

**Recap: What do we know about gymnastics?**

**Lesson 1/6**

# **To be able to perform simple gymnastic shapes and balances.**

## **EDSTART KNOW**

- I can explain what a gymnastic shape is.
- I can describe how to hold my body still.
- I can explain why balance is important

## **EDSTART GO**

- I can perform 3 basic shapes.
- I can hold a balance for 2–3 seconds.
- I can copy a partner's balance.

## **EDSTART SHOW**

- I can perform shapes with confidence.
- I can present my balance to others.
- I can encourage my partner.

**Recap: To be able to perform simple gymnastic shapes and balances.**

**Lesson 2/6**

# **To be able to perform simple rocking and rolling movements.**

## **EDSTART KNOW**

- I can explain how to stay safe when rolling.
- I can describe what makes a roll smooth.
- I can explain why we tuck our head.

## **EDSTART GO**

- I can perform a log roll on the mat.
- I can perform a rocking movement in tuck.
- I can link a roll and a balance.

## **EDSTART SHOW**

- I can perform rolls with confidence.
- I can finish my roll in a strong position.
- I can share my roll with a partner.

**Recap: To be able to perform simple rocking and rolling movements.**

**Lesson 3/6**

# **To be able to perform basic jumps and land safely.**

## **EDSTART KNOW**

- I can explain how to land safely.
- I can describe different jump shapes.
- I can explain why arms are important.

## **EDSTART GO**

- I can perform straight, star, and tuck jumps.
- I can land with soft knees.
- I can link 2 jumps together.

## **EDSTART SHOW**

- I can perform jumps with confidence.
- I can link jumps into a routine.
- I can perform with a partner.

**Recap: To be able to perform basic jumps and land safely.**

**Lesson 4/6**

# **To be able to travel in different ways and use low apparatus safely.**

**EDSTART KNOW**

- I can explain how to stay safe on apparatus.
- I can describe ways of travelling.
- I can explain why we take turns.

**EDSTART GO**

- I can travel across the floor in different ways.
- I can step safely onto and off benches.
- I can perform 1 skill on apparatus.

**EDSTART SHOW**

- I can use apparatus safely and with confidence.
- I can share my movement with a partner.
- I can perform a simple sequence with apparatus.

**Recap: To be able to travel in different ways and use low apparatus safely.**

**Lesson 5/6**

# **To be able to link balances, rolls, and jumps into a short sequence.**

**EDSTART KNOW**

- I can explain why routines have a start and finish.
- I can describe how to link moves together.
- I can explain what variety means.

**EDSTART GO**

- I can create a sequence of 3 skills.
- I can use a transition to link them.
- I can practise my sequence.

**EDSTART SHOW**

- I can perform my sequence with confidence.
- I can present to a partner or group.
- I can celebrate my effort.

**Recap: To be able to link balances, rolls, and jumps into a short sequence.**

**Lesson 6/6**

# **To be able to perform and reflect on a short gymnastics routine.**

**EDSTART KNOW**

- I can explain what makes a good routine.
- I can describe one strength in my performance.
- I can explain one way to improve.

**EDSTART GO**

- I can perform my routine to others.
- I can use control when performing.
- I can reflect on my work.

**EDSTART SHOW**

- I can perform confidently to an audience.
- I can give positive feedback to others.
- I can celebrate others' routines.