

PHYSICAL EDUCATION

EYES – PHYSICAL DEVELOPMENT

COPY AND REMEMBER ACTIONS.
MOVE WITH SOME CONTROL AND
AWARENESS OF SPACE.

LINK TWO OR MORE ACTIONS TO
MAKE A SEQUENCE.
CLIMB SAFELY ON EQUIPMENT.

EYES

BALANCES;

JUMPING
AND
ROLLING

KS1

STRETCHING
AND CURLING

PROFICIENCY
8

CHANGES OF
DIRECTION
AND ACTION

PROFICIENCY 7

CHANGES OF
SPEED AND
DIRECTION

TRAVEL BY ROLLING
FORWARDS, BACKWARDS AND
SIDEWAYS.

BASIC BODY
SHAPES

LKS2

TRAVELLING
AND
BALANCES

PROFICIENCY
6

JUMPING AND
SPRINGING

PROFICIENCY 5

PLAN, PERFORM AND REPEAT SEQUENCES.
• MOVE IN A CLEAR, FLUENT AND
EXPRESSIVE MANNER.

HOLD A POSITION WHILST
BALANCING ON DIFFERENT
POINTS OF THE BODY.

HOLD SHAPES THAT ARE
STRONG, FLUENT AND
EXPRESSIVE.

VARY SPEED, DIRECTION, LEVEL
AND BODY ROTATION DURING
FLOOR PERFORMANCES.

MATCHING
AND
MIRRORING

UKS2

PARTNER
SEQUENCES

PROFICIENCY
4

PROFICIENCY
3

FLIGHT

COUNTER
BALANCES

YEAR 7

USE EQUIPMENT TO VAULT AND TO SWING

SHOW A KINAESTHETIC
SENSE IN ORDER TO
IMPROVE THE PLACEMENT
AND ALIGNMENT OF BODY
PARTS

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.

GYMNASTICS ROAD MAP