

The Primary Gymnastics

Scheme of Work



Skills Progression Map

Skill	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Forward Roll	To tuck sit.	To stand / straddle sit / pike sit / dish shape.	Along a bench / to straddle stand / straddle lever.	Jump before / after. Multiple forward rolls. Range of start and end balances.	Hurdlestep into forward roll / jump into forward roll onto high equipment.	Handstand forward roll.
Backward Roll		Down a slope to knees with support.	Down a slope to knees.	Along the floor to feet: tuck / straddle / pike / front support.		
Sideways Rolls	Egg Roll / log roll dish & arch roll.	Egg Roll / log roll / dish & arch roll / teddybear roll.	Teddybear roll in 2s and 3s.			
Handstand	Bunny hop on / along / over / through a range of equipment.		Kick to L shape handstand. Supporting the handstand in 3's.	Frog balances, shadow supported handstands.	Handstand forward rolls with peers / onto raised mats.	Handspring and walkover preparations.
Cartwheel	Moving through front / back / side support.	Dynamic front, back and side support / cartwheel over a bench.	Cartwheel along the floor.	Cartwheel along the floor in a straight line.	Cartwheel 1/4 turn along the floor / along a bench.	Round off preparations.
Headstand			Tucked headstand with support.		Tucked headstand unaided / stretched / straddled / piked.	Handspring preparations.

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Vaulting	Rebound jumps in a variety of ways / bunny hop on, over, through, along equipment/ hurdlestep/ stetch and star jump to land.	Stretch, star, tuck, 1/2 turn jump / land safely from a height / perform a squat on vault/ hurdlestep from a run.	Full turn, straddle, pike jumps / combine take off, flight on and off vault.	Squat onto high vault with springboard / straddle on vault.	Squat through and straddle over preparations.	Squat through and stradde over vaults and preparations.
Balances	Dish shape / arch shape / tuck shape/ stretch shape / front support / back support / side support / H balance / half star / arabesque / shoulder stand / move in a basic shapes.	Link all basic shapes with movement to create a sequence / balace with partners on, under, over, with.	Headstand / handstand.	Headstand / handstand / frog balance / counterbalance and countertension.	Balancing whilst manipulating hand apparatus.	Acrobatic balances in 2's / 3's/ 4's/ 5's/6's.
Beam Skills	Walking on tip toes: forward / backward / sideways / cat leaps / chasse steps.	Walking on tip toes / jumping on beam / dip walks / 1/2 turn spin / cat leaps / chasse steps / linking turn, steps and walks on beams to create a short sequence.	Forward rolls / forward rolls to straddle lever / egg rolls / log rolls.	Cartwheels / forward rolls.	Cartwheels / forward roll mounts onto beam.	Cartwheels / round off dismounts.
Routines	Perform 3 skills linked together to create a short sequence.	Create and perform a routine linking 3-5 skills.	Create and perform a paired routine linking 10 skills.	Create and perform a group routine linking 10-12 skills with apparatus.	Create and perform a rhythmic routine in small groups, using a range of hand apparatus.	Create and perform an acrobatic routine in large groups, showing a range of group balances.