

# HOLY TRINITY CATHOLIC ACADEMY

## MEDIUM TERM PE CURRICULUM PLANNER - GYMNASTICS

### **INTENT:**

Develop active and healthy lifestyles in all children;  
To engage children in a range of different sporting and physical activities;  
To develop the children's physical, emotional and social wellbeing.

**EYFS – Our PE curriculum learning journey begins in the Early Years' Foundation Stage's 'Physical Development; curriculum and all subsequent learning is built upon these foundations. (See Separate EYFS Medium Term Plans for further detail)**

### **During the Nursery, almost all children will be able to:**

Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.  
Go up steps and stairs, or climb up apparatus, using alternate feet.  
Skip, hop, stand on one leg and hold a pose for a game like musical statues.  
Use large-muscle movements to wave flags and streamers, paint and make marks.  
Start taking part in some group activities which they make up for themselves, or in teams.  
Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.  
Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.  
Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.  
Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.

### **During F2, almost all children will be able to:**

Revise and refine the fundamental skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing

Progress towards a more fluent style of moving with developing control and grace

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical discipline including dance, gymnastics, sport and swimming

Combine different movements with ease and fluency

Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group

Develop overall body strength, balance, co-ordination and agility

Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming

Develop confidence, competence, precision and accuracy when engaging in activities that involve in ball

## Physical Development ELG:

### Gross Motor Skills

• Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

The children will have explored this through a variety of means – weekly Forest School sessions, different learning themes, stories and links to the Book of the Week, outdoor learning opportunities, continuous provision, visits etc. Links also will have been made to other aspects of the EYFS curriculum. Refer to the separate EYFS section on the website for further information.

### PE KSI and 2 Overview

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
<b>Y1/2 Year A</b>	<b>Gymnastics</b> Team Games – throwing & catching skills	Dance & Dance linked to Nativity Play	Yoga Team games: kicking & Dribbling	Gymnastics Team Games: Kicking & Dribbling	OAA Striking & Feilding: Cricket	Athletics Striking & Fielding: Rounders
<b>Y1/2 Year B</b>	<b>Gymnastics</b> Team Games – throwing & catching skills	Dance & Dance linked to Nativity Play	Yoga Team games: Kicking & dribbling	Gymnastics Team Games: Kicking & Dribbling	OAA Striking & Feilding: Cricket	Athletics Striking & Fielding: Rounders
<b>Y3/4 Year A</b>	<b>Gymnastics</b> Competitive Games: <b>Hockey</b>	Dance Competitive Games: <b>Handball</b>	Circuits Competitive Games: <b>Basketball</b>	Competitive Games: <b>Netball</b> Dance linked to Easter Play	OAA Striking & Feilding: <b>Cricket</b>	<b>Athletics</b> Striking & Fielding: <b>Rounders</b>
<b>Y 3/4 Year B</b>	<b>Gymnastics</b> Competitive Games: <b>Rugby</b>	Dance Competitive Games: <b>Football</b>	Circuits Competitive Games: <b>Basketball</b>	Competitive Games: <b>Netball</b> Dance linked to Easter Play	OAA Striking & Feilding: <b>Cricket</b>	<b>Athletics</b> Striking & Fielding: <b>Rounders</b>
<b>Y5/6 Year A</b>	<b>Gymnastics</b> Competitive Games: <b>Hockey</b>	Dance Competitive Games: <b>Handball</b>	Circuits Competitive Games: <b>Basketball</b>	Swimming/Circuits Competitive Games: <b>Netball</b>	OAA/Swimming Striking & Feilding: <b>Cricket</b>	Swimming <b>Athletics</b> Striking & Fielding: <b>Rounders</b>
<b>Y5/6 Year B</b>	<b>Gymnastics</b> Competitive Games: <b>Rugby</b>	Dance Competitive Games: <b>Football</b>	Circuits Competitive Games: <b>Basketball</b>	Swimming/Circuits Competitive Games: <b>Netball</b>	OAA/Swimming Striking & Feilding: <b>Cricket</b>	Athletics Striking & Fielding: <b>Rounders</b>

