



Reception	<p>Shapes - understand I can make basic gymnastic shapes with my body</p> <p>Jumps- understand how to jump safely off apparatus bend knees, arms out to balance</p> <p>Balancing- know to keep still and strong when holding a balance</p> <p>Rolls- understand I can roll in different ways with my body</p> <p>Bunny Hops- know how to move around on different parts of my body</p>
Year 1	<p>Shapes- understand how to perform shapes with a strong body and control</p> <p>Jumps- know that I should jump landing on two feet and bend my knees</p> <p>Balancing- know how to focus, keep a strong body and hold a balance for 3 seconds</p> <p>Rolls- know how to use control when rolling</p> <p>Bunny Hops- to know how to get into a squat shape</p>
Year 2	<p>Shapes- understand how to perform a shape when moving on apparatus with a strong body</p> <p>Jumps- know how to land with my knees bent and have good control</p> <p>Balancing- understanding that keeping my body strong will help me balance</p> <p>Rolls- to know how to keep, body tight and head tucked in for a forward roll/rock</p> <p>Bunny Hops- know how to perform a bunny hop with hands flat with straight arms</p>
Year 3	<p>Shapes- understand that we can link our shapes e.g. straddle shape -helps with the teddy bear roll</p> <p>Jumps- to know how to jump with a turn, looking over shoulder and land on the same spot</p> <p>Balancing- know that you can use small and large parts of your body to perform a balance</p> <p>Rolls- to know how to perform teddy bear roll and how use the straddle shape to perform this</p> <p>Bunny Hops- know how to perform a static bunny hop and moving bunny hop</p>
Year 4	<p>Shapes- understand we perform shapes with good body tension which can link into a sequence</p> <p>Jumps- know how to land with my knees bent, have good body tension and apply it to a sequence</p> <p>Balancing- know the difference between matching and mirroring balances</p> <p>Rolls- to know how to perform a teddy bear roll in groups and how to keep good control</p> <p>Bunny Hops- know how to apply a bunny hop onto low apparatus</p>
Year 5	<p>Shapes- know that shapes are the fundamentals for all skills</p> <p>Jumps- know how that I need to alternate my legs to perform a scissor kick</p> <p>Balancing- know how to use symmetrical and asymmetrical balances in a sequence</p> <p>Rolls- know how to perform a T-roll and that this links learning to the tuck shape</p> <p>Bunny hop. Squat on- know that the skills from bunny hops helps me squat onto various apparatus</p>
Year 6	<p>Shapes- know which shapes link into each skill and have the knowledge to teach to peers</p> <p>Jumps- know that I need to step and lift my knees in a cycling action to perform a cat leap</p> <p>Balancing- know how to use pushing and pulling force to create balances</p> <p>Rolls - know how to use various rolls in my sequence and make them look aesthetically pleasing</p> <p>Vault- know that a run up helps with momentum to effectively squat onto apparatus</p>