

Progression of Skills Gymnastics/Yoga

YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Perform different shapes showing a basic level of stillness using various parts of their bodies. Begin to take weight on different body parts. Understand which movements stretch different parts of their bodies. Link different action and movement together.	Perform balances that makes their body stretched, tensed and curled while using creativity. For short periods of time be able to hold weight on their hands. Demonstrate poses and actions that challenge their flexibility. Remember, repeat and connect basic actions together.	Be able to perform balances on different body parts with some balance and control. Using apparatus be able to hold body weight on different body parts. Show an improvement of extension and flexibility in actions. Copy, remember, repeat and plan linking basic actions while showing some control and technique.	Complete balances with increasing technique, control and stability. Be able to hold balances on different body parts for a longer period of time. Demonstrate increased flexibility and extension in their balances. Either on the floor or on apparatus be able to put movements together that flow.	Perform balances on their own and with a partner showing good tension. Demonstrate increasing control strength, and technique when taking own and others weight in balances and actions. While performing more challenging balances continue to show good tension and stability. Plan and perform sequences that flow while showing control and technique with and without a partner.	Be able to remain in control while going from one balance to another. Understand how strength can help improve actions and movements they perform. Show an understanding of how flexibility can help improve movements. Using control and good quality movements and actions, create and perform a more complex sequences, with and without a partner. Plan and perform with control, precision and fluency, a sequence of actions that includes a wide range of different skills and balances.