

 Gymnastics Skills Progression	EYFS	Year 1	Year 2
Shape skills	Show contrast with my body including wide/narrow, straight/curved.	Explore basic shapes straight, tuck, straddle, pike.	Explore using shapes in different gymnastic balances.
Shape knowledge	Understand that I can make different shapes with my body.	Understand that I can improve my shapes by extending parts of my body.	Know that some shapes link well together.
Balance skills	Explore shapes in stillness using different parts of my body.	Perform balances making my body tense, stretched and curled.	Remember, repeat and link combinations of gymnastic balances.
Balance knowledge	Know that I should be still when holding a balance.	know that balances should be held for 5 seconds.	Understand that squeezing my muscles helps me to balance
Roll skills	Explore rocking and rolling.	Explore barrel, straight and forward roll progressions. Jumps:	Explore barrel, straight and forward roll and put into sequence work.
Roll knowledge	Know that I can change my body shape to help me to roll.	Know that I can use different shapes to roll.	Understand that there are different teaching points for different rolls. Jumps: understand that looking forward will help me to land with control.
Jump skills	Explore jumping safely.	Explore shape jumps, including jumping off low apparatus.	Explore shape jumps and take off combinations.
Jump knowledge	Know that bending my knees will help me to land safely.	Know that landing on the balls of my feet helps me to land with control.	Know that if I use shapes that link well together, it will help my sequence to flow.
Strategy knowledge	Know that if I hold a shape and count to five people will see it clearly.	Know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.	