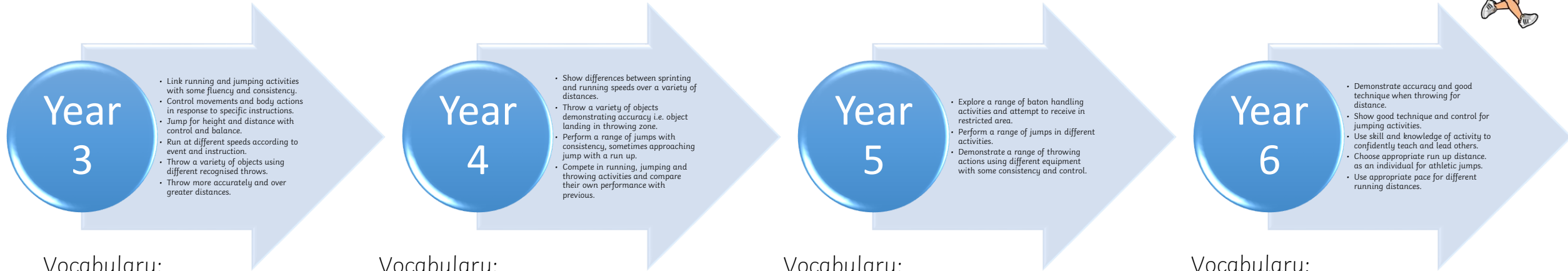




Progression Map

Gymnastics

Assessed through FFT Aspire



Year 3

- Link running and jumping activities with some fluency and consistency.
- Control movements and body actions in response to specific instructions.
- Jump for height and distance with control and balance.
- Run at different speeds according to event and instruction.
- Throw a variety of objects using different recognised throws.
- Throw more accurately and over greater distances.

Year 4

- Show differences between sprinting and running speeds over a variety of distances.
- Throw a variety of objects demonstrating accuracy i.e. object landing in throwing zone.
- Perform a range of jumps with consistency, sometimes approaching jump with a run up.
- Compete in running, jumping and throwing activities and compare their own performance with previous.

Year 5

- Explore a range of baton handling activities and attempt to receive in restricted area.
- Perform a range of jumps in different activities.
- Demonstrate a range of throwing actions using different equipment with some consistency and control.

Year 6

- Demonstrate accuracy and good technique when throwing for distance.
- Show good technique and control for jumping activities.
- Use skill and knowledge of activity to confidently teach and lead others.
- Choose appropriate run up distance as an individual for athletic jumps.
- Use appropriate pace for different running distances.

Vocabulary:

Flow	Over
Explosive	Under
Symmetrical	Agility
Asymmetrical	Strength,
Combination	Technique,
Evaluate	Control
Improve	Balance
Stretch	Evaluate
Refine	Improve
Adapt	Shapes - tuck,
Contrasting	straddle, pike,
Curled	arch, back
Stretched	support,
Suppleness	Front support,
Strength	shoulder stand,
Inverted	bridge
Jump	
Land	

Vocabulary:

Degrees	Tucked	Health and
Balance	Straight	fitness – tuck,
Forwards	Twisted	straddle, pike,
Backwards	Constructive	arch, back
Combine	Points	support, Front
Rotation	Twist	support,
Against	Turn	shoulder stand,
Towards	Safety	bridge
Across	Refine	Partner
Evaluate	Agility	balances level 1
Improve	Strength,	– steps, knees,
Height	Technique,	thighs,
Strength	Control	shoulders,
Suppleness	Balance	counter balance
Stamina	Evaluate	
Speed	Improve	
Level	Shapes -	
Wide		

Vocabulary:

Dynamics	Joints
Combination	Explore
Contrasting	Rotation
Control	Spin
Mirroring	Turn
Matching	Shapes – tuck,
Accurately	straddle, pike,
Refine	arch, back
Evaluate	support,
Asymmetry	Front support,
Performance	shoulder stand,
Create	bridge
Symmetry	Partner balances
Refinements	level 2 - ankles,
Assessment	high legs, high
Suppleness	knees, thighs
Strength	without support,
Muscles	Landing

Vocabulary:

Take-off	Co-operate	Imaginative	Level 3
Flight	Audience	Parallel	partner
Agility	Elements	Creativity	balances –
Strength,	Twist	Flight	angle,
Technique,	Refine	Timing	lunge,
Control	Aesthetically	Agility	feet, high
Balance	Criteria	Strength,	thighs,
Evaluate	Extension	Technique,	straddle
Improve	Tension	Control	lift,
Shapes	Inverted	Balance	trunk
	Judge	Evaluate	
	Dynamics	Improve	
	Combination	Shapes – tuck,	
	Canon	straddle, pike,	
	Counter-tension	arch, back	
	Counter-balance	support,	
	Criteria	Front support,	
	Performance	shoulder stand,	
		bridge,	