



## Skills

# Gymnastics Progression Ladder

## Knowledge



**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.

