

Gymnastics

LKS Year 3 Skills

Lesson 1
What does a point and patch balance look like, on apparatus?

point
patch

Lesson 2
How do we demonstrate stepping into shape jumps with control, using apparatus?

landing position
body tension

Lesson 3
Can you show a straight, barrel and forward roll?

Can you sequence these onto apparatus?

sequence
pike shape

Lesson 4
How do we transition smoothly into and out of balances, using apparatus?

transition
take off
tuck

Lesson 5
Can you create a sequence with matching and contrasting actions and shapes, using apparatus?

matching
contrasting

Lesson 6
Assessment:
Can you perform a partner sequence using the apparatus and a hoop?

collaborate
refine

What will we be learning about over the coming weeks?

Gymnastics

LKS Year 4 Skills

Lesson 1
What does an individual and partner balance look like, on apparatus?

bridge

Lesson 2
Can you demonstrate control in performing and landing rotation jumps, using apparatus?

perform

Lesson 3
Can you show and give feedback for a straight, barrel, forward and straddle roll?

fluidly

Lesson 4
How do you link actions that flow in a partner sequence using rolls?

shoulder stand

Lesson 5
How do you demonstrate strength in inverted movements?

inverted

Lesson 6
Can you create and perform a partner sequence using the apparatus?

wrist grip

What will we be learning about over the coming weeks?

Gymnastics

UKS Year 5 Skills

Lesson 1
Can you perform symmetrical and asymmetrical balances using apparatus?

asymmetrical
symmetrical

Lesson 2
Can you demonstrate the straight, forward, straddle and backwards roll into a sequence?

transition

Lesson 3
What are the different methods of travelling using canon and synchronisation?

canon
synchronisation

Lesson 4
Can you perform progressions of inverted movements?

bridge
cartwheel

Lesson 5
Can you demonstrate matching and mirroring actions, on the floor and on apparatus?

matching
mirroring

Lesson 6
Assessment:
Can you create a sequence with a partner or group using apparatus?

observe
performance

What will we be learning about over the coming weeks?

Gymnastics

UKS Year 6 Skills

Lesson 1
Can you perform rolling sequences, using apparatus?

formation

Lesson 2
Can you perform counter balance and counter tension sequence work, using apparatus?

counter balance

Lesson 3
Can you perform jump sequences?

execution

Lesson 4
Can you demonstrate inverted movements with control?

handstand

Lesson 5
Can you demonstrate flight from hands to travel over apparatus?

vault

Lesson 6
Assessment:
Can you create and perform a contrasting group sequence using formation and apparatus?

refine

What will we be learning about over the coming weeks?