



PE- Gymnastics

Cooperate Compete Commit



Year Group	End Point Substantive Knowledge	Year Group	End Point Substantive Knowledge
1	• Perform basic travelling actions: rolling, jumping, sliding, climbing • Hold body shapes in stillness • Awareness of space, each other, mats and apparatus • Create and perform simple movement • Create phrases in response to simple tasks • Balance on one leg with some control • Explore and attempt some rolls • Explore and attempt some jumps	2	• Travel by rolling forward, backwards, sideways • Demonstrate shapes, e.g. straight, curved • Jump in a variety of ways landing with increasing control and balance • Perform range of actions with control and coordination • Repeat sequences accurately moving smoothly from stillness to travelling