

**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.