YEAR	Key Knowledge	Vocabulary	Key Skills
<p align="center"><b>Y1/2 Year A</b></p>	<p><b>To know that it is important to stretch our bodies before gymnastics.</b></p> <ul style="list-style-type: none"> <li>Stretching our bodies should be the start of any exercise to get our bodies ready</li> <li>Stretches should progress and get harder as gymnasts develop in confidence.</li> </ul> <p><b>To know how to perform simple gymnastic rolls.</b></p> <ul style="list-style-type: none"> <li>Log roll (controlled) – roll where the body is straight with arms by the side</li> <li>Curled side roll (egg roll) (controlled) – legs tucked in</li> <li>Teddy bear roll (controlled)- legs open and stretched out like a v shape</li> </ul> <p><b>To know how to carry out a range of jumps.</b></p> <ul style="list-style-type: none"> <li>Straight jump – where your whole body remains straight with legs slightly apart.</li> <li>Tuck jump- you tuck your legs in as you jump</li> <li>Jumping jack- is like a star jump, as you jump your legs and arms point outwards like a star.</li> <li>Half turn jump- you turn a half turn as you are in the air so end up facing the opposite way.</li> <li>Cat spring – where you transfer from one foot onto the other in the jump.</li> </ul> <p><b>To know how to perform simple gymnastic elements</b></p> <ul style="list-style-type: none"> <li>A bunny hop is from standing position to crouching on the floor with feet and hands on the floor and legs bent and together in the air</li> <li>A front support wheelbarrow involves the use of a partner and the partner hold the legs of the other partner and they have their hands on the floor.</li> </ul> <p><b>To know how to travel in gymnastics.</b></p> <ul style="list-style-type: none"> <li>To travel using tiptoes, different steps and hopping</li> <li>To use the steps used in a hopscotch game travel across the floor.</li> <li>To also use skipping and galloping to travel across the floor.</li> <li>To compare the ways of travelling and be able to link the movements.</li> </ul> <p><b>To know how to perform some gymnastic balances.</b></p> <ul style="list-style-type: none"> <li>To know the differences between standing and kneeling balances and using different body parts.</li> <li>Star- with arms stretched out</li> <li>Pike- straight back, arms by the ears reaching up. Legs straight and together with toes pointed.</li> <li>Tuck- straight back with toes pointed. Legs together and NOT crossed.</li> <li>Straddle shapes- straight back and arms out to the sides and extended. Legs straight with pointed toes.</li> </ul> <p><b>To know what a good gymnastic sequence looks like and has a beginning, middle and an end,</b></p> <ul style="list-style-type: none"> <li>To know that even two actions linked together make a sequence.</li> <li>To practise strategies from moving from one to another.</li> </ul>	<p>Vault Muscles Tuck Cat spring Springboard Pike Half turn jump Straight jump Stretches Landing Jumping jack Star</p> <p>Balance Warm up Stretch Rolls Jumps Travel</p>	<p><b>Gymnastics General</b> Create and perform a movement sequence. Copy actions and movement sequences with a beginning, middle and end. Link two actions to make a sequence. Recognise and copy contrasting actions (small/tall, narrow/wide) Travel in different ways, changing direction and speed. Hold still shapes and simple balances. Carry out simple stretches. Carry out a range of simple jumps, landing safely. Move around, under, over, and through different objects and equipment. Begin to move with control and care.</p> <p><b>Gymnastic Rolls</b> Log roll (controlled) Curled side roll (egg roll) (controlled) Teddy bear roll (controlled)</p> <p><b>Gymnastic Jumps</b> Straight jump, Tuck jump ,Jumping jack ,Half turn jump ,Cat spring</p> <p><b>Gymnastics Handstands</b> Bunny hop Front support wheelbarrow with partner</p> <p><b>Gymnastics Travelling</b> Tiptoe, step, jump and hop Hopscotch Skipping Galloping</p> <p><b>Gymnastics Balancing</b> Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes</p>

