



Gymnastics scheme skills and progressions YR to Y2

Skills Covered:

Point and Patch balances / partner and balances in 3s / Tuck, Pencil and Star Jumps / Egg Roll and Pencil Rolls / Transition smoothly between travelling, rolls, balancing and jumping / Travel safely in different ways across apparatus / $\frac{1}{4}$ and $\frac{1}{2}$ turns / Perform simple routines by yourself and with a partner

EYFS Progressions

- Balance using different body parts
- Travel safely across apparatus / benches
- Land safely when jumping – on floor – from a bench
- Perform simple transitions between different skills i.e. jump into a roll etc

Year 1

All the EYFS progressions and skills need to be established then move onto

- Transition between different balances / partner balances
- Understand the difference between points and patches
- Travel across apparatus / benches using different shapes / moves
- Perform rolls over 2 to 3 matts put together
- Star, pencil and tuck jumps performed from a nestling table or box
- Perform sequences using up to 3 or 4 different skills



Year 2

All the Year 1 progressions and skills need to be established then move onto

- Partner balances and balances in 3s
- Mirror skills with a partner taking it in turns to lead
- Jump and land safely using $\frac{1}{4}$ and $\frac{1}{2}$ turns – from the ground – a bench – a box or nestling table
- Transition between different rolls over different distances smoothly
- Come up with your own routine or sequences with a partner using the different elements learnt over the course of the scheme