

Recap: What do we know about gymnastics?

Lesson 1/6

**To develop balances
upon small and large
body parts and
be able to vary the
shape of the balances**

Success Criteria

To be able to:

- **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**
- **Tell the difference between point and patch balances**

Recap: To develop balances upon small and large body parts and be able to vary the shape of the balances

Lesson 2/6

**To develop jumping from one foot to two feet and from one foot to the other foot
and understand
how to land safely**

Success Criteria

To be able to:

- **Tell the difference between a leap and a jump**
- **Vary the shape of their leaps**
- **Safely land a jump/leap and understand how to cushion their landing**

Recap: To develop jumping from one foot to two feet and from one foot to the other foot and understand how to land safely

Lesson 3/6

**To develop various types
of rolls and be able
to show rolling sideways in
curled and stretched shapes**

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**
- **Show rolling sideways in curled and stretched shapes**

Recap: To develop various types of rolls and be able to show rolling sideways in curled and stretched shapes

Lesson 4/6

**To develop a variety
of controlled
turning jumps**
**e.g. $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$
or full turns**

Success Criteria

To be able to:

- **Twist from two feet to two feet under control**
- **Understand when they need to use turning jumps in their routines and sequences**

Recap: To develop a variety of controlled turning jumps e.g. $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, or full turns

Lesson 5/6

To develop various ways of balancing **with different parts of the body being the highest point or the closest to the ground**

Success Criteria

To be able to:

- **Use different parts of the body to balance when they are high and low**
- **Support a partner when they are performing a balance**

Recap: To develop various ways of balancing with different parts of the body being the highest point or the closest to the ground

Lesson 6/6

To develop, plan and practice a short sequence showing balances, twists, turns, jumps and rolls

Success Criteria

To be able to:

- **Have a sequence planned and ready to perform including 6/7 elements**
- **Link moves together and show control when performing**
- **Link together a jump, safe landing and rolling action showing different combinations of shapes**