

Recap: What do we know about gymnastics?

Lesson 1/6

To introduce travelling in different ways using small and large body parts; making wide, thin, tall, and curled body shapes

Success Criteria

To be able to:

- Listen to instructions and engage themselves in activity and use space safely
- Show a variety of shapes whilst being under control
- Move using small and large body parts safely
- Walk, stride, bounce and hop on feet or hands and feet and slide on different body parts
- Have control when moving at speed and changing direction

Recap: To introduce travelling in different ways using small and large body parts; making wide, thin, tall, and curled body shapes

Lesson 2/6

To introduce different ways of travelling using small and large body parts; making wide, thin, tall, and curled body shapes

Success Criteria

To be able to:

- **Show a variety of shapes whilst being under control**
- **Move using small and large body parts safely**
- **Walk, stride, bounce and hop on feet or hands and feet and slide on different body parts**

Recap: To introduce different ways of travelling using small and large body parts; making wide, thin, tall, and curled body shapes

Lesson 3/6

To introduce 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**
- Use different parts of the body to balance**
- Balance with different parts of their bodies being at the top of the balance**

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

Lesson 4/6

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

Lesson 5/6

To introduce a variety of controlled turning jumps

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**
- 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 introduce a variety of controlled turning jumps

Lesson 6/6

To introduce, 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 using up to six moves**
- **Link moves together and show control when performing**
- **Link together a jump, safe landing and rolling action showing different combinations of shapes**