p>
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Y2	<p>Perform a range of actions with control and confidence.</p> <p>Develop fundamental movement skills, combining travelling,</p>	<p>Watch and describe a performance accurately.</p> <p>Explore, remember, and repeat a range of gymnastic actions</p>	<p>Understand and describe changes to your heartrate when playing a game</p>	<p>Stepping Speed Travelling Levels Performance</p>

	<p>balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another.</p> <p>Continue to develop agility, balance, and coordination.</p>	<p>with control, precision, and coordination.</p> <p>Form simple sequences of different actions, using the floor and a variety of apparatus.</p>		<p>Quality</p> <p>Leap</p> <p>Direction</p> <p>Dish/Arch</p> <p>Stance</p> <p>Smart</p> <p>Sideways</p> <p>Stretching</p> <p>Feedback</p> <p>Body shape</p> <p>Coordination</p> <p>Apparatus</p> <p>Point Balance</p>
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y3	<p>Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement.</p> <p>Develop flexibility, strength, control, technique, and balance.</p>	<p>Learn how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality of a performance.</p> <p>Create, perform, and repeat sequences that include changes of dynamic e.g. changes of level, speed, or direction.</p> <p>Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.</p> <p>Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end.</p>	<p>Describe how your body feels when exercising.</p>	<p>Teamwork</p> <p>Straddle</p> <p>Experiment</p> <p>Pathway</p> <p>Level</p> <p>Point</p> <p>Front Support</p> <p>Quality</p> <p>Pike</p> <p>Control</p> <p>Routine</p> <p>Combine</p> <p>Apparatus</p> <p>Arabesque</p> <p>Practise</p> <p>Describe</p>
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Y4	<p>Show control, accuracy and fluency of movement when performing actions on your own and with a partner.</p>	<p>Recognise and explain a good performance</p> <p>Collaborate with others. Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement.</p> <p>Devise and perform a gymnastic sequence, showing a clear beginning, middle and end.</p> <p>Create, perform, and repeat a combination of actions that include changes of dynamic e.g. changes of level, speed and direction, and clarity of shape.</p>		<p>Transition Spinning Body Tension Agility Momentum Pathways Sissonne Muscles Landing Experiment Formation Travelling Combinations Landing Symmetry Support Routine Competition</p>
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Y5	<p>Perform movements accurately with a sense of rhythm.</p> <p>Develop flexibility, strength, control, technique, and balance.</p>	<p>Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback.</p> <p>Develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles.</p> <p>Explore, improvise, and combine movement ideas fluently and effectively.</p>		<p>Experiment Pathways Diagonal Explore Lunge Individual Fluency Confidence Flow Improve Transfer Combinations Creativity Flexibility Feedback</p>

		Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation.		Stabilise Finesse
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Y6	Use skills in different ways, performing confidently, with clarity and a sense of rhythm.	<p>Work effectively as part of a team, recognising success, and give constructive feedback. Explore, improvise, and combine movement ideas fluently and effectively.</p> <p>Combine and perform gymnastic actions, shapes, and balances more fluently and effectively.</p> <p>Use combinations of dynamics using the space effectively.</p> <p>Develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles; varying direction, level, and pathways to improve the look of a sequence</p>	Create short warm up routines that follow important principles.	Pathway Formation Teamwork Chasse Tension Symmetry Base/ top Evaluate Transition Fluency Explore Combine Rebound Rhythm Development Rehearse Observe Flight Vaulting