

**Recap: What do we know about gymnastics?**

**Lesson 1/6**

# **To demonstrate and understand point and patch balances**

## **Success Criteria**

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### **To be able to:**

- Know the difference between point and patch balances**
- Vary the types of balances they can perform**
- Know which small parts of the body can take weights and show high and low balanced positions using different combinations**

**Recap: To demonstrate and understand point and patch balances**

**Lesson 2/6**

# **To link moves together using travelling moves and twists/turns**

## **Success Criteria**

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### **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**

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### **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**

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

**Lesson 4/6**

**To do more advance patch balances when different parts of the body are high and low**

### **Success Criteria**

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#### **To be able to:**

- 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**

**Recap: To do more advance patch balances when different parts of the body are high and low**

## **Lesson 5/6**

**To start putting together moves into 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

**Recap: To start putting together moves into 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**