

Physical Education		
Gymnastics		
Year 1	Year 2	Year 3
<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to perform a movement phrase in a given floor area and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. • be able to identify and link like actions • develop core movement, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. • be able to identify and link elements 	<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to identify and link elements • develop core movement, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. • be able to combine 2 sequences • be able to perform a sequence that 'flows' 	<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to perform a sequence showing clear changes of speed • be able to perform a sequence following a pathway, in time with a partner • develop core movement, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. • be able to perform a sequence in time with a partner • continue to implement and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement • enjoy communicating and collaborating.
<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand what a 'movement phrase' is • develop core movement, become increasingly competent and confident, • know and understand the term 'like actions' • know and understand the term 'elements' 	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand the term 'elements' • know and understand how to link floor and apparatus movements together • know and understand the terms 'contrast' and 'extension' 	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand how to teach a sequence to a partner • know and understand different ways to balance

Physical Education		
Gymnastics		
Year 4	Year 5	Year 6
<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to perform a sequence following a pathway, in time with a partner • develop core movement, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others • continue to implement and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement • enjoy communicating and collaborating. • be able to link and perform 8 sequential elements • 	<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to link and perform 10 sequential elements • continue to implement and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement • enjoy communicating and collaborating. • be able to adapt an individual sequence to become a group sequence • be able to perform a sequence with a partner for 1 minute • build on and embed the physical development and skills learnt in Key Stages 1 and lower 2, become more competent, confident and expert in their techniques, and apply them across different sports and activities 	<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to create a sequence, planning for pathways, relationships and timing • continue to implement and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement • enjoy communicating and collaborating • build on and embed the physical development and skills learnt in Key Stages 1 and lower 2, become more competent, confident and expert in their techniques, and apply them across different sports and activities • be able to combine actions carrying weight on the hands into an apparatus sequence • be able to perform contact shapes that support part, and all, of a partner's weight
<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand how to sequence movements that move people together and apart • know and understand the terms 'asymmetrical', 'symmetrical', 'mirroring' and 'matching' 	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand the term 'flight' • understand what makes a performance effective and how to apply these principles to their own and others' work <p>know and understand how to relate actions between a pair in a sequence.</p> <p>know and understand how people can be arranged in different ways in 1 sequence</p>	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand the term 'partner contact shapes' • know and understand the term 'synchronised' • know and understand the terms 'parallel', 'linked', 'canon' and 'unison' • understand what makes a performance effective and how to apply these principles to their own and others' work.

