

Gym

Nursery - Gymnastics - Parts high and low



Parts high & parts low. The children learn to travel, balance, spin, jump & use basic apparatus to learn how to transfer floor skills across. They learn to start & finish routines & how to change direction & level working at.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Travel close to the ground. Make up a short sequence. Use apparatus	Move confidently at different levels. Make up a short sequence with a change in level Use apparatus and link some skills	Balance on patches Roll in different ways Make up a short sequence with a change in direction Use apparatus imaginatively	Jump off an object and land appropriately Link movements together.	Perform a sequence of asymmetric balances & movements on floor & apparatus Start and finish my work in interesting ways Link movements together.	Create a variety of shapes using my body Start and finish my work in interesting ways
KNOWLEDGE I know.....	How to rock How to share apparatus To work safely.	How to slide and scramble How to share apparatus To work safely	What patches are To show tension in my movements and pointed toes. What symmetrical looks like	How to jump and land safely What spinning is How to share apparatus	To start and finish my work in clear and strong positions. What symmetric and asymmetric look like How to help put apparatus out and away	To start & finish my work in clear & strong positions. How to move with style from one shape to another The difference between a symmetrical and asymmetrical shape
ASSESSMENT I can...	Travel with confidence and skill around, under, over and through	Show understanding of the need for safety when tackling new challenges, and consider and manage some risks.	Take turns and share resources, sometimes with support from others.	Travel with confidence and skill around, under, over and through	Show understanding of the need for safety when tackling new challenges, and consider and manage some risks.	Take turns and share resources, sometimes with support from others.

Gym

Nursery - Gymnastics - Travelling, stopping and making shapes



Travelling, stopping, making shapes

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Mirror a friend's movements Make up a short sequence Use apparatus safely	Travel in different ways along the floor Balance on different body parts Make up a short sequence Use apparatus	Jump in different ways Make up a short sequence Use apparatus imaginatively	Travel with confidence & skill around, under, over & through. Travel, stop & balance with control in curled or stretched shapes. Link 2 movements together.	Travel high and low in different pathways Link 2 movements together.	Travel in different ways with my weight on my hands. Start & finish my work in interesting ways Link movements together.
KNOWLEDGE I know.....	How to mirror How to share apparatus To work safely	How to travel by pushing and pulling myself How to share apparatus	How to jump and land safely How to share apparatus To work safely.	How to jump and land safely How to share apparatus	What pathways are What stepping is How to help put apparatus out and away	To keep my head up when travelling with weight on my hands How to help put apparatus out and away
ASSESSMENT I can...	Travel with confidence and skill around, under, over and through	Show understanding of the need for safety when tackling new challenges, and consider and manage some risks.	Take turns and share resources, sometimes with support from others.	Travel with confidence and skill around, under, over and through	Show understanding of the need for safety when tackling new challenges, and consider and manage some risks.	Take turns and share resources, sometimes with support from others.

Gym

Reception - Gymnastics - Flight



Flight - bouncing, jumping & landing

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Jump in a variety of ways Construct a simple jumping sequence with a partner	Jump showing good technique throughout take-off and landing. Control a star jump and pencil jump	Jump through turns with control Jump as part of a sequence of other movements.	Jump and show a tucked body shape in the air Jump as part of a sequence of other movements.	Change leg positions whilst I am in the air Jump as part of a sequence of other movements.	Execute a variety of jumps and leaps with control. Include jumps and leaps in sequence work on the floor and apparatus
KNOWLEDGE I know.....	To bend my legs when landing to cushion the impact	That a good sequence involves using the floor imaginatively as well as the apparatus How to share the space and take turns	What a half turn and quarter turn are. To be aware of others when I am jumping	Some different jumping shapes. How to jump onto and off apparatus safely. To land by bending my legs.	The difference between a leap and a jump How to gain extra elevation	To start my work with an interesting shape and finish it also with style. How to carry equipment safely
ASSESSMENT I can...	Able to jump off an object and land appropriately	Mount climbing equipment using alternate feet	Travel with confidence and skill around, under, over and through	Able to jump off an object and land appropriately	Mount climbing equipment using alternate feet	Travel with confidence and skill around, under, over and through

Gym

Reception - Gymnastics - Rocking and rolling



Rocking and rolling

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Rock on different body parts Perform a sequence of moves where I transfer the weight from one part of my body to another.	Travel from a rock into a roll Perform a log and egg roll with control and as part of a sequence.	Roll sideways and forwards with control Leap Scissor kick	Perform varieties of pencil rolls Jump from low apparatus in different ways	Rock and roll Perform in canon with a partner	Demonstrate 3 different ways of rolling with good control. Move from one roll to another by rocking. Give good feedback to a partner
KNOWLEDGE I know.....	That rocking involves moving forward or back or side to side on the same body part How to share apparatus with others in my group	To alternate legs when I am climbing. To use the floor as part of my gym work	How to perform rolls safely. The importance of preparing my body before I do rolls	To be aware of the position of other before rolling To forward roll on the back of my shoulders	To start and finish my sequences in interesting strong positions. What canon is and how to time its use effectively.	How to roll safely. How to start to link my moves more effectively. How to support my partner with positive praise
ASSESSMENT I can...	Able to jump off an object and land appropriately	Mount stairs, steps or climbing equipment using alternate feet	Travel with confidence and skill around, under, over and through	Able to jump off an object and land appropriately	Mount stairs, steps or climbing equipment using alternate feet	Travel with confidence and skill around, under, over and through

