

Lesson 1/6

To balance 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**
- **Retain key information**
- **Use fundamental shapes**

Lesson 2/6

To show 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**
- **Perform a range of rolls (Log and egg)**
- **Know and understand the safety implications involved in various types of rolling and be able to show rolling sideways in curled and stretched shapes**

Lesson 3/6

To move from a balance to a roll under control

Success Criteria

To be able to:

- **Know what balances they can perform that will lead into a certain roll**
- **Safely show a forward roll**
- **Link gymnastics skills effectively**

Lesson 4/6

To balance upon large body parts and know how to vary the shape of the balances

Success Criteria

To be able to:

- **Know the difference between small and large body parts**
- **Perform a range of individual balances**
- **Vary the shape of a balance whilst being under control**

Lesson 5/6

To demonstrate 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**
- **Balance with different parts of their bodies being at the top of the balance**

Lesson 6/6

To link together 3/4 basic elements in a short sequence

Success Criteria

To be able to:

- **Show what they have remembered throughout the term and can show this through a short routine/sequence**
- **Link gymnastics skills effectively and be able to create and perform gymnastic routines (3/4 elements)**
- **Talk about what they are doing and use the correct vocabulary**