



# CRIGGLESTONE ST. JAMES CE PRIMARY ACADEMY

## Physical Education

### Gymnastics - Progression Document



‘Ready for the Future’

# Physical Education - Intent

At Crigglestone St James Academy, we believe that physical education is vital to pupils' physical, mental, social and emotional development and health. Children at St James are encouraged to reach their full potential in an inclusive and engaging environment which supports and challenges all children. Our aim is for physical education to help children be "Ready for the Future" in all aspects of their life through developing creativity, curiosity and resilience, experiencing leadership and forming social relationships.

We have an inclusive curriculum which allows children to learn new skills, as well as build upon their prior knowledge from past physical education lessons. Our curriculum is based around six key sporting values: determination, passion, respect, honesty, self belief and teamwork. We give our children a breadth of sporting opportunities both within the curriculum and through extra-curricular activities. Children use the sporting values and develop their sporting skills which can lead to representing the school in the intra house and inter school festivals, community festivals, national competitions and other sporting events.

A sports person is more than just excelling in a specific sport. We want our children to understand the importance of leading a healthy lifestyle and know how to take care of themselves both physically and mentally in order to be successful in their future.

# Gymnastics Journey

## Reception

Develop confidence in fundamental movements  
Experience jumping, sliding, rolling, moving over, under and on apparatus  
Develop coordination and gross motor skills  
Begin to link simple balance, jump and travel actions

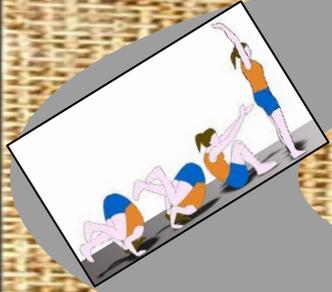
## Year 1

Perform a variety of basic gymnastic actions showing some control  
Begin to use turning, twisting, spinning, rocking and rolling into movement patterns  
Perform longer movements phases and link with confidence



## Year 3

Modify actions independently using different directions and shapes  
Identify similarities and differences in sequences  
Attempt to use more explosive moves in floor work through jumps and leaps  
Use basic compositional ideas to improve sequence work



## Year 2

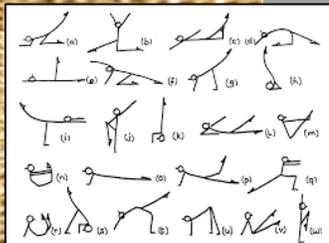
Use core strength to link recognised gymnastic elements  
Create and perform a simple sequence  
Perform with control and consistency basic actions at different speeds and levels  
Attempt to use rhythm whilst performing a sequence

## Year 4

Become increasingly competent and confident performing skills more consistently  
To perform in time with a partner and group  
Use compositional ideas in sequence changes (height, speed and direction)  
Refine taking weight on small and large parts of the body

## Year 5

Create longer and more complex sequences and adapt performances  
Develop symmetry individually, in a pair and as a group  
Select a component for improvement (timing/flow)  
Begin to take responsibility for warm ups (including repeating a variety of stretches)



## Year 6

Lead group warm ups showing an understanding of the need for strength and flexibility  
Perform increasingly complex sequences  
Combine own ideas with others to build sequences  
Arrange apparatus to enhance work and vary ideas  
Compose and practice actions related to music