Gym

Year 1 - Gymnastics - Balancing & spinning on Points & Patches



Balancing & spinning on Points & Patches

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Perform controlled spins Support my body weight in symmetrical balances Spin on apparatus	Perform asymmetrical spins on side front back and bottom Demonstrate quality work on the floor and apparatus Balance asymmetrically	Work with a partner to perform routines in different formations Perform a combination of symmetrical and asymmetrical spins on patches	Spin at different levels on points Perform a sequence of spins on points, with a mixture of symmetrical, asymmetrical shapes, Hold balances on points of the body.	Hold balances at different levels Spin out of balances to form a sequence	Perform spins and balances in different formations as part of a wider routine Perform in different formations i.e. adjacent, front and back, mirroring.
KNOWLEDGE I know.....	How to observe a partner and give positive feedback How to start and finish a sequence What symmetrical shapes are	What asymmetrical work looks like Demonstrate good starting and finishing positions.	The difference between symmetrical and asymmetrical shapes How to work with a partner in different formations	What Points are How to start linking my moves	What good gym work looks like To comment positively on my partner's work	What different options there are, of performing with a partner That my work should involve changes of level and direction.
ASSESSMENT I can...	Demonstrate agility, balance and coordination	Show understanding of what success looks like, in me and others.	Be physically confident	Demonstrate agility, balance and coordination	Show understanding of what success looks like, in me and others.	Be physically confident

Gym

Year 1 - Gymnastics - Pathways - small & long



Pathways - small & long

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	How to step in controlled elegant movement. Create a sequence involving sideways, forwards and backward stepping	Push and pull myself along the ground on different parts of my body Form a sequence by travelling in specified pathways	Step and turn gracefully Travel at high levels to trace a pattern on the floor	Jump in different pathways with coordination Perform a sequence in zig zag pathway	Create sequences in curved pathways on the floor and on the apparatus Travel across the floor like a spider	Use different pathways within a sequence . Mount and dismount apparatus using different pathways
KNOWLEDGE I know.....	To form interesting starting positions. How to form symmetrical and asymmetrical arm positions.	Some different pathways to travel in To start my sequences in clearly defined shapes	How to turn to my right and left elegantly Different ways of changing direction	How to share space considerably How to link skills to perform actions	To use a variety of work at different levels That changes of direction make my work more aesthetically pleasing.	How to mount and dismount apparatus imaginatively and safely That my sequence work needs to flow from one move to the next
ASSESSMENT I can...	Start to link skills to perform actions and sequences of movement	Recognise what success looks like in myself and others	Apply basic skills competently	Start to link skills to perform actions and sequences of movement	Recognise what success looks like in myself and others	Apply basic skills competently

Gym

Year 2 - Gymnastics - Spinning, turning & twisting



Spinning, turning & twisting

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Devise a sequence of balances and spins on patches. Twist in flight	Perform a twist and then roll Change my pathway after each roll by spinning	Change the point of contact in balances by leading into the next balance by twisting Twist my body, whilst firstly in motion and then in balance Work at all 3 levels	Twist whilst in inversion Perform counter balances against the apparatus	Work in synchronisation with a partner to perform different balances and twists Work with a partner in counter balance and counter tension.	Mirror the moves of my partner Create a sequence of work with a clear start and controlled twists, spins and turns
KNOWLEDGE I know.....	What patches are. The difference between symmetry and asymmetry	What a twist is Ways of twisting with different body parts	How to perform a fluent routine where work is controlled and varied. How to work with others to put out the apparatus in absolute silence	What the difference between a turn and a twist is. How to counter balance using the apparatus	How to coordinate movements at the same time as my partner. What the difference between counter balance and counter tension	How to up level my work How to use transitional movements to link my ideas.
ASSESSMENT I can...	Demonstrate agility, balance and coordination	Recognise what success looks like for myself and others.	Be physically confident and make a purposeful contribution	Demonstrate agility, balance and coordination	Recognise what success looks like for myself and others.	Be physically confident and make a purposeful contribution

Gym

Year 2 - Gymnastics - Pathways



Pathways: straight, zigzag & curving

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Run and jump through 90, 180 and 270 degrees. Turn elegantly Perform a sequence in different pathways.	Create a sequence in zig zag pathways. Demonstrate variety in my movements Perform with clear starting and finishing positions.	Demonstrate zig zag and straight pathways in my sequence work Perform with control and adaptations to my original work Work at all 3 levels	Perform a sequence of moves in a curved pathway. Improve my work by acting upon feedback	Travel backwards and sideways as part of a sequence Link my movements together well	Perform a variety of moves on floor and apparatus using different pathways Make my sequences flow
KNOWLEDGE I know.....	To take off from one foot and then spring from two into a jump. How to land safely	What a zig zag pathway is That feedback is essential to help me improve	Ways that I can adapt work to make it even better. The importance of changes of level and direction	What a curved pathway is. Different gymnastic moves that fit nicely into performing in a curved pathway.	What mirroring is How to perform in synchrony with a partner	Good ways of transitioning from one move to the next How to make my performances aesthetically pleasing.
ASSESSMENT I can...	Demonstrate agility, balance and coordination	Recognise what success looks like for myself and others.	Be physically confident when performing	Demonstrate agility, balance and coordination	Recognise what success looks like for myself and others.	Be physically confident when performing