



Forest Town Primary School

Physical Education

Gymnastics

Be Kind
Be Adventurous
Persevere
Be Responsible
Be Independent
Be Together

KS1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing agility, balance and coordination and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

KS2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other.

They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and combination.
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventure activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Gymnastic Movement

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Know how to find and use space.</p> <p>Know how to change direction and level when traveling.</p> <p>Know how to explore basic movements: creating shapes, balances, jumps and begin to develop rocking and rolling.</p> <p>Know how to copy, create, remember and repeat short sequences.</p>	<p>Know how to use space safely and effectively.</p> <p>Know how to explore basic gymnastic actions on the floor and low apparatus.</p> <p>Know how to perform basic gymnastic actions alone and in combination to create movement phrases.</p> <p>Know how to select their own actions in response to tasks, developing their confidence when performing.</p> <p>Know how to remember and repeat actions.</p> <p>Know how to develop quality in their work.</p>	<p>Know how to work safely with and around others and whilst using apparatus.</p> <p>Know how to explore basic gymnastic actions on the floor and apparatus.</p> <p>Know how to develop basic gymnastic actions alone and in combination to create short sequences and movement phrases.</p> <p>Know how to plan and repeat simple sequences.</p> <p>Know some compositional devices when creating sequences to include changes in level and direction.</p> <p>Know how to be proud and confident to perform in front of others.</p>	<p>Know how to develop and improve the basic gymnastic actions, using them individually and in combination - developing sequence work and adapt to suit a range of apparatus.</p> <p>Know how the terms 'extension' and 'body tension' are linked to gymnastic actions.</p> <p>Knows how to use matching and working in unison with a partner.</p> <p>Knows how to develop sequences with smooth transitions and fluency.</p> <p>Know how to perform with confidence, considering the quality and control of their actions.</p>	<p>Know how to create a safe environment for themselves and others to work in.</p> <p>Know how to create more complex sequences.</p> <p>Know a wider range of gymnastic action and explore ways to include apparatus.</p> <p>Know how to work independently and in collaboration with a partner to create and develop sequences.</p>	<p>Know how to work safely when learning a new skill to keep themselves and others safe.</p> <p>Know how to. Create longer sequences alone, with a partner and in a small group.</p> <p>Knows how to execute a wider range of gymnastic actions.</p> <p>Knows how to explore partner relationships – cannon, synchronisation, matching and mirroring.</p>	<p>Know how to work safely when learning a new skill.</p> <p>Know how to use compositional principles (level, direction, speed), how to combine and link actions, how to relate to a partner and apparatus when developing sequences.</p> <p>Know how to build and use trust when working collaboratively in larger groups, using formations to improve the aesthetics of their performances.</p> <p>Know how to develop their performance skills considering the quality and control of their actions.</p>

Gymnastics - Evaluating and Improving

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Know what good movement should look like.	Know how to say what they like about someone else's performance.	Know how to provide feedback to others and recognising elements of high-quality performance.	Knows how to recognise how performances could be improved.	Know how to receive and provide feedback to others in order to make improvements to performance. Know how to develop performance skills considering the quality and control of their actions.	Know how to use a set criterion to make simple judgements about performances and suggest ways they could be improved. Know how to develop their performance skills considering the quality and control in their actions.	Know how to use appropriate language to evaluate and refine their own and others work. Know how to use feedback provided to improve the quality of their own work.

	Gymnastic - Shapes						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	G&T
★	Shapes Stretch Star Tuck	Shapes Stretch Star Tuck Pike Straddle Star fish	Shapes Stretch Star Tuck Pike Straddle Star fish Dish Arch	Shapes Stretch Star Tuck Pike Straddle Star fish Dish Arch	Shapes Stretch Star Tuck Pike Straddle Star fish Dish Arch Asymmetrical	Shapes Stretch Star Tuck Pike Straddle Star fish Dish Arch Asymmetrical	Shapes Pike fold Straddle fold Japana Bridge Toes to head Stag
	Supports Hands and Knees	Supports Hands and Knees	Supports Hands and Knees Front support Back support	Supports Hands and Knees Front support Back support	Supports Hands and Knees Front support Back support Side support	Supports Hands and Knees Front support Back support Side support	Supports Adaptations to all supports = balance!

Shapes on the floor.

Shapes on apparatus.

Shape sequences – linking 3 or more.

Alone.

With a partner – set, leading and following, copying, in mirror image, unison, cannon.

Facing each other, side by side, one behind the other, back to back.

Connected shapes in pairs / small groups.