<p><b>Y1/2 Year B</b></p>	<p><b>To know how to behave safety when performing movements in gymnastics</b></p> <ul style="list-style-type: none"> <li>To be able to jump onto and off the equipment safely.</li> <li>To move with care and caution.</li> </ul> <p><b>To know how to jump in a variety of ways. .</b></p> <ul style="list-style-type: none"> <li>Straight jump, Tuck jump, Jumping jack,,Half turn jump , Cat spring and have high expectations that they should know these well.</li> <li>Cat spring to straddle - starting in the cat spring jump and finishing in a straddle position.</li> </ul> <p><b>To know how to use many rolls in gymnastics.</b></p> <ul style="list-style-type: none"> <li>Log roll (controlled) Curled side roll (egg roll) (controlled) Teddy bear roll (controlled)</li> <li>Rocking for forward roll – where you rock forwards and backwards first in positions</li> <li>Crouched forward roll- where you start in a crouched position.</li> </ul> <p><b>To know how to perform more complex gymnastic movements.</b></p> <ul style="list-style-type: none"> <li>Bunny hop, Front support wheelbarrow with partner.</li> <li>T Lever switch feet- Hit a T (hold for one gymnastics) on the way down. Place hands on the ground and lift your front leg off the ground creating an L shape with your legs. Make sure your back leg remains in a straight line with the rest of your body. Keep straight legs and point your toes.</li> <li>Scissor Kick: A jump from one foot to the other alternately kicking one leg up and then the other with legs straight, simulating the motion of scissors</li> </ul> <p><b>To know how to perform some gymnastic balances.</b></p> <ul style="list-style-type: none"> <li>To know large body part balances such as bottom, tummy.</li> <li>To hold a still shape whilst balancing on different points of the body.</li> </ul> <p><b>To know how to perform balances on apparatus.</b></p> <ul style="list-style-type: none"> <li>To use apparatus such as benches</li> </ul> <p><b>To know how to perform balances with partners and simple sequences.</b></p> <ul style="list-style-type: none"> <li>To practise with a partner Pike, tuck, star, straight, straddle shapes.</li> </ul> <p><b>To know how to link movements to build a sequence.</b></p> <ul style="list-style-type: none"> <li>Linking movements can be high to low or low to high positions. Linking can be fast to slow or slow to fast movements. Linking can be a slow walk into a shape or movement.</li> </ul> <p><b>To know how to copy, explore and remember actions and movements to create their own sequence.</b></p> <ul style="list-style-type: none"> <li>To revise ways of travelling in gymnastics.</li> <li>Tiptoe, step, jump and hop Hopscotch Skipping Galloping Straight jump half-turn</li> </ul>	<p>Hurdle Control Roll Tuck Movement Controlled Complex Scissor kick Transfer Core Spring Galloping</p> <p>Jump balance straight forwards backwards</p>	<p>Copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence. Travel in a variety of ways, including rolling. Jump in a variety of ways and land with increasing control and balance. Climb onto and jump off the equipment safely. Move with increasing control and care</p> <p>Log roll (controlled) Curled side roll (egg roll) (controlled) Teddy bear roll (controlled) Rocking for forward roll Crouched forward roll</p> <p>Straight jump Tuck jump Jumping jack Half turn jump Cat spring Cat spring to straddle</p> <p>Bunny hop Front support wheelbarrow with partner T-lever Scissor kick</p> <p>Tiptoe, step, jump and hop Hopscotch Skipping Galloping Straight jump half-turn</p> <p>Standing balances Kneeling balances Large body part balances Balances on apparatus Balances with a partner Pike, tuck, star, straight, straddle shapes Front and back support</p>
