

Sport - Gymnastics

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Travel around the hall in different ways safely, using some high and some low movements, e.g. walk, jump, hop, skip, slide, slither, crawl, march, crab-walk, bear walk.</p> <p>Begin to travel along apparatus</p>	<p>Travel around using more challenging movements such as galloping, leaping and jumping over a distance.</p> <p>Accurately use travelling movements on and off different apparatus.</p> <p>Link 2-3 movements together in a short sequence.</p>	<p>Link 4-5 travelling movements together showing fluency and control.</p> <p>Use apparatus in small sequences.</p>	<p>Learning more challenging travelling skills.</p> <p>Skills include;</p> <p>Leaping- split leaps,</p>	<p>Learn to put travelling movements into sequences and add in connecting moves.</p> <p>More skills they could learn;</p> <p>Switch leg leap, wolf jump.</p>	<p>Maintain good tension and control when linking travelling movements together and use movements that flow well together.</p> <p>Other skills they could learn are;</p> <p>Split leap $\frac{1}{2}$ turn</p>

<p>Perform basic shapes.</p> <p>Shapes should include;</p> <p>Tuck, pike, straddle, star, straight</p> <p>Perform shapes on apparatus, including the wall apparatus.</p>	<p>Learn more advanced shapes (based on the 5 key gym shapes) and begin to understand tension whilst performing them.</p> <p>Shapes should include;</p> <p>Arch, dish, boat shape, bow shape.</p>	<p>Begin to perform shapes with a very clear understanding of strength and control.</p> <p>Shapes should include;</p> <p>Front support, back support and v-shape.</p>			
<p>Jump and land safely on the spot.</p> <p>Climbing on and off equipment safely.</p>	<p>Jump and land safely from low and medium apparatus. Perform basic shaped jumps; star jump and straight jump.</p>	<p>Jump and land safely from higher apparatus. Perform different jumps including; tuck jump, quarter turn jump, half turn jump, star jump.</p>	<p>Jump off apparatus using different shapes; star jump, tuck jump. All landings must be well balanced and controlled.</p> <p>Other skills to</p>	<p>Jump off apparatus and perform a variety of jumps including; tuck jump, straddle jump, star jump, half turn jump.</p>	<p>Apply knowledge of shapes to perform a variety of jumps. Describing how to perform jump correctly</p>

			learn can include; Half turn with tuck and full turn jump.		
Perform basic rolls; Pencil roll and Egg roll.	Perform more challenging rolls; Shoulder roll and forward roll.	Perform rolls with control. Learn the teddy bear roll. Start to link rolls together.	Perform rolls with clear control and tension where needed. Do multiple rolls in concession.	Perform various rolls from jumps with fluency.	Perform a variety of rolls with different start and end positions
Balance on different body parts for 3 seconds. Balance should include; Bottom only, one leg, crab shape,	Balance for 10 seconds whilst performing different shapes. Balances should include; All in year 1 plus flamingo and	Hold a balance for 3 seconds on low or medium apparatus. Perform a variety of points and patches balances	Perform a balance with somebody else using the balances previously learnt and connecting with another person.	Perform counter balances with somebody else and link 3-4 counter balances to make a sequence.	Perform various balances individually and in groups for 3 seconds and link them to make a short routine.

bear shape balance, sky dive (on tummy).	arabesque. Various different balances with different points of contact e.g. 2 feet, 1 hand.		Link 2-3 balances together to create a sequence.		
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