

Recap: What do we know about gymnastics?

Lesson 1/6

To be able to perform simple gymnastic shapes with control.

EDSTART KNOW

- I can explain what a gymnastic shape is.
- I can describe how to keep still in a shape.
- I can explain why control is important.

EDSTART GO

- I can perform 3 different shapes.
- I can hold each for 2–3 seconds.
- I can copy a shape from a partner.

EDSTART SHOW

- I can perform shapes confidently.
- I can present my shape to a partner.
- I can encourage others during performance.

Recap: To be able to perform simple gymnastic shapes with control.

Lesson 2/6

To be able to perform basic balances with control.

EDSTART KNOW

- I can explain what balance means.
- I can describe how to use my body to stay still.
- I can explain how to work safely with a partner.

EDSTART GO

- I can perform balances on different body parts.
- I can hold a balance for 2-3 seconds.
- I can copy balances from others.

EDSTART SHOW

- I can perform balances confidently.
- I can present my balance to a partner.
- I can support my partner during performance.

Recap: To be able to perform basic balances with control.

Lesson 3/6

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 I tuck my head.

EDSTART GO

- I can perform a tuck rock.
- I can perform a log roll on the mat.
- I can link a roll with a finishing shape.

EDSTART SHOW

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

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

Lesson 4/6

**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 how arms help in jumps.

EDSTART GO

- I can perform straight and star jumps.
- I can land softly with bent knees.
- I can link 2 jumps together.

EDSTART SHOW

- I can perform jumps confidently.
- I can land safely and in control.
- I can perform jumps with a partner.

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

Lesson 5/6

To be able to travel in different ways and link movements.

EDSTART KNOW

- I can explain different ways of travelling.
- I can describe why routines have a start and finish.
- I can explain what variety means.

EDSTART GO

- I can travel across mats in different ways.
- I can link 3 different movements.
- I can finish in a strong shape.

EDSTART SHOW

- I can perform my routine with confidence.
- I can show a clear start and finish.
- I can share my routine with others.

Recap: To be able to travel in different ways and link movements.

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 thing I did well.
- I can explain one way to improve.

EDSTART GO

- I can perform a short sequence.
- I can show control when performing.
- I can reflect on my work.

EDSTART SHOW

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