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<p><b>Y3/4</b></p> <p><b>Year A</b></p>	<p><b>To know how to stretch and prepare for gymnastics.</b></p> <ul style="list-style-type: none"> <li>To have a series of warm up and cool down stretches which the children can lead and talk through.</li> <li>They must do longer stretches to really warm up and cool down arms and legs ready for learning or gym activity.</li> </ul> <p><b>To know how to add jumps into sequences.</b></p> <ul style="list-style-type: none"> <li>These jumps have been taught across year 1 and 2 :Straight jump , Tuck jump ,Jumping jack ,Star jump <b>Straddle jump</b> ,( In a straddle jump you want your legs straight and feet pointed with your core squeezed. You also want your legs to be splitting evenly on both sides.) Pike jump ,Straight jump half-turn ,Cat leap, Hurdle step onto springboard.</li> <li>The children will need to know use these in sequences too.</li> <li>They will need to begin to show more flexibility in their movements too.</li> <li>To be able to develop the quality of their actions, shapes and balances.</li> <li>Move with coordination, control and care and encourage the children to perfect movements.</li> </ul> <p><b>To know how to use different rolls in gymnastics.</b></p> <ul style="list-style-type: none"> <li>To reinforce rolls from previous learning ( y1 and 2) this is Crouched forward roll and now to move onto a Forward roll from standing and a Tucked backward roll.</li> <li>The rolls shouldn't be new to them but their movements should be sharper and tighter. They should be able to complete them and explain what they are doing and link the rolls together .</li> </ul> <p><b>To know how to use different balances on apparatus and with a partner.</b></p> <ul style="list-style-type: none"> <li>Large and small body part balances, including standing and kneeling balances as in year 1 and 2</li> <li>The new element is that the balances on apparatus and build in matching and contrasting partner balances and use the balances that they already know and perfecting them.</li> </ul> <p><b>To know how to do more complex movements in gymnastics.</b></p> <ul style="list-style-type: none"> <li>To know how to do a handstand.</li> <li>To begin to lunge into a handstand cartwheel.</li> </ul> <p><b>To know how to begin to use the vault in gymnastics.</b></p> <ul style="list-style-type: none"> <li>To know how to behave safely on the vault and how to get off and on.</li> <li>Squat on vault ,Star jump off ,Tuck jump off ,Straddle jump off , Pike jump off all from the vault.</li> </ul>	<p>Straddle Hurdle Co- ordination Sequence Combinations Perfect Controlled Vault Forward roll Tucked backwards roll Crouched forwards roll Pike</p> <p>Balance Roll Jump turn</p>	<p>Lunge into handstand Cartwheel</p> <p>Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Cat leap</p> <p>Large and small body part balances, including standing and kneeling balances</p> <p>Balances on apparatus Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes Front and back support</p> <p>Choose ideas to compose a movement sequence independently and with others.</p> <p>Link combinations of actions with increasing confidence, including changes of direction, speed or level.</p> <p>Develop the quality of their actions, shapes and balances.</p> <p>Move with coordination, control and care.</p> <p>Use turns whilst travelling in a variety of ways.</p> <p>Use a range of jumps in their sequences.</p> <p>Begin to use equipment to vault.</p> <p>Create interesting body shapes while holding balances with control and confidence.</p> <p>Begin to show flexibility in movements</p> <p>Crouched forward roll Forward roll from standing Tucked backward roll</p> <p>Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn</p>
