



Skills

Gymnastics Progression Ladder

Knowledge



Get Set 4
Education

Shapes: combine and perform gymnastic shapes more fluently and effectively.
Inverted movements: develop control in progressions of a cartwheel and a headstand.
Balances: explore counter balance and counter tension.
Rolls: develop fluency and consistency in the straddle, forward and backward roll.
Jumps: combine and perform a range of gymnastic jumps more fluently and effectively.

Year
6

Shapes: know which shapes to use for each skill.
Inverted movements: understand that spreading my weight across a base of support will help me to balance.
Balances: know where and when to apply force to maintain control and balance.
Rolls: understand that I can use momentum to help me to roll and know where that momentum from.
Jumps: understand that taking off from two feet will give me more height and therefore more time in the air.
Strategy: know that if I use changes in formation it will help to make my sequence look interesting.

Shapes: perform shapes consistently and fluently linked with other gymnastic actions.
Inverted movements: explore progressions of a cartwheel.
Balances: explore symmetrical and asymmetrical balances.
Rolls: develop control in the straight, barrel, forward, straddle and backward roll.
Jumps: select a range of jumps to include in sequence work.

Year
5

Shapes: understand that shapes underpin all other skills.
Inverted movements: understand that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum.
Balances: understand how to use contrasting balances to make my sequences look interesting.
Rolls: understand that I need to work within my own capabilities and this may be different to others.
Jumps: understand that I can use jumps to link actions and changing the shape of these will make my sequence look interesting.
Strategy: know that if I use different pathways it will help to make my sequence look interesting.



Shapes: develop the range of shapes I use in my sequences.
Inverted movements: develop strength in bridge and shoulder stand.
Balances: develop control and fluency in individual and partner balances.
Rolls: develop the straight, barrel, forward and straddle roll and perform them with increased control.
Jumps: develop control in performing and landing rotation jumps.

Year
4

Shapes: understand how shapes can be used to improve my sequence.
Inverted movements: know that inverted movements are actions in which my hips go above my head.
Balances: know how to keep myself and others safe when performing partner balances.
Rolls: understand that I can keep the shape of my roll using body tension.
Jumps: know that I can control my landing by landing toes first, looking forwards and bending my knees.
Strategy: know that if I use different directions it will help to make my sequence look interesting.

Shapes: explore matching and contrasting shapes.
Balances: explore point and patch balances and transition smoothly into and out of them.
Rolls: develop the straight, barrel, and forward roll.
Jumps: develop stepping into shape jumps with control.

Year
3

Shapes: understand how to use body tension to make my shapes look better.
Balances: understand that I can make my balances look interesting by using different levels.
Rolls: understand the safety considerations when performing more difficult rolls.
Jumps: understand that I can change the take off and shape of my jumps to make them look interesting.
Strategy: know that if I use different levels it will help to make my sequence look interesting.

Shapes: explore using shapes in different gymnastic balances.
Balances: remember, repeat and link combinations of gymnastic balances.
Rolls: explore barrel, straight and forward roll and put into sequence work.
Jumps: explore shape jumps and take off combinations.



Year
2

Shapes: know that some shapes link well together.
Balances: understand that squeezing my muscles helps me to balance.
Rolls: understand that there are different teaching points for different rolls.
Jumps: understand that looking forward will help me to land with control.
Strategy: know that if I use shapes that link well together it will help my sequence to flow.

Shapes: explore basic shapes straight, tuck, straddle, pike.
Balances: perform balances making my body tense, stretched and curled.
Rolls: explore barrel, straight and forward roll progressions.
Jumps: explore shape jumps including jumping off low apparatus.



Year
1

Shapes: understand that I can improve my shapes by extending parts of my body.
Balances: know that balances should be held for 5 seconds.
Rolls: know that I can use different shapes to roll.
Jumps: know that landing on the balls of my feet helps me to land with control.
Strategy: know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.

Shapes: show contrast with my body including wide/narrow, straight/curved.
Balances: explore shapes in stillness using different parts of my body.
Rolls: explore rocking and rolling.
Jumps: explore jumping safely.

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Shapes: understand that I can make different shapes with my body.
Balances: know that I should be still when holding a balance.
Rolls: know that I can change my body shape to help me to roll.
Jumps: know that bending my knees will help me to land safely.
Strategy: know that if I hold a shape and count to five people will see it clearly.

