

Specific Skills Y5/6 Rolls Forward roll from standing. Straddle forward roll. Pike forward roll. Dive forward roll. Tucked backward roll. Backward roll to straddle. Backward roll to standing pike. Pike backward roll.		Specific Skills Y5/6 Jumps Straight jump. Tuck jump. Jumping jack. Star jump. Straddle jump. Pike jump. Stag jump. Straight jump half-turn. Straight jump full-turn. Cat leap. Cat leap half-turn. Split leap. Stag leap.		Specific Skills Y5/6 Vaults Hurdle step onto springboard. Squat on vault. Straddle on vault. Star jump off. Tuck jump off. Straddle jump off. Pike jump off. Squat through vault. Straddle over vault		Specific Skills Y5/6 Headstands, Cartwheels, Roundoffs Lunge into cartwheel. Lunge into round-off. Hurdle step. Hurdle step into cartwheel. Hurdle step into round-off.		Specific Skills Y5/6 Travelling & Linking Actions Tiptoe, step, jump and hop. Hopscotch. Skipping. Chassis steps. Straight jump half turn. Straight jump full turn. Cat leap. Cat leap half turn. Cat leap full turn. Pivot		Specific Skills Y5/6 Shapes & Balances 1, 2, 3 and 4- point balances. Balances on apparatus. Develop technique, control and complexity of part-weight partner balances. Group formations. Pike, tuck, star, straight, straddle shapes. Front and back support					
	Y5/6 Jumping Jump along, over and off apparatus of varying height with control in the air and on landing.		Y5/6 Rolling Explore different starting and finishing positions when rolling e.g. forward roll from a straddle position on feet and end in a straddle position on floor or feet/begin a backward roll from standing in a straight position, ending in a straddle position on feet.			Y5/6 Rolling Explore symmetry and asymmetry throughout the rolling actions.		Y5/6 Compete/Perform Link actions to create a complex sequence using a full range of movement that showcases different agilities, performed in time to music. Perform and apply a variety of skills and techniques confidently, consistently and with precision. Begin to record their peers’ performances, and evaluate these.							
Y6 Balancing Perform a range of acrobatic balances with a partner on the floor and on different levels on apparatus.		Y6 Balancing Perform group balances at the beginning, middle or end of a sequence.		Y6 Balancing Consider how to move in and out of these balances with fluency and control.		Y6 Balancing Begin to take more weight on hands when progressing bunny hop into hand stand		Y5/6 Travelling Travel sideways in a bunny hop and develop into cartwheeling action keeping knees tucked in and by placing one hand then the other on the floor.		Y5/6 Travelling Increase the variety of pathways, levels and speeds at which you travel.		Y5/6 Travelling Travel in time with a partner, move away from and back to a partner.		Y5/6 Jumping Make symmetrical and asymmetrical shapes in the air.	
	Y5/6 Sequencing Create a sequence of up to 8 elements:(e.g. a combination of asymmetrical shapes and balances and symmetrical rolling and jumping actions; changes of direction and level and show mirroring; and matching shapes and balances			Y5/6 Sequencing Create a longer more complex sequence of up to 10 elements e.g. a combination of counter balance/ counter tension, twisting/turning, travelling on hands and feet, as well as jumping and rolling			Y6 Balancing Perform balances with control, showing good body tension.		Y6 Balancing Mirror and match partner’s balance i.e. making same shape on a different level or in a different place.		Y6 Balancing Explore symmetrical and asymmetrical balances on own and with a partner.		Y6 Balancing Explore and develop control in taking some/all of a partner’s weight using counter balance (pushing against) and counter tension (pulling away from).		