	Gymnastics - Animal travel						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	G&T
★	Animal travel Bunny hop Caterpillar walk Duck walk Travel on apparatus: Crawl along Walk forwards Tip toe walks Bunny hops along	Animal travel Bunny hop Caterpillar walk Duck walk Travel on apparatus: Bunny hop along Caterpillar along Duck along	Animal travel Bunny hop Caterpillar walk Duck walk Bear walk Straddle bunny hop	Animal travel Bunny hop Caterpillar walk Duck walk Bear walk Straddle bunny hop Bunny flick	Animal travel Bunny hop Caterpillar walk Duck walk Bear walk Straddle bunny hop Bunny flick Spider	Animal travel Bunny hop Caterpillar walk Duck walk Bear walk Straddle bunny hop Bunny flick Spider	Animal travel

Travel on the floor.

Travel on / over apparatus.

Create a sequence - Link 3 or more.

Change direction.

Change speed.

	Gymnastics - Jumping						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	G&T
★	Jumps Tall Small Up Landing shape Stretch jump	Jumps Tall Small Up Landing shape Stretch jump	Jumps Tall Small Up Landing shape Stretch jump Star jump Tuck jump Pike jump Hurdle step	Jumps Tall Small Up Landing shape Stretch jump Star jump Tuck jump Pike jump Hurdle step	Jumps Tall Small Up Landing shape Stretch jump Star jump Tuck jump Pike jump Hurdle step Stretch half turn Stretch full turn	Jumps Tall Small Up Landing shape Stretch jump Star jump Tuck jump Pike jump Hurdle step Stretch half turn Stretch full turn	Jumps Straddle jump Stag jump Forward split jump Wolf jump W jump Herkie jump Sheep jump Ring jump Sissone jump Leaps Forward split Cat stag
	Mount Step on	Mount Step on	Mount Bunny hop on	Mount Bunny hop on	Mount Bunny hop on	Mount Bunny hop on	Mount Straddle bunny on
	Dismount Stretch jump	Dismount Stretch jump	Dismount Shaped jump	Dismount Shaped jump	Dismount Shaped jump Rotational jump	Dismount Shaped jump Rotational jump	Dismount As above!

From the: floor, bench, trestle table 1, 2, 3, 4.

On the: bench, trestle table 1, 2, 3, 4.

Over apparatus: cones, spots, benches.

Into another action: stretch jump into a forward roll.

Working: with a partner in unison, cannon, over each other.

	Gymnastics - Balancing						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	G&T
★	Balances Stalk stand Travel along Bench Walk along Crawl along Bunny hop along Balance on bench: Stalk stand Combine travel and stalk stand Balance on a range of apparatus	Balances Stalk stand V balance Hands & Knees 2 hands & 2 knees 1 hand & 2 knees 2 hands & 1 knee Travel along Bench Walk along Crawl along Bunny hop along Balance on bench: Stalk stand Single leg V balance Combine travel and balances Balances on a range of apparatus	Balances Stalk stand V balance Hands & Knees Single leg balances (changing arm and leg positions) Arabesque Perform a range of balances on the floor and apparatus	Balances Stalk stand V balance Arabesque Single leg balances Shoulder stand Straddle Pike With 2 hands With 1 hand With no hands Perform a range of balances on the floor and apparatus	Balances Stalk stand Single leg balances V balance Arabesque Shoulder stand Straddle Pike Supports Adaptations to all supports = balance! EXT Head stand On the floor: Straddle $\frac{1}{2}$ leaver Pike $\frac{1}{2}$ leaver Frog	Balances Stalk stand Single leg balances V balance Arabesque Shoulder stand Straddle Pike Supports Adaptations to all supports = balance! EXT Head stand On apparatus: Straddle $\frac{1}{2}$ leaver Pike $\frac{1}{2}$ leaver Frog	Balances Bridge: Feet apart Feet together 1 leg extension 1 arm extension Y balance/front catch Grab & pull/back catch Elephant lift Handstand T balance Forearm balance Perch

To perform balances on the floor / mat, on a range of apparatus – spot, hoop, bench, beam, ladder, trestle table 1,2 3,4 or A-Frame.

On large body parts – back, front, side, hips, shoulders. On small body parts – hands, elbows, knees, feet.

Change the shape / positions of arms and legs.

Perform with a partner (relationships): standing balances, inverted balances, support balances, counter balance, tension balance,

Gripping and hanging – knees, elbows, hands and feet.

