Gymnastics, Dance and Athletics Progression of Skills

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|  | Gymnastics | Dance | Locomotion / Athletics |
| EYFS | Moving   * Explore moving and making shapes using different body parts * Explore moving in different directions * Explore big and small ways of moving and making shapes * Moving in pairs * Creating shapes in pairs   High, Low, Over, Under   * Introduction to high, low, over and under * Introduction to the apparatus | Ourselves   * Responding in movement to words and music * Creating their own movement   Nursery Rhymes   * Moving in sequence * Exploring character movements | Locomotion: Walking /Jumping   * Explore/develop jumping * Sustain walking |
| Year 1 | Wide, Narrow, Curled   * Introduction to wide, narrow and curled * Exploring the difference between wide, narrow and curled * Transitioning between wide, narrow and curled movements * Linking two movements together   Body Parts   * Introduction to big and small body parts * Combining big and small with wide, narrow and curled * Transitioning between wide, narrow and curled using big and small body parts * Linking movements | Growing   * Responding to rhythm * Introduction to motifs * Creating motifs * Creating movement sequences * Relationships and performance   The Zoo   * Exploring expression * Developing our movements, adding movements together * Responding to a rhythm * Introducing partner work * Creating animal sequence motifs * Exploring relationships within our motifs | Locomotion: Running   * Explore running * Running for speed: Acceleration * Explore running in a team   Locomotion: Jumping   * Develop jumping * Explore how jumping affects our bodies |
| Year 2 | Linking   * Developing linking * Linking on apparatus * Jump, roll, balance sequences/on apparatus * Creation of sequences * Completion of sequences and performance   Pathways   * Exploring zig-zag pathways * Developing zig-zag pathways on apparatus * Exploring curved pathways * Developing curved pathways on apparatus * Linking 3 movements following a pathway on the apparatus | Water   * Responding to stimuli * Developing whole group movement Improvisation and physical descriptions * Creating contrasting movement sequences * Sequences, relationships and performance   Explorers   * Responding to stimuli * Developing our motif with expression and emotion * Applying choreography in our motifs * Extending our motifs * Sequences, relationships and performance | Locomotion: Jumping   * Consolidate jumping * Apply jumping into a game * Explore jumping combinations * Develop jumping combinations   Locomotion: Dodging   * Explore dodging * Develop dodging * Explore attacking and defending * Apply dodging in teams * Consolidate dodging * Dodgeball tournament |
| Year 3 | Symmetry & Asymmetry   * Introduction to symmetry and asymmetry * Application of learning onto apparatus * Sequence formation * Sequence completion   Key Steps 2   * Introduction to the Key Steps 2 Floor routine * Introduction to the Key Steps 2 Body Management routine * Introduction to the Key Steps 2 Vault | Wild Animals   * Responding to stimuli * Developing character dance into a motif * Developing sequences with a partner in character that show relationships * Extending sequences with a partner in character   Weather   * Responding to stimuli, extreme weather * Developing thematic dance into a motif * Extending dance to create sequences with a partner * Developing sequences with a partner | Athletics   * Explore running for speed * Explore acceleration * Introduce /develop relay: Running for speed in a team * Throwing: Accuracy vs distance * Standing long jump |
| Year 4 | Bridges   * Introduction to bridges * Application of bridge learning onto apparatus * Develop sequences with bridges * Sequence formation * Sequence completion   Key Steps 2   * Refine the Key Steps 2 Floor routine sequence * Refine the Key Steps 2 Body Management routine sequence * Refine the Key Steps 2 Vault | Cats   * Responding to stimuli working together * Extending sequences with a partner in character * Exploring two contrasting relationships and interlinking dance moves | Athletics   * Develop running at speed * Exploring our stride pattern * Exploring running at pace * Understand and apply tactics when running for distance * Introduce the javelin * Standing triple jump |
| Year 5 | Counter Balance & Counter Tension   * Introduction to counter balance * Application of counter balance learning onto apparatus * Sequence formation * Counter Tension Sequence completion   Key Steps 3   * Introduction to the Key Steps 3 Floor routine * Introduction to the Key Steps 3 Body Management routine * Introduction to the Key Steps 3 Vault | Space   * Extending sequences with a partner in character * Developing sequences with a partner in character that show relationships and interlinking dance moves * Sequences, relationships, choreography and performance   Greeks   * Exploring the Greeks using compositional principles * Extending sequences with a partner using compositional principles * Creating movement using improvisation where movement is reactive   The Circus   * Developing character movements linked to 19th Century prejudices * Creating movements to represent different characters and performers in a 19th Century circus * Extending our performance incorporating props and apparatus linked to the variety of performers | Athletics   * Finishing a race * Evaluating our performance * Sprinting: My personal best * Relay changeovers * Introduce the Shot Put * Introducing the hurdles |
| Year 6 | Matching & Mirroring   * Introduction to matching/ mirroring * Application of matching/ mirroring learning onto apparatus * Sequence development   Key Steps 3   * Refine the Key Steps 3 Floor routine sequence * Refine the Key Steps 3 Body Management routine sequence * Refine the Key Steps 3 Vault | Carnival   * Performing with technical control and rhythm in a group * Creating rhythmic patterns using the body Experiencing dance from a different culture * Chorographical elements including still imagery   Titanic   * Creating rhythmic patterns using our body * Extending our choreography through controlled movements, character emotion and expression * Explore the relationships between characters applying character emotion and expression | Athletics   * Running for speed competition * Running for distance competition * Throwing competition * Jumping competition |