

## Damers First school - Gymnastics progression of knowledge

|  | Foundation  | Year 1   | Year 2   | Year 3  | Year 4   |
|--|---|--|--|---|--|
| <b>Vocabulary</b>  | <b>Stretch</b><br><b>Space</b><br><b>Travel</b><br><b>Balance</b><br><b>Under, over, through</b><br><b>Apparatus</b>  | <b>Control</b><br><b>Create</b><br><b>Sequence</b><br><b>Direction</b>   | <b>Arabesque</b> - a posture in which one leg is extended backwards at right angles, the torso bent forwards, and the arms outstretched, one forwards and one backwards.<br><b>Tuck</b>  | <b>Vault</b><br><b>Accuracy</b><br><b>Compose</b><br><b>Flexibility</b>   | <b>Flight</b><br><b>Straddle roll</b><br><b>Center of gravity</b><br><b>Technique</b><br><b>Unison</b><br><b>Expression</b>  |
| <b>Movement</b><br><b>Balance</b><br><b>Flexibility</b><br><b>Coordination</b> | <ul style="list-style-type: none"> <li>- Revise 3-4 years skills</li> <li>- Stretch in different ways.</li> <li>- Jump in a range of ways from one space to another with control.</li> <li>- Travel in different ways.</li> <li>- Begin to balance with control.</li> <li>- Move around, under, over, and through different objects and equipment.</li> <li>- Roll in different ways with control</li> <li>- Confidently and safely use a range of large and small apparatus alone and in a group.</li> </ul> | <ul style="list-style-type: none"> <li>- Revise foundation skills</li> <li>- Stretch jump</li> <li>- Stretch on toes</li> <li>- Skipping</li> <li>- Carry out a range of simple jumps, landing safely.</li> <li>- Bunny hop</li> <li>- Travel in different ways, changing direction and speed.</li> <li>- Recognise and copy contrasting actions (small/tall, narrow/wide)</li> <li>- Hold still shapes and simple balances</li> <li>- Begin to move with control and care</li> <li>- Copy a 3 move sequence with a beginning, middle and end</li> </ul> | <ul style="list-style-type: none"> <li>- Revise Year 1 skills</li> <li>- Jump in a variety of ways and land with increasing control and balance.</li> <li>- Climb onto and jump off the equipment safely.</li> <li>- Travel in a variety of ways, including forward roll</li> <li>- Hold a still shape whilst balancing on different points of the body including shoulder stand with tucked legs and Arabesque</li> <li>- Move with increasing control and care.</li> </ul> | <ul style="list-style-type: none"> <li>- Revise year 2 skills</li> <li>- Use a range of jumps in their sequences including jumping and landing from 1 and 2 feet</li> <li>- Begin to use equipment to vault.</li> <li>- Use turns whilst traveling in a variety of ways including cartwheels and half backwards roll</li> <li>- Create interesting body shapes while holding balances with control and confidence including shoulder stand with straight legs and headstand with tucked legs</li> <li>- Begin to show flexibility in movements</li> </ul> | <ul style="list-style-type: none"> <li>- Revise year 3 skills</li> <li>- Use jump turns (quarter, half and full) and tuck jumps</li> <li>- Use equipment to vault in a variety of ways.</li> <li>- Travel in different ways, including using flight, straddle rolls and backward rolls.</li> <li>- Carry out balances, recognising the position of their center of gravity and how this affects the balance.</li> <li>- Begin to develop good technique when traveling, balancing and using equipment.</li> <li>- Work in unison with a partner</li> <li>- Move with clarity, fluency and expression.</li> </ul> |
| <b>Performance</b><br><b>Endurance</b>   | <ul style="list-style-type: none"> <li>- Create a short sequence of movements</li> </ul>  | <ul style="list-style-type: none"> <li>- Create and perform a movement sequence.</li> </ul>  | <ul style="list-style-type: none"> <li>- Copy, explore and remember actions to create their own 4 move sequence.</li> </ul>  | <ul style="list-style-type: none"> <li>- Devise a 5 move sequence with control and accuracy including changes of direction, speed or level.</li> <li>- Compose a movement sequence independently and with others.</li> </ul>  | <ul style="list-style-type: none"> <li>- Create a 6 move sequence with control and accuracy</li> <li>- Show changes of direction, speed and level during a performance.</li> <li>- Develop strength, technique and flexibility throughout performances.</li> </ul>   |
| <b>Evaluation</b>  | I enjoyed.....<br><br>I didn't enjoy .....<br><br>Talk about what they and others have done.  | I like ..... because.....<br>It looked good when.....<br>It could be better if .....<br><br>Begin to say how they could improve.   | I learnt .....<br>To make my work better, next time I need to .....<br>I thought .....<br><br>Look at differences between theirs and others' work.   | I enjoyed that because.....<br><br>This could be improved if .....<br>What would it look like if ..... (changed the speed, direction)<br><br>Next time I need to ..<br><br>Say how their performance has improved over time.  | Modify techniques to achieve a better result.  |