



To develop jumping and rolling techniques. To develop strength and stability when balancing and holding a body shape.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Jumping Can crouch before jumping horizontally and vertically.</p> <p>Can jump forwards along spot mats.</p> <p>Can jump from one foot to two and two feet to one.</p> <p>Rolling Can lie down with arms and legs out straight.</p> <p>Can roll from back to front then front to back. (Pencil Roll)</p> <p>Can curl up as an egg, chin and knees tucked in tight and roll in both directions. (Egg Roll)</p> <p>Balance and body shape Can bend and straighten knees with balance and core stability.</p> <p>Can balance on one foot with a stabilizer. Can use arms to help balance</p> <p>Can perform a straight, star and tuck body shape.</p>	<p>Jumping Can jump from one foot to two and two feet to one.</p> <p>Can jump from one foot to one foot leading with either leg.</p> <p>Can travel using bunny jumps.</p> <p>Can perform a series of jumps/bounces.</p> <p>Can jump from apparatus into a squat landing.</p> <p>Rolling Can curl up as an egg, chin and knees tucked in tight and roll in both directions. (Egg Roll)</p> <p>Can sit on floor with knees up, hold knees and rock back and up to sitting. rocking</p> <p>Can lie down and lift arms/legs slightly off the floor, roll back to front then front to back. (Dish Roll)</p> <p>Balance and body shape Can perform a straight, star and tuck body shape.</p> <p>Can perform a pike, straddle and squat shape.</p> <p>Can balance on one foot with support leg still and support foot flat on the floor.</p>	<p>Jumping Can jump from apparatus into a squat landing.</p> <p>Can perform a stretched straight jump.</p> <p>Can create a straight jump from different heights using apparatus.</p> <p>Can explore landing in a squat position from different heights.</p> <p>Rolling Can lie down and lift arms/legs slightly off the floor, roll back to front then front to back. (Dish Roll)</p> <p>Can perform a Teddy Roll/Circle Roll. Sit with legs straight and apart, hold back of knees, and roll back onto shoulder and across onto other shoulder.</p> <p>Can put head, body and arms through legs in preparation for a forward roll</p> <p>Balance and body shape Can balance on one foot with support leg still and support foot flat on the floor.</p> <p>Can perform a standing straight body from fingers to feet, arch with arms forward and dish with arms back past hips.</p> <p>Front arch - Can lift arms and legs clear off the floor and hold for 5 seconds.</p> <p>Back dish – Can lift arms and legs clear off the floor and keep back pressed down.</p>	<p>Jumping Can explore landing in a squat position from different heights. Children to land as quiet as possible bending knees on landing.</p> <p>Can perform a half turn.</p> <p>Can perform a half turn off apparatus.</p> <p>Can leap, following a running action and to use a prolonged period of flight.</p> <p>Can use arms to support leap.</p> <p>Rolling Can put head, body and arms through legs in preparation for a forward roll</p> <p>Can rock, crouch to standing position.</p> <p>Can perform a forward roll from hands and feet through a squat into sitting.</p> <p>Balance and body shape Can lift arms and legs clear off the floor and hold for 5 seconds.</p> <p>Back dish – Can lift arms and legs clear off the floor.</p> <p>Can lift hips clear off the floor to create a shoulder tuck.</p> <p>Can grasp below the knees to create a back tuck.</p> <p>Can create a stretched shape big enough for their partner to create a tucked shape underneath.</p>	<p>Jumping Can leap, following a running action and to use a prolonged period of flight.</p> <p>Can use arms to support leap.</p> <p>Can perform a tuck jump.</p> <p>Can perform a tuck jump from different heights using apparatus.</p> <p>Can use a springboard to jump and create shapes such as straight, star and tuck.</p> <p>Rolling Can perform a forward roll from hands and feet through a squat into sitting.</p> <p>Can perform a forward roll from hands and feet through a squat and stand without using hands for support.