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	<p><b>To know how to choose ideas to compose a movement sequence independently and with others.</b></p> <ul style="list-style-type: none"> <li>To use skills from year R, 1, 2 in the sequences that children have composed themselves.</li> <li>To practise linking skills and using the correct vocabulary and understanding what a good one looks like.</li> </ul> <p><b>To know how to link combinations of actions with increasing confidence, including changes of direction, speed or level</b></p> <ul style="list-style-type: none"> <li>To know how to use fast and slow speeds to link movements.</li> <li>To show confidence using body language and stance.</li> <li>To be able change direction using fast and slow speeds.</li> <li>To use all of skills from year 1 and 2 and 3.</li> </ul> <p>To watch clips of famous gymnasts to gain inspiration</p>		<p>Cat leap Hurdle step onto springboard</p>
<p><b>Y3/4</b> <b>Year B</b></p>	<p><b>To know some reasons for warming up and cooling down</b></p> <ul style="list-style-type: none"> <li>A warm up gradually starts up your cardiovascular system by raising your body temperature and increasing blood flow to your muscles.</li> <li>Warming up may also help reduce muscle soreness and lessen your risk of injury.</li> <li>Cooling down after your workout allows for a gradual recovery of pre-exercise heart rate and blood pressure.</li> </ul> <p><b>To know how to complete a range of different jumps.</b> Show children examples.</p> <ul style="list-style-type: none"> <li>To recap jumps taught from year 1,2,3, Straight jump ,Tuck jump ,Jumping jack ,Star jump ,Straddle jump ,Pike jump</li> <li>Also introduce some jumps that are new : Straight jump half-turn – body is straight with arms up and you complete a half turn. Straight jump full-turn ( the same but a complete turn ) ,</li> <li>Cat leap - The <b>Cat Leap</b> (also known as the arm <b>leap</b> or arm <b>jump</b>) is a technique used in Parkour and Free running to land on a vertical object, such as a ledge, a wall, or a fence. They can be done from a running <b>jump</b>, a precision, a lache or a number of other techniques. Cat leap half-turn</li> </ul> <p><b>To know how to use the vault to perform some gymnastic movements</b></p> <ul style="list-style-type: none"> <li>Here are some movements to use on and off the vault itself. Hurdle step onto springboard, Squat on vault, Straddle on vault, Star jump off, Tuck jump off, Straddle jump off, Pike jump off. They should be completed with demonstration and supervision.</li> </ul> <p><b>To know how to balance using different points</b></p> <ul style="list-style-type: none"> <li>To be able to copy, practise and perform 1, 2, 3 and 4- point balances</li> <li>To perform balances on apparatus and with and against a partner, (you can draw on year 1,2,3, experience here the new element is <b>against a partner</b>)</li> </ul>	<p>Straddle Vault Complex Against Mirror Tuck Pivot Squat Precision Cat leap Half turn Precision Straddle Running jump Lunge</p> <p><b>Tier 2</b> Partner Copy Land balance</p>	<p>Create a sequence of actions that fit a theme.</p> <p>Use an increasing range of actions, directions and levels in their sequences.</p> <p>Move with clarity, fluency and expression.</p> <p>Show changes of direction, speed and level during a performance.</p> <p>Travel in different ways, including using flight.</p> <p>Improve the placement and alignment of body parts in balances.</p> <p>Use equipment to vault in a variety of ways.</p> <p>Carry out balances, recognising the position of their centre of gravity and how this affects the balance.</p> <p>Begin to develop good technique when travelling, balancing and using equipment.</p> <p>Develop strength, technique and flexibility throughout performances</p> <p>Forward roll from standing Straddle forward roll Tucked backward roll Backward roll to straddle</p>

