

			PE Curriculum Progression Gymnastics
Year Group	Term	Topic	Key learning objectives
R	Autumn 1	Outdoor PE and Games	
R	Autumn 2	Unit A - Travelling Unit C – Travelling Taking Weight on Different Body Parts	<ul style="list-style-type: none"> • Travelling in different directions • Travelling on feet in different ways • Travelling on hands and feet • Travelling high/low • Travelling with as much of your body on the floor as possible • Travelling on feet, hands and feet, sliding on different body parts • 1 foot to 2 feet jump • Join together high and low movements • Sideways rolling • Jump, land and roll • Travel with feet higher than head
R	Spring 1	Unit B – Stretching and Curling	<ul style="list-style-type: none"> • Curled up balances; travel in curled up positions • Stretch balances – travel in stretched out positions • Put together curled and stretched movements
R	Spring 2	Topic Dance	
R	Summer 1	Country and Topic Dance	
R	Summer 2	Topic Dance	
1	Autumn 1	Year 1 – Unit D – Flight (Bouncing, Jumping and Landing).	<ul style="list-style-type: none"> • Hopping, bouncing, skipping, and jumping in different directions. • 1 foot to 2 feet jumping. • Thin shapes, star shapes. • High and low levels.

1	Autumn 2	Year 1 – Unit E – Points and Patches	<ul style="list-style-type: none"> • Small body parts to balance upon – different combinations. • Large parts to balance upon. • Partner work – making a hole for partner to slide under. • Travelling on small ‘points’ and on large ‘patches’. <p>Changing balances smoothly and showing different speeds.</p>
1	Spring 1	Year 1 – Unit F – Rocking and Rolling	<p>Which body parts can you rock upon?</p> <ul style="list-style-type: none"> • Different rolling actions. • Join together jump and roll. • Short sequences.
1	Spring 2	Dance – Handa’s Surprise	
1	Summer 1	Topic Dance	
1	Summer 2	Year 1 – Unit G – Wide, Narrow and Curled.	<p>Different stretched balances showing wide and narrow shapes.</p> <ul style="list-style-type: none"> • Travelling in long and narrow, wide and shot shapes. • Close to the ground and far away from the ground. • Tucked jump. • Feet together and apart. <p>Run – jump, roll and stretched balance.</p>
2	Autumn 1	Gymnastics H Parts high and parts low	<ul style="list-style-type: none"> • Travel close to the ground and far away from the ground • Travel with different body parts high <p>Travel close to the ground using different body parts</p>
2	Autumn 2	Dance Unit 1	
2	Spring 1	Unit I Pathways, straight, zig-zag and curving	<p>Pathways</p> <ul style="list-style-type: none"> • Identify different pathways in different directions

			<ul style="list-style-type: none"> • Travel in large or small pathways • Travel in different pathways with different movements <p>To cooperate with a partner whilst travelling</p>
2	Spring 2	Unit J Turning, spinning and twisting	<ul style="list-style-type: none"> • Turn jumps to include $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ and full • Roll on the floor in different ways • Use different body parts to spin • Turn in the air and on the floor • Twist and come back the same way • Twist and resolve • Sequence
2	Summer 1	Unit K Linking Movements together	<ul style="list-style-type: none"> • Continuing of movements • Change speed and directions • Use different parts of the body leading into the next movement • Make up a short sequence
2	Summer 2	Country and Topic Dance	
3	Autumn 1	Unit L Gymnastics stretching, curling and arching	<ul style="list-style-type: none"> • Different ways of travelling in curled/stretched shapes • Stretching in balances remembering points and patches • Travelling stretched/curled/stretched/curled • Partnerwork – matching stretched shapes
3	Autumn 2	Unit M Gymnastics Symmetry and asymmetry	<ul style="list-style-type: none"> • Identification of symmetrical and asymmetrical • Balancing and travelling symmetrically and asymmetrically • Levels of movement – high, medium, low • Moving smoothly from one shape to another • Partnerwork – performing matching sequences side by side
3	Spring 1	Topic Dance	
3	Spring 2	Unit O Gymnastics Travelling	<ul style="list-style-type: none"> • Jump 1 foot to 2 feet

