

Gymnastics skills EYFS to Year 6

I can.....



Work in different pathways within a group

Work with a partner, mirroring, performing front and back, adjacent.

Vary my rolls - 2 feet to one, straddle to pike, Pike to straddle.



Work in canon and with clear relationships between group members

Work with counter-balance and counter tension with a partner

Execute Pike and Straddle jumps



Perform symmetrical/asymmetrical balances

Perform sequences with changes in level

Transition smoothly and in a variety of ways from one move to another



Transfer weight: walkovers, cartwheels

Balance on points: headstand, handstand, Frogstands



Jumps - tuck, 1/2 turn

Support self in inversion

Start sequences on floor and apparatus in clearly defines tating and finishing positions



Teddy bear, pencil and egg roll

Forward, shoulder and backward rolls

Pencil, star jump and jump with 1/4 turn

Slide, scramble, push and spin

Take weight on hands and feet in arches and bridges

Jump off an object and land appropriately.

Spin on patches (back, front, bottom)and points (knees, feet, hands).



Travel on hands and feet in bunny jumps and scrambling

Balance on points (Hands and feet, Arabesque, knees) and patches Back, front, bottom)

Travel close to the ground