	<ul style="list-style-type: none"> <li>To balance in these shapes: Pike, tuck, star, straight, straddle shapes</li> <li>To be able to carry out balances, recognising the position of their centre of gravity and how this affects the balance.</li> <li>To begin to develop good technique when travelling, balancing and using equipment.</li> <li>To also develop strength, technique and flexibility throughout performances</li> </ul> <p><b>To know how to use more complex movements in gymnastics.</b></p> <ul style="list-style-type: none"> <li>Tiptoe, step, jump and hop Hopscotch, Skipping, Chassis steps (arms out, one leg out then the other) Straight jump half turn Straight jump, full turn Cat leap, Cat leap half turn , Pivot (in dance, a <b>pivot</b> turn (or simply <b>pivot</b>) is a general classification for dance turns in which the performer's body rotates about its vertical axis without traveling.)</li> </ul> <p><b>To know how to create a sequence of actions that fit a theme.</b></p> <ul style="list-style-type: none"> <li>To be able to use an increasing range of actions, directions and levels in their sequences.</li> <li>To know how to move with clarity, fluency and expression.</li> <li>To be able to show changes of direction, speed and level during a performance.</li> <li>To link in ways of travelling that have been taught and to travel in different ways, including using flight.</li> </ul> <p><b>To know how to support each other and comment on performance.</b></p> <ul style="list-style-type: none"> <li>To know the vocabulary around the subject and comment on each others gymnastics moves.</li> </ul> <p>To have the vocabulary displayed and modelled</p>		<p>Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps ( Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot Hurdle step onto springboard ,Squat on vault , Straddle on vault , Star jump off , Tuck jump off , Straddle jump off ,Pike jump off</p> <p>Lunge into handstand Lunge into cartwheel</p> <p>1, 2, 3 and 4- point balances Balances on apparatus Balances with and against a partner Pike, tuck, star, straight, straddle shapes Front and back support</p>
<p><b>Year 5/6 Year A</b></p>	<p><b>To know how to travel in different ways and link movements.</b></p> <ul style="list-style-type: none"> <li>To link using previous movements :Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot</li> </ul> <p><b>To know and use different rolls from standing positions.</b></p> <ul style="list-style-type: none"> <li>The children should know how to do a Forward roll from standing and a Straddle forward roll.</li> <li>A new aspect to year 5 are the Pike forward roll (starting in squat position complete forward roll with legs extended and with feet together. Hands are placed on the mats, by the hips, to help gain standing position)</li> <li>Tucked backward roll (starting in an extended position sit and rock back. Place hands on mat, close to the ears, with fingers pointing towards shoulders. Rotate backwards in tuck position. Push on arms to allow weight to pass over head. Stand without knees touching mat. Backward roll to straddle</li> </ul> <p><b>To know and use different jumps in gymnastics</b></p>	<p>Gravity rotate straddle tip toe pointing stag jump leap extended pike pivot cat leap chassis tiptoe pivot extending</p> <p><b>Tier 2</b></p>	<p>Select ideas to compose specific sequences of movements, shapes and balances.</p> <p>Adapt their sequences to fit new criteria or suggestions.</p> <p>Perform jumps, shapes and balances fluently and with control.</p> <p>Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance.</p> <p>Confidently use equipment to vault in a variety of ways. Apply skills and techniques consistently.</p>



