‘Curriculum is the Progression Model’

FUNdamental movement skills > Gymnastics

I know how to effectively perform a variety of partner balances whilst demonstrating control, extension and fluency.

I know how to use mirror and match to create an engaging routine when working as a pair (Prog. Pointers—Stretch M/A by asking for multiple level changes and lots of travelling)

I can use my gymnastics and knowledge and skill to lead a group when creating a routine.

I know how to travel in a range of ways, balance with control, demonstrate mirror/match, canon/unison, perform partner balances and use apparatus effectively whilst participating in a medium-large sized group.

I know how to hold myself in a range of patch and point balances demonstrating control and extension.

I know how to use canon and unison effectively when participating in a routine as a part of a medium-large sized group.

I know how to sprint, jog, hop, change direction, place weight on hands, climb basic structures demonstrating agility and control.

I know how to link a combination of balances and travels to create a routine. (Prog. Pointers—Increase independence, difficulty of travel/balances, ensure fluency between skills)

I know how to travel safely in a range of ways, in different speeds and levels—including on apparatus (run, jump, crawl, pencil roll etc)