



Year 5

Year 6

Year 7

Year 8

Jumping	Explore jumping safely . Straight, Tuck, Straddle, Pike jump	Explore shape jumps including jumping off low apparatus . Perform a Wolf jump .	Develop control in performing and landing rotation jumps. Perform a split jump .	Combine and perform a range of gymnastic jumps fluently and effectively .
Rolls	Explore rocking and rolling . Develop a variety of rolls, Forward, Teddy bear, Log and Straddle roll .	Develop the rolls with increased control, fluency and technique .	Develop the backward roll. Increase the fluency and consistency in the rolls.	To exit a roll with a shape. To explore rolling out of a partner balance. To roll out of a partner-balance fluently.
Balances	Explore shapes in stillness using different parts of their body. Perform balances making their body tense, stretched and curled . Perform Point and Patch balances .	Develop control and fluency in individual and partner balances . Explore symmetrical and asymmetrical balances. Develop transition into and out of balances .	Perform Sports Acro pair/trio balances . Explore Hands and knees, Kneeling and Lying base. Explore and perform counter-balances and counter-tension balances .	Explore different ways to enter/exit a partner balance. Increase fluency between a variety of partner balances . Explore a wide range of pair/trio balances with headstands
Inverted movements	Develop strength in bridge and shoulder stand .	Explore progressions of a cart-wheel and round-off . Perform a backbend	Develop control in progressions of a cart-wheel and a headstand . To know how to correctly support a headstand .	Explore a variety of pair/trio balances with the headstand and rotations . Perform a backbend with a kickover .
Shapes	Explore basic and still shapes— straight, tuck, straddle and pike	Perform shapes consistently and fluently , sometimes linked with other gymnastic actions.	Perform a wide range of shapes using base and support .	Perform shapes whilst being fully supported by a partner.
Leaps and Jumps	Explore turning angles measured in degrees . Half-turn on one foot	Full-turn on one foot. Perform a Cat leap	Explore Split-jump, Straddle jump, Tuck jump and a straight jump with a turn .	Explore Tour jete, sissonne and split-jump .
Vaulting	Floor gymnastic - shapes and balances	Still balances on apparatus	Perform straddle through, pike, tuck and squat through .	Perform front : Head-spring, Hand-spring on