</p> <p>Can perform a forward roll to straddle.</p> <p>Balance and body shape Can create a stretched shape for their partner to create a tucked shape underneath.</p> <p>Can interlock their bodies when creating shapes.</p> <p>Can perform an arabesque.</p> <p>Extend leg backwards with pointed foot and keep other kneecap straight.</p> <p>Can perform a front support and back support (hold for 3 seconds)</p>	<p>Jumping Can use a springboard to jump and create shapes such as straight, star, pike and tuck.</p> <p>Can create short sequences travelling side by side with their partner.</p> <p>Can perform a cat leap on a mat/across a bench.</p> <p>Rolling Can perform a forward roll to straddle.</p> <p>Can roll down side and across shoulders (side rolling from kneeling).</p> <p>Can rock on back with hand placement for backward roll.</p> <p>Balance and body shape Can perform a front support and back support (hold for 3 seconds)</p> <p>Straddle, sitting, standing, shoulders, back Can perform a shoulder stand with feet and legs extended.</p> <p>Can hold a V sit position with pike shaped legs (3 seconds)</p> <p>Can hold a straddle to sit position for 3 seconds and attempt to lift body.</p>	<p>Jumping Can perform a cat leap on a mat/across a bench.</p> <p>Can perform a whole turn, staying balanced and focused.</p> <p>Can create a sequence of jumping movements and teach to someone else.</p> <p>Rolling Can rock on back with hand placement for backward roll.</p> <p>Can tuck back roll to stand/straddle.</p> <p>Can work with a partner to create a sequence of rolls, coaching and correcting each other's technique.</p> <p>Balance and body shape Can hold a V sit position with pike shaped legs (3 seconds)</p> <p>Can hold a straddle sit position for 3 seconds (attempt to lift body)</p> <p>Can work collaboratively to create mirror balances (pivot)</p> <p>Can work with a partner to create a balance on the mat. (Only 1 body part can touch the mat for each balance. Teacher to change the body part regularly).</p>	<p>Jumping Can create a sequence of jumping movements and teach to someone else.</p> <p>Can identify and coach teaching points.</p> <p>Can perform a straddle over squat through.</p> <p>Rolling Can work with a partner to create a sequence of rolls, coaching and correcting each other's technique.</p> <p>Can lower to floor from straddle, roll and push shoulders forward.</p> <p>Can perform a lunge and simple side rotation – lead into cartwheel.</p> <p>Balance and body shape Can work with a partner to create a balance on the mat. (Only 1 body part can touch the mat for each balance. Teacher to change the body part regularly).</p> <p>Can perform a Shoulder tuck Back tuck Squat stand Sitting squat</p> <p>Children can pass under, over and through with the aid of one body part.</p> <p>Children to create a 5-second balance touching the floor and apparatus. Keep changing the body part that touches the floor for each balance. Stretch, dish. arch</p>

New Knowledge and Key Vocabulary							
Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Jumping – horizontally and vertically, one foot to two and two feet to one, one foot to one foot leading with either leg, bunny jumps, squat</p> <p>Rolling – pencil roll, egg roll, rocking, dish roll, teddy roll</p> <p>Balancing – bend, straight, star, tuck, pike, straddle, squat</p>		<p>Jumping – squat, straight jump, half term, leap</p> <p>Rolling – dish roll, teddy roll, rock, forward roll</p> <p>Balancing – straight body, front arch, back dish, stretched shape, tuck shape</p>		<p>Jumping – leap, flight, tuck, straight, star, pike, sequence, cat leap</p> <p>Rolling – forward roll, squat, straddle, side rolling, rock</p> <p>Balancing – arabesque, front and back support, shoulder stand, v sit, pike, straddle</p>		<p>Jumping – cat leap, whole turn, sequence, straddle over, squat through</p> <p>Rolling – rock, tuck, backward roll, cartwheel</p> <p>Balancing – v sit, straddle, shoulder tuck, back tuck, squat stand, sitting squat</p>	