

EDSTART KNOW

- I can explain what makes a gymnastics movement safe and controlled.
- I can use the correct gymnastics vocabulary to describe my actions and those of others.
- I can understand the safety rules when using equipment and performing different roles.

EDSTART GO

- I can perform movements safely, showing awareness of space, balance, and others.
- I can describe my performance using key words such as balance, roll, jump, and sequence.
- I can take on different roles, such as performer, partner, or observer, and follow safety guidance.

EDSTART SHOW

- I can talk confidently about my performance and identify ways to improve.
- I can use gymnastics vocabulary to describe what others are doing accurately.
- I can show respect, control, and responsibility when working safely with others.

Key Vocabulary

**balance, roll, vault,
sequence, control,
flexibility, posture,
strength**

Role Models



**Claudia Fragapane –
British Gymnast and
Commonwealth
Champion**



**Nile Wilson –
British Gymnast and
Olympic Bronze
Medallist**

What do we know about Gymnastics?

Gymnastics began in ancient Greece as a way to build strength, discipline, and control. It helps people learn how their bodies move, improving posture, coordination, and flexibility. Gymnastics includes floor routines, vaulting, and apparatus work. The aim is to move smoothly from one position to another. Gymnastics teaches determination and focus — learning to master skills safely and with confidence

In Year 3 we learnt

- to know which small parts of the body can take weight.
- to show balance using large body parts.
- to link a jump with landings and rolling actions showing different shapes.
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