

Recap: What do we know about gymnastics?

Lesson 1/6

To demonstrate and understand point and more advanced patch balances when different parts of the body are high and low

Success Criteria

To be able to:

- **Know which small parts of the body can take weights and show high and low balanced positions using different combinations**
- **Use different parts of the body to balance when they are high and low**
- **Support their partner when performing a headstand and handstand and know the safety implications**
- **Perform a range of individual balances (Dish, arch, shoulder, stork, needle, arabesque, headstand)**

Recap: To demonstrate and understand point and more advance patch balances when different parts of the body are high and low

Lesson 2/6

To link moves together using travelling moves and twists/turns

Success Criteria

To be able to:

- Understand when they need to use turning jumps in their routines and sequences**
- Link moves together and show control and body tension when performing**

Recap: To link moves together using travelling moves and twists/turns

Lesson 3/6

To perform a variety of different rolls in a variety of different directions

Success Criteria

To be able to:

- Roll safely and under control in a variety of different ways**
- Know and understand the safety implications involved in various types of rolling**
- Perform a spin (½, full)**

Recap: To perform a variety of different rolls in a variety of different directions

Lesson 4/6

To start putting together moves into a short sequence linking them together with travelling moves

Success Criteria

To be able to:

- **Link gymnastics skills effectively**
- **Create and perform gymnastic routines (8+ elements)**
- **Perform a range of partner balances**
- **Perform a range of rolls (Log, egg, shoulder, teddy bear, forwards/backwards)**
- **Travel in different ways (Stepping – straight and bent leg. Leaping – scissor, cat, 2 to 1, stag)**

Recap: To start putting together moves into a short sequence linking them together with travelling moves

Lesson 5/6

**To create a
short sequence
linking them together
with travelling moves**

Success Criteria

To be able to:

- Understand what moves link with another so they are smooth and continuous**
- Link together a jump, safe landing and rolling action showing different combinations of shapes**
- Link together moves with a partner and show unison and canon**
- Perform advanced gymnastics skills (E.g. cartwheel, round off, walk overs etc.)**

Recap: To create a short sequence linking them together with travelling moves

Lesson 6/6

To perform their planned sequence and be able to self-evaluate and evaluate others

Success Criteria

To be able to:

- **Perform and sequence of moves under control**
- **Evaluate using the correct vocabulary**
- **Link moves together and show control and body tension when performing**