



## Skills Progression – Gymnastics

EYFS To develop overall body-strength, balance, co-ordination and agility

Y1 To be able to make my body curled, tense, stretched and relaxed

Y1 To be able to control my body when travelling and balancing in different ways

Y2 To be able to plan and perform a sequence of coordinated movements including a balance

Y2 To be able to use balance, agility and coordination in a range of activities

Y3 To be able to adapt sequences to suit different types of apparatus and criteria

Y3 To be able to explain how strength and suppleness affect performance

Y3 To be able to compare and contrast gymnastic sequences

Y4 To be able to include change of speed and direction with control

Y4 To be able to include a range of shapes in a sequence

Y4 To be able to work with a partner to create, repeat and improve a sequence with at least three phases

Y5 To be able to make complex extended sequences

Y5 To combine action, balance and shape

Y5 To perform consistently to different audiences

Y6 To develop technical sequences in a specific style

Y6 To be able to demonstrate flexibility, strength, control and balance in a sequence of movements

