

## Gymnastic Progression of Skills

<u>Nursery</u>	<u>Reception</u>	<u>Year One</u>	<u>Year Two</u>
<p>Fundamental Movement Skills jumping, hopping, crawling, roll, stretching, sliding, balancing, walking and side stepping</p> <p><b>Balance</b>  <b>Stand “like a gymnast”</b>: extend core, legs, hold extended arms above shoulder height in front, up high, out to side, stress the extension of hands and fingers.  <b>Sit like a gymnast in “long sit”</b>: long body - extend core, head up, long legs - show extension and tension in legs, stretch ankles, feet and toes. Rest hands on knees.  <b>Travel</b>            Explore <b>sliding</b> along a bench pulling body forward with both hands.            Explore <b>crawling</b> along a bench.  <b>Explore side stepping</b>, bringing feet together after each side step.  <b>Jump</b>  <b>Jump 2 to 2 feet, 1 to 2 feet,</b>  <b>Roll</b>  <b>Pencil roll</b> – from back to front keeping body and limbs in straight shape.</p>	<p>Continue to develop Fundamental Movement Skills</p> <p><b>Balance</b>            Explore the <b>5 basic shapes</b>: straight/tucked/star/straddle/pike. Try balancing in these shapes  <b>on large body parts</b>: back, front, side, bottom.            Explore balance on front and back so that extended arms and legs are held off the floor (<b>arch and dish shapes</b> respectively). Develop balance by showing good tension in the core and <b>tension and extension</b> in the arms and legs, hands and feet.  <b>Travel</b>  <b>Explore walking “like a gymnast</b>: extend core, legs, hold extended <b>arms above shoulder height</b> in front, up high, out to side, stress the extension of hands and fingers.            Explore <b>skipping</b> (step forward and hop on that foot, repeat with other foot).            Explore <b>skipping</b> (step forward and hop on that foot, repeat with other foot).  <b>Jump</b>            Introduce <b>correct landing</b> position: land on balls of foot, lower heels to floor, soft knees. Feet should be together on landing.            Explore staying balanced with good core strength to hold body upright when jumping from: <b>2 to 1 foot, 1 to other foot, 1 to same foot.</b>            Perform a <b>straight jump</b> in the air with a controlled landing – core strength should keep body upright throughout the take-off and landing.  <b>Roll</b>  <b>Egg roll</b> – lie on side in tucked shape, holding knees tucked into chest roll onto back and onto other side. Repeat to build up core strength.  <b>Dish roll</b> – with extended arms and legs off the floor, roll from dish to arch shape slowly and with control.  <b>Sequencing</b></p>	<p><b>Core Task – Making Shapes</b>            Create a gymnastic sequence on floor, mat and apparatus by linking 2 gymnastic shapes through rolling, travelling or jumping.</p> <p><b>Core Task - Assessing Level 1</b>            Link 2 ways of travelling, remember sequence and perform.</p> <p><b>Balance</b>            Continue to develop the balances described in EYFS with <b>greater strength control</b>. Encourage the children to hold their balance for a count of 5. Develop balance on front and back so that extended arms and legs are held off the floor (arch and dish shapes respectively).  <b>Travel</b>            Begin to <b>travel on hands and feet</b>. In all travelling actions place hands <b>FLAT</b> on floor and fully extend arms.  <b>Monkey walk</b> - take some weight on hands as you travel with bent legs and extended arms.  <b>Jump</b>            Explore shape in the air when jumping and landing with control e.g. <b>star shape</b> (without arms to begin with)  <b>Roll</b>            Continue to develop control in the Pencil and Dish rolls. Begin to extend the Egg roll into the <b>Teddy Bear roll</b> by performing the roll with legs apart (straddle position). Further extend the Teddy Bear roll by starting sitting in straddle, holding extended legs below knees to keep them in straddle as you roll onto side, then</p>	<p><b>Core Task – Families of Actions</b>            Create a gymnastic sequence on floor, mat and apparatus by linking a roll, balance (on large body parts; side, back, stomach, hips, shoulders) a jump and a travel.</p> <p><b>Core Task - Assessing Level 1-2</b></p> <p><b>Balance</b>            Challenge balance and use of core strength by exploring and developing use of upper body strength taking weight on hands and feet – <b>front support</b> (press up position) and <b>back support</b> (opposite). NB: ensure hands are always <b>FLAT</b> on floor and fingers point the same way as toes).  <b>Travel</b>  <b>Caterpillar walk</b> – hips raised so legs as well as arms can be fully extended. Keep hands still while walking feet towards hands, keep feet still while walking hands away from feet until in front support position (see above).  <b>Bunny hop</b> – begin by exploring transferring weight to hands, crouch down so bottom touches heels, with fully extended arms drop forwards until some weight transfers to hands and push back to transfer all weight back to feet. Next, transfer weight to hands and jump feet off floor keeping knees tucked into chest. Next, reach extended arms forward followed by knees tucked into chest then land on feet. Explore bunny hop along a bench.</p>

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	<p>Together we are going to make a gymnastic story using our gymnastic friends. Try out some of the actions first.</p>	<p>back, then other side then sit up – you should be facing the opposite direction still in straddle position. Perform 2 rolls to perform the <b>full Circle roll</b></p>	<p><b>Jump</b> Explore shape in the air when jumping and landing with control e.g. <b>tuck shape</b> (knees to upright chest, not chest down to knees). When children demonstrate control of straight, star and tucked shapes, perform <b>from a bench</b> – stress keeping body upright, strong core, tension and extension in limbs.</p> <p><b>Roll</b> <b>Rock and Roll</b> (the final phase of the forward roll) – sit in tucked shape holding onto knees, chin to chest; rock back roll forward to sitting position again. If lacking core strength and body tension, place a bean bag under chin, between knees and between feet. Explore different finishing positions e.g. opening out when nearing sitting position in straddle.</p> <p><b>Tipper Truck</b> (the first phase of the forward roll) crouch in tucked shape, feet on floor, hands flat on floor in front. Keep hands and feet still, raise hips in the air to inverted 'V' position. This will encourage children to raise hips out of the way so head can roll under when ready to perform the full forward roll ( see rolling in Lower Key Stage 2)</p>
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