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
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| 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
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| 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
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| 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
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| 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
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| 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
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| 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
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