

WPS Gymnastics Progression Framework

Learning objectives	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
EY								
	To follow instructions safely To be able to perform 5 basic shape with control	To hold large and small shapes whilst balancing	To demonstrate a safe (chair) landing from a jump	To perform a straight jump with control from a bench	To travel sideways using a roll	To transfer weight from hands to feet (bunny hop)	To link 2 skills on floor	To know how to use apparatus safely To link 2 skills on floor and apparatus
Year 1								
	To be able to perform 8 basic shapes with control bench	To be still whilst holding balances on different body	To perform 2 jumps with control	To describe a partner's jumps	To develop skills for a forward roll	To transfer weight from hands to feet using the bench	To perform 3 different skills on low apparatus	To link 3 or more skills on a variety of apparatus
Year 2								
	To be able to link 4 shapes smoothly	To demonstrate a change in speed smoothly linking 3 balances	To jump for height and perform a shape in the air	To perform a tuck jump with control	To perform rolls that move in a circular motion	To transfer weight from hands to feet using the bench	To create a sequence on the low apparatus which includes 4 different skills	To create a sequence on the higher apparatus which includes 4 different skills

Year 3								
	To demonstrate and hold the 10 basic shapes with control	To perform contrasting balances with a change of speed and level	To be able to land a variety of jumps with control	To perform matching actions with a partner using contrasting shapes	To perform rolls that move in a circular way	To be able to transfer weight from hands to feet with rhythm and control	To perform contrasting shapes and balances on the low apparatus	To perform a squat on vault on low apparatus
Year 4								
	To perform 3 shapes in unison with a partner to include twisted shape	To move into a balance from different starting positions	To perform a shoulder roll in opposite directions	To explore ways of turning on the spot and off a bench	To take weight on hands when moving over a bench	To practise and remember the sequence needed for take-off when vaulting	To learn a set sequence and add a change of height	To safely move large apparatus into set positions.
Year 5								
	To be able to perform 5 symmetrical shapes in unison with a partner	To work with a partner to perform matching and mirroring balances	To hold a counter balance with a partner at different heights	To perform 3 symmetrical jumps with a partner	To show a change in speed when performing rolls	To move into balances from different actions e.g. roll into balance, shape into balance	To land with control after flight	To safely set up large apparatus in either a L or T shape in a given area
Year 6								
	To work with a partner to perform weight bearing partner balances safely	To move from a balance into a roll with control	To be able to turn during flight and land safely	To travel on, over and around apparatus taking weight on hands and feet	To perform a group balance	To create a group sequence to include both unison and canon	To safely set up large apparatus in a given area	To adapt and amend sequence to include twisting and turning