Broadmayne First School Gymnastics SEQUENCE OF LEARNING - Spring 1

Non-Negotiables

Reception	Year 1	Year 2	Year 3	Year 4
I can follow simple instructions. I can safely negotiate and find a space independently I can experiment with different ways of travelling – run, walk, skip I can jump on the spot (two feet) I can perform a straight jump I can perform a jumping jack (star) I can perform a bunny hop I can travel around, over and along balancing and climbing apparatus. I can describe other people's movements I can copy a simple sequence – travelling and jump	I can follow two step instructions I can use my body to move in a variety of ways using different body parts e.g. (run, hop, skip, jump, leap, tiptoe, hopscotch, galloping) I can jump on the spot (two feet) I can perform a half turn jump I can perform a bunny hop I can perform a bunny hop (along the bench) I can change speed while travelling e.g. fast, slow I can travel in a variety of ways using apparatus I can create a sequence of movements using two or more linked actions with support e.g. balance, travel, jump I can perform using a range of actions and body parts with some coordination – travelling and jumps I can perform a star jump I can give feedback to others about my likes and dislikes	I can travel in a variety of ways e.g. galloping, chassis steps and as year one (run, hop, skip, jump, leap, tiptoe, hopscotch) I can travel in a variety of ways at different levels – **high, medium, low** I can perform a half turn jump I can perform star jump I can perform a bunny hop (along apparatus) I can perform a tuck jump I can climb onto and dismount (from apparatus) safely and with control. I can talk about what I did I can talk about what is different between what I did and what someone else did. I can create and perform a sequence of movements using the apparatus with clear starting and finishing points I can perform a straddle jump	I can create a variety of quality balances on my own and with a partner. I can create a variety of quality balances on my own and with a partner, using apparatus. I can create quality movements to travel over and under apparatus. I can create a sequence, using apparatus, that flows and includes a combination of movements, plus individual and pair balances. I can create a sequence, with flow, that includes movements and balances and incorporates a change in level between actions.	I can create a variety of quality movements and balances in a symmetrical way. I can create a variety of quality movements and balances in an asymmetrical way. I can create a range of quality symmetrical and asymmetrical balances with a partner on apparatus. I can create a sequence that flows, on apparatus and incorporating a combination of movements, pair asymmetrical balances and pair symmetrical balances I can create a sequence in unison using a range of movements and balances that flow. I can create a sequence in canon using a range of movements and balances that flow.