**Gymnastics – Skills Ladder**

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| **Foundation Stage** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| I can move freely in a variety of ways, experimenting with speeds, using suitable spaces | I can travel & jump in a variety of ways with some control & awareness of space | I can travel by rolling forwards, backwards & sideways | I can travel in a variety of ways confidently, showing awareness of others around me | I can travel in a variety of ways (flight be transferring weight to generate power in movements) | I can travel in a variety of ways (flight be transferring weight to generate power in movements) with increasing control on the floor or using the apparatus | I can travel in a variety of ways with fluent movement & power, on the floor or apparatus |
| I can explore how to make my body into different shapes (small, tall, wide) | I can show contrasts (small/tall, straight/curled, wide/narrow) | I can show contrast (small/tall, straight/curled, wide/narrow) confidently & begin to show this on the equipment I am using | I can show changes in direction, speed & levels and begin to use these during a performance | I can show changes in direction, speed & levels with increasing control during a performance | I can begin to vary speed, direction & levels during floor performances (as an individual, pair or group) | I can vary speed, direction, level & body rotation during floor performances (as an individual, pair or group) |
| I can begin to explore 2 or 3 key shapes and practice how to hold them | I can explore a variety of key shapes & begin to hold them with control | I can hold 2 or more keys shapes with increasing control & hold my balance on different parts of my body | I can use the apparatus to perform sequences, linking a variety of different key shapes & travelling | I can move in a clear, fluent & expressive manner | I can link sequences of movements effectively | I can create complex & well executed sequences that include a range of movement (springing, flight, vaults, rotation, inversions, shapes that are strong – fluent & expressive) using floor & apparatus |
| I can begin to explore how to use small & large equipment safely | I can climb safely on low level equipment confidently | I can climb on low level & large equipment confidently, with good control | I can use small & large equipment safely with increasing control & good coordination | I can use small & large equipment safely within sequences & begin to execute movements effectively | I can create complex & well executes sequences that include a range of movements (travelling, balancing, swinging, bending, stretching, twisting, gestures, linking) | I can continue to refine movements of (travelling, balancing, swinging, bending, twisting, stretching, gestures, linking) |
| I can demonstrate good control & coordination in large & small movements | I can link two or more actions to make a sequence | I can link key shapes together & use different ways to travel confidently, in a sequence | I can refine movements into a sequence | I can plan, perform & repeat sequences | I can practice & refine gymnastics techniques | I can practice & refine gymnastics techniques listed above |
| I can begin to stretch & curl my body in different ways to develop flexibility | I can stretch & curl to develop flexibility | I can stretch & curl to develop increasing flexibility | I can stretch & curl to develop increasing flexibility & control | I understand centre & gravity and can use this to create interesting body shapes, with increased flexibility | I can begin to use my increased flexibility to control my body shapes during a performance on the floor or apparatus | I can use my flexibility to control precise body shapes during a performance of well executed sequences, using strength, fluency & power on the floor or apparatus |