

Ottershaw Progression of Skills: Gym

Shape

Balance

Travel

Flight

Rotation

Exceeding



- Perform (Consolidated) **Trickiest** Shape skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickiest** Balance skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickiest** Travel skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickiest** Flight skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickiest** Rotation skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickier** Shape skills (1/2/3) combined with **two or more** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickier** Balance skills (1/2/3) combined with **two or more** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickier** Travel skills (Travel 1/2/3) combined with **two or more** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickier** Flight skills (Flight 1/2/3) combined with **two or more** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickier** Rotation skills (Rotation 1/2/3) combined with **two or more** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

Expected end of upper KS2



- Perform (Consolidated) **Trickiest** Shape skills on the floor (1/2/3).
- Perform (Consolidated) **Trickier** Shape skills combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickiest** Balance skills on the floor (1/2/3).
- Perform (Consolidated) **Trickier** Balance skills combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickiest** Travel skills on the floor (1/2/3).
- Perform (Consolidated) **Trickier** Travel skills combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickiest** Flight skills on the floor (1/2/3).
- Perform (Consolidated) **Trickier** Flight skills combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickiest** Rotation skills on the floor (1/2/3).
- Perform (Consolidated) **Trickier** Rotation skills combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

Expected end of lower KS2



- Perform (Consolidated) **Trickier** Shape skills on the floor (1/2/3).
- Perform (Consolidated) **Tricky** Shape skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickier** Balance skills on the floor (1/2/3).
- Perform (Consolidated) **Tricky** Balance skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickier** Travel skills on the floor (1/2/3).
- Perform (Consolidated) **Tricky** Travel skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickier** Flight skills on the floor (1/2/3).
- Perform (Consolidated) **Tricky** Flight skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)



- Perform (Consolidated) **Trickier** Rotation skills on the floor (1/2/3).
- Perform (Consolidated) **Tricky** Rotation skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

Expected end of KS1

- Perform (Consolidated) **Tricky** Shape skills on the floor (1/2/3).

- Explore **Tricky** Shape skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

- Perform (Consolidated) **Tricky** Balance skills on the floor (1/2/3).

- Explore **Tricky** Balance skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

- Perform (Consolidated) **Tricky** Travel skills on the floor (1/2/3).

- Explore **Tricky** Travel skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

- Perform (Consolidated) **Tricky** Flight skills on the floor (1/2/3).

- Explore **Tricky** Flight skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

- Perform (Consolidated) **Tricky** Rotation skills on the floor (1/2/3).

- Explore **Tricky** Rotation skills (1/2/3) combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

Fundamental Movement Skills Links:

Shape

Static Balance: **One Leg**
 Static Balance: **Seated**
 Static Balance: **Floor Work**
 Static Balance: **Stance**

Balance

Static Balance: **One Leg**
 Static Balance: **Seated**
 Static Balance: **Floor Work**
 Static Balance: **With a Partner**

Travel

Dynamic Balance: **On a Line**
 Dynamic Balance: **Jumping and Landing**
 Coordination: **Footwork**

Flight

Dynamic Balance: **Jumping and Landing**
 Coordination: **Footwork**

Rotation

Static Balance: **One Leg**
 Static Balance: **Seated**
 Static Balance: **Floor Work**
 Dynamic Balance: **On a Line**

- Perform (Consolidated) **Trickiest** Shape skills on the floor (1/2/3).

- Perform (Consolidated) **Trickier** Shape skills combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

- Perform (Consolidated) **Trickiest** Balance skills on the floor (1/2/3).

- Perform (Consolidated) **Trickier** Balance skills combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

- Perform (Consolidated) **Trickiest** Travel skills on the floor (1/2/3).

- Perform (Consolidated) **Trickier** Travel skills combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

- Perform (Consolidated) **Trickiest** Flight skills on the floor (1/2/3).

- Perform (Consolidated) **Trickier** Flight skills combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

- Perform (Consolidated) **Trickiest** Rotation skills on the floor (1/2/3).

- Perform (Consolidated) **Trickier** Rotation skills combined with **one** of the following:
 - Hand Apparatus (4)
 - Low Apparatus (5)
 - Partner/s (6)
 - Large Apparatus (7)

Expected end of lower KS2