	<ul style="list-style-type: none"> <li>To be able to perform jumps, shapes and balances fluently and with control.</li> <li>To revise and perfect these jumps that children should know and have built up skills in from previous years: Straight jump ,Tuck jump, Jumping jack , Star jump ,Straddle jump, Pike jump Straight jump half-turn Straight jump full-turn , Cat leap Cat leap half-turn</li> <li>There are jumps new to this year group : the stag jump, (A leap made with one leg bent and toes touching the knee of the other leg, which is straight.)</li> <li>Split leap (A split leap or split jump is a sequence of body movements in which a person assumes a split position after leaping or jumping from the floor, respectively, while still in the air. Split leaps and split jumps are both found in various genres of dance including acro, ballet and jazz dance, and in gymnastics.)</li> </ul> <p><b>To know how to perform various balances on apparatus, with a partner</b></p> <ul style="list-style-type: none"> <li>As in year 4 children should do 1, 2, 3 and 4- point balances and some balances on the apparatus which should include: Pike, tuck, star, straight, straddle shapes</li> <li>Front and back support</li> <li>The new element is to do Part body weight partner balances.</li> </ul> <p><b>To know how to perform more complex gymnastic movements.</b></p> <ul style="list-style-type: none"> <li>To begin to lunge into handstands.</li> <li>To begin to lunge into a cartwheel.</li> <li>To also begin to lunge into a round- off.</li> </ul> <p><b>To know how to select ideas to compose specific sequences of movements, shapes and balances.</b></p> <ul style="list-style-type: none"> <li>The children should be able to adapt their sequences to fit new criteria or suggestions.</li> <li>Children should use the knowledge that they have built over the years with their gymnastic projects.</li> <li>To be able to apply skills and techniques consistently.</li> <li>To develop strength, technique and flexibility throughout performances.</li> </ul> <p><b>To know how to comment on each others sequences and how each other can improve.</b></p> <ul style="list-style-type: none"> <li>To use vocabulary that has been taught and the techniques so that the children will know what to compare to.</li> <li>Children to give each other tips and pointers to improve.</li> <li>Watch clips for inspiration</li> </ul>	Backwards Forwards Turn Stand Straight	Develop strength, technique and flexibility throughout performances  Combine equipment with movement to create sequences.  Forward roll from standing Straddle forward roll  Pike forward roll  Tucked backward roll Backward roll to straddle  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  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  Lunge into handstand Lunge into cartwheel Lunge into round-off  Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot  1, 2, 3 and 4- point balances
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<p><b>Year 5/6</b> <b>Year B</b></p>	<p><b>To know how to prepare for gymnastics</b></p> <ul style="list-style-type: none"> <li>Stretching is an essential part of successful gymnastics. A good stretching routine can help to minimize muscle imbalances, prevent injury, improve your exercise tolerance and your gymnastic performance.</li> </ul> <p><b>To know how to travel using gymnastic movements</b></p> <ul style="list-style-type: none"> <li>To apply techniques taught so far with increased precision and control, 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</li> <li>This is the only new way to travel: full turn Pivot.</li> </ul> <p><b>To know a range of gymnastic jumps</b></p> <ul style="list-style-type: none"> <li>To practise and perfect a range of jumps taught through the years.</li> <li>To use increased precision and flexibility.</li> <li>Jumps covered are: 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 ,Cat leap full-turn ,Split leap</li> <li>The jump new to this year group is : Stag leap <a href="https://www.wikihow.com/Stag-Leap">https://www.wikihow.com/Stag-Leap</a> A stag leap is a type of split jump used in genres of dance like ballet. It requires some practice and training to pull off</li> </ul> <p><b>To use a range of gymnastic rolls.</b></p> <ul style="list-style-type: none"> <li>Forward roll from standing, Straddle forward roll, Pike forward roll and Pike backward roll. Dive forward roll - to perform a dive roll, the gymnast should run, gradually increasing their speed. They should punch off the floor with their legs tight and feet together. They should jump into the air with a straight body. At the moment of the punch, the gymnast's arms should do a back circle and swing upwards.</li> <li>Tucked backward roll - a movement in which your body is rolled backwards, by crouching on the ground and lifting your legs completely over your head and lifting the head at the end. Backward roll to straddle , Backward roll to standing pike</li> </ul> <p><b>To know how to perform a range of balances</b></p> <ul style="list-style-type: none"> <li>1, 2, 3 and 4- point balances</li> <li>Balances on apparatus Pike, tuck, star, straight, straddle shapes Front and back support</li> <li>The new aspect is to develop technique, control and complexity of part-weight partner balances Group formations.</li> </ul> <p><b>To know how to perform cartwheel in different ways</b></p> <ul style="list-style-type: none"> <li>Lunge into cartwheel Lunge into round-off</li> </ul>	<p>Flexibility Precision Formation Straddle Tucked backwards roll Dive forward roll Cat leap</p> <p>Balance</p>	<p>Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</p> <p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</p> <p>Confidently use equipment to vault and incorporate this into sequences.</p> <p>Apply skills and techniques consistently, showing precision and control.</p> <p>Develop strength, technique and flexibility throughout performances</p> <p>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</p> <p>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 ,Cat leap full-turn ,Split leap ,Stag leap</p> <p>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</p> <p>Lunge into cartwheel Lunge into round-off Hurdle step Hurdle step into cartwheel Hurdle step into round-off</p>
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	<ul style="list-style-type: none"> <li>• The new aspects in this year group are the hurdle steps. Hurdle step - In gymnastics, a hurdle is the final preparatory step before performing a skill from a run. The purpose of the hurdle is to properly position yourself for the takeoff while maintaining and/or building momentum. In most cases, a hurdle should be low and long.</li> <li>• Hurdle step into cartwheel Hurdle step into round-off</li> </ul> <p><b>To know how to create their own complex sequences involving the full range of actions and movements and comment on each others</b></p> <ul style="list-style-type: none"> <li>• To include travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</li> <li>• To also demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</li> <li>• To use everything that they have learnt over the years.</li> </ul>		<p>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</p> <p>1, 2, 3 and 4- point balances</p> <p>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</p>
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