

Progression of skills in Gymnastics

Fundamental movement skills links

Shape	Balance	Travel	Flight	Rotation
Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: Stance	Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: With a Partner	Dynamic Balance: On a Line Dynamic Balance: Jumping and Landing Coordination: Footwork	Dynamic Balance: Jumping and Landing Coordination: Footwork	Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Dynamic Balance: On a Line

	Shape	Balance	Travel	Flight	Rotation
EYFS Year 1	Explore Tricky Shape skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	Explore Tricky Balance skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	Explore Tricky Travel skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	Explore Tricky Flight skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)	Explore Tricky Rotation skills (1/2/3) combined with one of the following: - Hand Apparatus (4) - Low Apparatus (5) - Partner/s (6) - Large Apparatus (7)
Year 2	Perform (Consolidated) Tricky Shape skills on the floor (1/2/3).	Perform (Consolidated) Tricky Balance skills on the floor (1/2/3).	Perform (Consolidated) Tricky Travel skills on the floor (1/2/3).	Perform (Consolidated) Tricky Flight skills on the floor (1/2/3).	Perform (Consolidated) Tricky Rotation skills on the floor (1/2/3).

Tricky Skills

	Shape	Balance	Travel	Flight	Rotation
1	<u>Tuck and star</u> • Tuck – On front • Tuck – On side • Tuck – On bottom and feet • Star – stand • Star – On back	<u>Different body parts</u> • One side (star) • On bottom and feet (tuck) • On hands and knees (mini-front support) • On hands and knees (mini-back support) • On stomach (straight)	<u>Feet</u> • Stretch walk • March • Run/jog on tiptoes	<u>Feet – shape</u> • Jump and land technique (straight jump)	<u>Rolls</u> • Pencil rolls
2	<u>Straight, dish, arch</u> • Straight – On two feet • Straight – on front • Straight – on back	<u>Points and patches</u> • On one foot • On bottom only (tuck) • On two hands and two feet (A frame) • On side (straight)	<u>Feet – Complex</u> • Skip • Side step	<u>Types of jumps</u> • Jump (two feet to two feet) • Hop	<u>More rolls</u> • Dish and arch roll
3	<u>Pike and straddle</u> • Pike – on bottom and legs • Straddle – on bottom and legs	<u>One foot</u> • Passe • Low arabesque • Flag balance/front attitude	<u>Different body parts</u> • Slide • Slide using opposite arm and leg alternately	<u>Named jumps</u> • Cat leap • Jete • Hop with one leg at 90 degrees • Scissors	<u>Different body parts</u> • Rotate on bottom • Patter turn on two feet
4 Hand apparatus				• Through rope (jete) • Roll apparatus (cat leap) • Large bounce (straight jump) • Through hoop (tuck jump)	

5 Low apparatus	- Stand on bench (straight) - Stand on bench (star) - Lie on bench (straight) - Sit on apparatus (tuck) - Lie in contact with apparatus (tuck)	- On top bench (star on one leg) - On top bench (pike on back) - On top bench (straight on two feet) - Beside bench (straight on back) - Beside bench (tuck on side)	- Under (slide under medium size table) - Over (crab over the bench) - On top (slide along bench)	- Off bench (tuck jump) - On to bench (two feet to two feet)	- Under table (pencil roll) - On top of table (rotate on bottom)
6 With Partner					- Supported (rock and roll) - Supported using a hoop (rock and roll) - Under arch (egg roll)
7 Large apparatus	- On top - In contact - Under - Using rope - Hanging	- Partial contact with apparatus (star) - On large apparatus (straddle lever) - On apparatus (tuck)	- Under large table (slide using opposite arm and leg alternately) - Climb ladder - Along bench sloped (caterpillar walk)	- Down from hanging (straight down) - Up on to frame, supported with hands (tuck jump) - Swing through frame (pike jump) - Down from seated on high table (sit and slide)	- On high table (patter turn) - On high table (rotate on bottom)