

**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 roll.
- 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.