			<ul style="list-style-type: none"> • Use the jump to change the way you face • Travelling in the same direction constantly changing the way you face • Change direction • Join together – jump with a change of face, then travel in a new direction – sequence
3	Summer 1	Country dancing and topic dance	
3	Summer 2	Unit N Gymnastics Pathways	<ul style="list-style-type: none"> • Flexible and direct pathways • Choosing appropriate movements for different pathways • Quick/slow/acceleration • deceleration • Change of levels
4	Autumn 1	Unit P Gymnastics Balance	<ul style="list-style-type: none"> • Balancing the right way up or upside down • Emphasis on size of body part supporting weight • Different body shapes in balances • Join movements together in a sequence
4	Autumn 2	Unit Q Gymnastics Receiving body weight	<ul style="list-style-type: none"> • Different body parts taking weight in balance and travel • Limbs together or apart • Moving smoothly from one balance to another • Continuity of movement in a sequence with a partner
4	Spring 1	Dance	
4	Spring 2	Unit S Gymnastics rolling	<ul style="list-style-type: none"> • Travelling with large parts of body touching the floor • Travelling close to the floor and far away from the floor • Different ways of rolling • Teaching points for forward roll and teaching points for backward roll • Joining movements together including a roll
4	Summer 1	Country Dancing and Topic Dancing	

4	Summer 2	Unit R Gymnastics Balance, change of front, change of direction	<ul style="list-style-type: none"> • Establish different balances on different body parts • Join together run/jump/roll/balance to change face • Exploration of travelling in different directions and on different levels • Sequence showing changes of direction
5	Autumn 1	Gymnastics Year 5 Unit T Bridges	Explore different bridge shapes <ul style="list-style-type: none"> • -high and low bridges • -travelling in bridge shapes • -moving smoothly into and out of a bridge shape • -join movements together smoothly into a sequence
5	Autumn 2	Dance - Rainforest	
5	Spring 1	Gymnastics Year 5 Unit W Spinning and turning	Turning and spinning on different body parts <ul style="list-style-type: none"> • -around the long axis of the body • -around the side to side axis of the body • -around the front to back axis of the body sequence
5	Spring 2	Gymnastics Year 5 Unit U Flight	Emphasis on jumping and landing <ul style="list-style-type: none"> • -five basic jumps • -different shapes in the air • -limbs together and apart • -jump, land and move into a roll • -land to rebound sequence
5	Summer 1	Gymnastics Year 5 Units V Functional use of the limbs	Different ways of pulling and pushing to travel along the ground <ul style="list-style-type: none"> • -using swinging to travel • -gripping to hold a balance and travel • -travelling and balancing • -continuous movement –sequence

5	Summer 2	Topic Dance and Country Dancing	
6	Autumn 1	Gymnastics Year 6 Unit X Matching and mirroring and contrasting	<p>Partner work –Follow my leader</p> <ul style="list-style-type: none"> • -leading into matching and mirroring • -different modes of travelling and exploring shapes • -close to the floor and far away –levels • -continuity of movement and changes of speed • -sequences in 2's
6	Autumn 2	World War 2 Dance	
6	Spring 1	Gym Year 6 Unit Z Holes and Barriers	<p>Partnerwork exploring levels</p> <ul style="list-style-type: none"> • -stretched and curled, contact and non-contact with a partner • -moving over and under a partner, stable base and moving base • -matching and contrasting shapes, sequence in 2's
6	Spring 2	Gymnastics Yr 6 Unit Y Synchronisation and canon	<p>Partnerwork – understanding “synchronisation” and “canon”</p> <ul style="list-style-type: none"> • -relationship of the body to floor and apparatus • -different ways of travelling • -different directions • -different parts of the body leading • -pathways and rhythm • -sequence in 2's
6	Summer 1	Gymnastics Year 6 Unit A Counter-balance and counter-tension	<p>Pushing and pulling against the floor and apparatus to hold a balanced position</p> <ul style="list-style-type: none"> • -pushing and pulling against a partner to create a balance • -different levels and shapes • -push and pull against different body parts • -creating a sequence – changes in speed
6	Summer 2	Dance – The World of Sport Val Sabin and	

		country dancing	
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