

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 stay still in a shape.
- I can explain why we use strong bodies in gymnastics

EDSTART GO

- I can perform 3 different jungle shapes.
- I can hold each for 3 seconds.
- I can copy my partner's shape.

EDSTART SHOW

- I can perform my shapes to others.
- I can watch and clap for others.
- I can share ideas for jungle shapes.

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

Lesson 2/6

To be able to perform balances on floor and low apparatus.

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 on apparatus.**

EDSTART GO

- **I can perform animal balances.**
- **I can hold still for 3 seconds.**
- **I can balance safely on apparatus.**

EDSTART SHOW

- **I can show my balances to others.**
- **I can copy and clap for my partner.**
- **I can perform safely and confidently.**

Recap: To be able to balance in different toy-inspired positions.

Lesson 3/6

To be able to perform simple rolling movements safely.

EDSTART KNOW

- I can explain how to roll safely.
- I can describe why we tuck our head.
- I can explain what makes a roll smooth.

EDSTART GO

- I can perform a tuck rock.
- I can perform a log roll.
- I can link a roll with a shape.

EDSTART SHOW

- I can perform a roll with confidence.
- I can finish in a strong jungle pose.
- I can show my roll to a partner.

Recap: To be able to roll safely like toys.

Lesson 4/6

To be able to perform animal-inspired 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 frog and bird jumps.
- I can land safely on mats.
- I can link 2 jumps.

EDSTART SHOW

- I can perform jumps confidently.
- I can land safely in front of others.
- I can join in partner jump routines.

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

Lesson 5/6

To be able to travel in different ways across floor and apparatus.

EDSTART KNOW

- I can explain different ways of travelling.
- I can describe why routines need a start and finish.
- I can explain how to stay safe on apparatus.

EDSTART GO

- I can travel in 2 different ways.
- I can link a travel with a roll/jump.
- I can show a start and finish.

EDSTART SHOW

- I can perform my travel with confidence.
- I can share my routine with others.
- I can celebrate others' work.

Recap: To be able to travel in different ways like toys.

Lesson 6/6

To be able to perform and reflect on a short jungle sequence.

EDSTART KNOW

- I can explain what makes a good routine.
- I can describe something I did well.
- I can explain one way to improve.

EDSTART GO

- I can perform my routine with 3 skills.
- I can use control when performing.
- I can reflect on my work.

EDSTART SHOW

- I can perform proudly to an audience.
- I can give positive feedback to others.
- I can celebrate my class's routines.