



What will you expect to see in a gymnastics lesson?

You will see a silent and calm atmosphere where children can explore the apparatus safely. You will see a warm up based on core strength and getting into the mind-set of a gymnast. You will see children moving around the space using 'gymnastics walking'. You will see an opportunity for children to perform and give feedback.

YEAR 3

I can explore basic gymnastic shapes straight, tuck, pike, star, and straddle demonstrating pointed toes and extended arms.

I can perform a roll as part of a sequence.

I can create a sequence including 3 shapes and a roll.

I can give clear feedback to others – telling them what I like about their routine.

I can use the apparatus safely.

Vocabulary to be introduced

Extension, flexion, pike, straddle, tuck, contact points, control, sequences, balance, strength, flexibility, muscles, stretching

YEAR 4

I can perform gymnastic shapes using my understanding of what is aesthetically pleasing to point my toes and extend my arms.

I can identify symmetrical body shapes.

I can construct up to a 5 step sequences using shapes, rolls and jumps.

I can evaluate my own and others work saying what I liked and why.

Extension, flexion, pike, straddle, tuck, contact points, control, sequences, balance, strength, flexibility, muscles, stretching

Vocabulary to be introduced

Body tension, direction, speed, symmetry, flexibility, muscles, stretching, abdominals



YEAR 5

I can perform shapes and balances in a routine – demonstrating my knowledge of core strength and what is aesthetically pleasing.

Identify symmetrical and of what is aesthetically pleasing.

I can use my knowledge of rolls, shapes, balances and jumps to create a routine.

To evaluate my own and others work saying what I liked and why – giving clear advice to others.

Extension, flexion, pike, straddle, tuck, contact points, control, sequences, balance, strength, flexibility, muscles, stretching

Body tension, direction, speed, symmetry, flexibility, muscles, stretching, abdominals

Vocabulary to be introduced

Aesthetically pleasing, elements, flight

YEAR 6

I can perform shapes, balances, jumps and rolls in a routine – demonstrating my knowledge of core strength, symmetry and what is aesthetically pleasing.

I can use my knowledge of rolls, shapes, balances and jumps to create a routine.

Demonstrate balance and counter balance in partner work.

To be able to give clear feedback - explaining how they could improve their routine.

Extension, flexion, pike, straddle, tuck, contact points, control, sequences, balance, strength, flexibility, muscles, stretching

Body tension, direction, speed, symmetry, flexibility, muscles, stretching, abdominals

Aesthetically pleasing, elements, flight

Vocabulary to be introduced

Combinations, flight, bounce, partner, unison, counter balance