



Gymnastics Learning Progression

F2 to Y6

Key Area	F2	Y1	Y2	Y3	Y4	Y5	Y6
Gymnastics	High, Low, Over, Under	Wide, Narrow, Curled	Linking	Symmetry and Asymmetry	Bridges	Counter Balance and Counter Tension	Matching and Mirroring
	<p>Introduce to high, low over and under</p> <p>Introduction to the apparatus</p>	<p>Introduction to wide, narrow, and curled</p> <p>Transitioning between wide, narrow, and curved movements</p> <p>Linking two movements together</p>	<p>Developing linking</p> <p>Linking on apparatus</p> <p>Jump, roll, balance sequences including on apparatus</p> <p>Creation of sequences</p> <p>Completion of sequences and performance</p>	<p>Introduction to symmetry and asymmetry</p>	<p>Introduction to bridges</p> <p>Application of bridge learning on apparatus</p> <p>Develop sequences with bridges</p> <p>Sequence formation</p> <p>Sequence completion</p>	<p>Introduction to counter balance</p> <p>Application of counter balance learning onto apparatus</p> <p>Sequence formation</p> <p>Counter tension</p> <p>Sequence completion</p>	<p>Introduction to matching and mirroring</p> <p>Application of matching and mirroring learning onto apparatus</p> <p>Sequence development</p>