	Gymnastics - Rolling						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	G&T
★	Rolls Stretch roll Tuck roll: sitting	Rolls Stretch roll Tuck roll: sitting Pike roll: sitting	Rolls 1 Stretch roll Tuck roll: sit / stand Pike roll: sit / stand Straddle roll Forward roll to tuck	Rolls 1 Stretch roll Tuck roll Pike roll Straddle roll Forward roll to tuck Forward roll to: Stand Pike Straddle Dish to arch	Rolls 1 Stretch roll Tuck roll Pike roll Straddle roll Forward roll to: Tuck Stand Pike Straddle Dish to arch Side roll to R / L	Rolls 1 Stretch roll Tuck roll Pike roll Straddle roll Forward roll to: Tuck Stand Pike Straddle Dish to arch Side roll to R / L Backward roll to: Straddle Stand Front support	Rolls Handstand to FR FR to pike stand FR to straddle stand FR to handstand BR to handstand F chest roll B chest roll Splits roll Rocking in pike to straddle stand
★			Rolls 2 Roll sequences alone	Rolls 2 Roll sequences alone Roll sequence with a partner	Rolls 2 Roll sequences EXT Partner rolls: Straddle Stretch Dive FR	Rolls 2 Roll sequences EXT Partner rolls: Straddle Stretch Dive FR Connected FR	Rolls Front support to FR

	Gymnastics - Apparatus		Gymnastics - Bench Work				
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	G&T
★	Apparatus Shape Animal Jump Balance / roll	Apparatus Shape Animal Jump Balance / roll	Bench work Bunny hop along Caterpillar along Duck along	Bench work Bunny along Caterpillar along Duck along Bear along Bunny on / off Bunny over	Bench work Basic walk Tip toe walk Dip walks Dip walk + knee lift Dip walk + leg ext	Bench work Basic walk Tip toe walk Dip walks Dip walk + knee lift Dip walk + leg ext Tip toe turn High turn Low turn Spin 180° Spin 360°	Bench work Cartwheel Fd walkover Bk walkover

Teach lifting and carrying:

Work with a buddy to carry apparatus.

Only lift when everyone is ready, have a boss – 123 lift.

Get ready – knees bent, back straight, heads up.

When walking with apparatus they point in the direction in which it is to travel.

NO walking backwards.

When the apparatus has been set the children sit on the floor and wait for the next instruction from the teacher.

	Gymnastics - Solo Sequences						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	G&T
★			Solo seq floor Shape Animal Jump Balance Roll	Solo seq floor Shape Animal Jump Balance Roll	Solo seq floor Shape Animal Jump Balance Roll Identify changes in: Level Speed direction	Solo seq floor Shape Animal Jump Balance Roll Identify changes in: Level Speed direction	Solo seq floor
★			Solo seq app To adapt their devised sequence to perform on a range of gymnastic apparatus	Solo seq app To adapt their devised sequence to perform on a range of gymnastic apparatus	Solo seq app To adapt their devised sequence to perform on a range of gymnastic apparatus	Solo seq app To adapt their devised sequence to perform on a range of gymnastic apparatus	Solo seq app

	Gymnastics - Partner Work						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	G&T
★			Partner balance <i>A single leg balance + a shape</i>	Partner balance <i>Both using a single leg balance</i>	Partner balance <i>Front / back support + a shape</i>	Partner balance <i>Table tops + a shape</i> <i>In 2's</i> <i>In 3's</i>	Partner balance Front & back support Combination balances Bridges and shapes
★			Partner seq Shape Animal Jump Balance Roll <i>In unison:</i> <i>Side by side</i> <i>One behind the other</i> <i>Mirror image</i>	Partner seq Shape Animal Jump Balance Roll <i>In unison</i> <i>In cannon:</i> <i>Side by side</i> <i>One behind the other</i>	Partner seq Shape Animal Jump Balance Roll <i>To include:</i> <i>Partner balance</i>	Partner seq Shape Animal Jump Balance Roll <i>To include:</i> <i>Partner balance</i> <i>Partner roll</i>	Partner seq
★			Apparatus To perform a wide range of gymnastic movement on a variety of gymnastic apparatus. To explore over, under, around and through.	Apparatus To perform a wide range of gymnastic movement on a variety of gymnastic apparatus. To explore over, under, around and through.	Apparatus To perform a wide range of gymnastic movement on a variety of gymnastic apparatus. To explore over, under, around and through.	Apparatus To perform a wide range of gymnastic movement on a variety of gymnastic apparatus. To explore over, under, around and through.	Apparatus

Advanced balances - To sit on the bench, balancing on the bottom:

With hands

Without hands

Tuck shape

Advanced balances - To perform 'hands and knees' on the bench, with adaptations:

2 hands + 2 knees 2 hands + 1 knee

1 hand + 2 knees 1 hand + 1 knee

Advanced balances - To squat on the bench:

2 Feet together, knees bent, chest up, arms out to T.

To balance on 1 foot with the other foot extended forwards.