

Recap: What do we know about gymnastics?

Lesson 1/6

**To be able to perform
individual and
paired balances with
control and tension.**

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain what tension means in gymnastics.• I can describe what makes a balance controlled.• I can explain how to work safely with a partner.	<ul style="list-style-type: none">• I can perform individual and paired balances.• I can hold balances for 5+ seconds.• I can create a sequence of balances.	<ul style="list-style-type: none">• I can perform balances confidently to an audience.• I can support my partner during performance.• I can present my routine with control

Recap: To be able to perform individual and paired balances with control and tension.

Lesson 2/6

**To be able to perform
a variety of rolls
and link them
into sequences.**

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain what makes a roll safe.• I can describe why transitions help routines flow.• I can explain the difference between roll types.	<ul style="list-style-type: none">• I can perform at least 3 different rolls.• I can link rolls with simple transitions.• I can finish each roll with control.	<ul style="list-style-type: none">• I can perform rolls confidently.• I can show smooth transitions.• I can support others with feedback.

Recap: To be able to perform a variety of rolls and link them into sequences.

Lesson 3/6

To be able to perform different jumps with control in take-off and landing.

EDSTART KNOW

- I can explain how to land safely from a jump.
- I know how arms and posture help with flight.
- I understand how to link jumps together into a routine.

EDSTART GO

- I can perform a variety of jumps with good technique.
- I can land softly on bent knees and stay balanced.
- I can connect jumps smoothly into a short routine.

EDSTART SHOW

- I can perform jumps confidently to others.
- I can evaluate my partner's landing technique respectfully.
- I can present my routine with posture and expression.

Recap: To be able to perform different jumps with control in take-off and landing.

Lesson 4/6

To be able to perform balances, rolls, and jumps safely on apparatus.

EDSTART KNOW

- I can explain the safety rules for using apparatus.
- I know how to adapt balances, rolls, and jumps to different equipment.
- I understand how to mount and dismount safely.

EDSTART GO

- I can perform balances, rolls, and jumps using apparatus.
- I can show control and confidence when travelling across apparatus.
- I can create a short apparatus sequence with variety.

EDSTART SHOW

- I can work safely with others when sharing apparatus.
- I can support a partner in safe use of equipment.
- I can perform apparatus sequences with confidence to an audience.

Recap: To be able to perform balances, rolls, and jumps safely on apparatus.

Lesson 5/6

To be able to choreograph a gymnastics sequence with variety and flow.

EDSTART KNOW

- I can explain how transitions make routines flow.
- I know what makes a sequence creative and polished.
- I understand how to collaborate in a group routine.

EDSTART GO

- I can combine balances, rolls, jumps, and apparatus in a routine.
- I can link skills smoothly with transitions.
- I can practise and perform with my group confidently.

EDSTART SHOW

- I can perform routines with expression and creativity.
- I can work well with my group to plan and rehearse.
- I can evaluate performances respectfully and constructively.

Recap: To be able to choreograph a gymnastics sequence with variety and flow.

Lesson 6/6

To be able to perform and evaluate a gymnastics routine.

EDSTART KNOW

- I can explain what makes a confident performance.
- I know how to evaluate a routine using strengths and improvements.
- I understand how to give constructive feedback.

EDSTART GO

- I can perform my sequence with control and confidence.
- I can reflect on my performance and suggest ways to improve.
- I can evaluate others' routines respectfully.

EDSTART SHOW

- I can perform confidently with expression to an audience.
- I can accept feedback positively and use it to improve.
- I can encourage and support my peers' performances.