



Shapes - understand I can make basic gymnastic shapes with my body
Jumps - understand how to jump safely off apparatus bend knees, arms out to balance
Balancing - know to keep still and strong when holding a balance
Rolls - understand I can roll in different ways with my body
Bunny Hops - know how to move around on different parts of my body

Shapes - understand how to perform shapes with a strong body and control
Jumps - know that I should jump landing on two feet and bend my knees
Balancing - know how to focus, keep a strong body and hold a balance for 3 seconds
Rolls - know how to use control when rolling
Bunny Hops - to know how to get into a squat shape

Shapes - understand how to perform a shape when moving on apparatus with a strong body
Jumps - know how to land with my knees bent and have good control
Balancing - understanding that keeping my body strong will help me balance
Rolls - to know how to keep, body tight and head tucked in for a forward roll/rock
Bunny Hops - know how to perform a bunny hop with hands flat with straight arms

Shapes - understand that we can link our shapes e.g. straddle shape -helps with the teddy bear roll
Jumps - to know how to jump with a turn, looking over shoulder and land on the same spot
Balancing - know that you can use small and large parts of your body to perform a balance
Rolls - to know how to perform teddy bear roll and how use the straddle shape to perform this
Bunny Hops - know how to perform a static bunny hop and moving bunny hop

Shapes - understand we perform shapes with good body tension which can link into a sequence
Jumps - know how to land with my knees bent, have good body tension and apply it to a sequence
Balancing - know the difference between matching and mirroring balances
Rolls - to know how to perform a teddy bear roll in groups and how to keep good control
Bunny Hops - know how to apply a bunny hop onto low apparatus

Shapes - know that shapes are the fundamentals for all skills
Jumps - know how that I need to alternate my legs to perform a scissor kick
Balancing - know how to use symmetrical and asymmetrical balances in a sequence
Rolls - know how to perform a T-roll and that this links learning to the tuck shape
Bunny hop - squat on - know that the skills from bunny hops helps me squat onto various apparatus

Shapes - know which shapes link into each skill and have the knowledge to teach to peers
Jumps - know that I need to step and lift my knees in a cycling action to perform a cat leap
Balancing - know how to use pushing and pulling force to create balances
Rolls - know how to use various rolls in my sequence and make them look aesthetically pleasing
Bunny hop - vault - know that a run up helps with momentum to effectively squat onto apparatus

EY

Shapes - experiment with different shapes
Jumps - experiment with different jumps
Balancing - experiment with balancing on different body parts
Rolls - experiment with different ways of rolling in a small shape
Bunny Hops - move along the floor in different ways like aliens sliding, rolling, stretching etc

Yr 1

Shapes - perform various shapes
Jumps - perform basic jumps (straight jump, star jump)
Balancing - perform a simple balance holding for 3 seconds
Rolls - perform a tuck rock and a tuck roll and rocket roll with pointed toes
Bunny Hops - perform a bunny hop - hands first then feet

Yr 2

Shapes - perform shapes with a strong body and control
Jumps - perform basic jumps (straight, star, tuck jump) with control and a strong body
Balancing - perform a balance on one or more parts of the body
Rolls - perform a tuck rock, tuck roll, forward roll and dish/arch roll
Bunny Hops - perform a bunny hop - hands flat with straight arms

Yr 3

Shapes - perform a variety of shapes with good control
Jumps - perform a straight jump with a half turn
Balancing - perform point and patch balances
Rolls - perform a tuck rock, tuck roll, forward roll and dish/arch roll
Bunny Hops - perform a bunny hop across a mat run and onto/across low benches and apparatus

Yr 4

Shapes - perform a variety of shapes with good control when performing various skills
Jumps - perform various jumps and develop travelling across the mat
Balancing - perform matching and mirroring balance routines on apparatus
Rolls - perform a teddy bear roll with a partner/group in a sequence with pointed toes
Bunny Hops - perform a bunny hop onto a variety of apparatus with control

Yr 5

Shapes - perform complex shapes with control and some flexibility
Jumps - perform more complex jumps, tuck, pike and a scissor kick
Balancing - perform symmetrical and asymmetrical balances
Rolls - perform a T-roll
Bunny Hops - perform a "squat on and squat off" on various apparatus

Yr 6

Shapes - perform complex shapes when performing sequences and skills with flexibility
Jumps - perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps, scissor kick and cat leap
Balancing - perform various balances, counter balance and counter tension
Rolls - perform a side star roll, T-roll (with pointed toes), backward roll
Bunny Hops - perform a "squat on and squat off" apparatus with a run up (with or without a springboard)