

Gymnastics and Dance

Year 1 and 2

- Move with careful control and coordination.
- Choose movements to communicate a mood, feeling or idea.
- Move with some control and awareness of space.
- Show contrasts (such as small/tall, straight/curved and wide/narrow).
- Hold a position whilst balancing on different points of the body.
- Jump in a variety of ways and land with increasing control and balance.
- Link two or more actions to perform a sequence.
- Copy and remember actions.
- Link two or more actions to make a sequence.
- Travel by rolling forwards, backwards and sideways.
- Climb safely on equipment.
- Stretch and curl to develop flexibility.

Year 3 and 4

- Plan, perform and repeat sequences.
- Refine movements into sequences.
- Show changes of direction, speed and level during a performance.
- Travel in a variety of ways, including flight, by transferring weight to generate power in movements.
- Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).
- Move in a clear, fluent and expressive manner.
- Swing and hang from equipment safely (using hands).

Year 5 and 6

- Compose creative and imaginative dance sequences.
- Perform expressively and hold a precise and strong body posture.
- Use equipment to vault and to swing (remaining upright).
- Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).
- Include in a sequence set pieces, choosing the most appropriate linking elements.
- Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.
- Express an idea in original and imaginative ways.
- Perform and create complex sequences.
- Hold shapes that are strong, fluent and expressive.

- Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).
- Create complex and well-executed sequences that include a full range of movements including:
travelling - balances - swinging - springing – flight, vaults, inversions, rotations, bending, stretching and twisting.
- Vary speed, direction, level and body rotation during floor performances.
- Practise and refine the gymnastic techniques used in performances (listed above).