

Recap: What do we know about gymnastics?

Lesson 1/6

To demonstrate and understand point and patch balances

Success Criteria

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

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**

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

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**