

# MOVING EDSTART

## EYFS (Nursery) - Gymnastics Unit of Work

**Pupils will be taught...**

### Overall Learning Outcomes (Endpoints)

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#### **Children can:**

- Explore and copy basic sea-inspired shapes such as starfish, shell, and seaweed using clear body positions.
- Hold balances on different body parts with stillness and control as their confidence grows.
- Try simple rolls such as rocking in tuck and log rolls on mats using safe, smooth movements.
- Practise different ways of travelling, including hopping, tiptoeing, crawling, and sliding around the space.
- Attempt simple jumps and land safely on two feet with soft knees and good balance.
- Link two or more moves together to create a short sea sequence with a clear start and finish.
- Perform movements with growing confidence and watch others with respect, encouragement, and focus.

### Learning Objective

### Learning Outcomes

#### 1 To explore starfish, shell, and seaweed shapes.

##### Children can:

- Copy sea shapes by using clear, imaginative body positions inspired by the ocean.
- Freeze still and hold their shape carefully for a few steady seconds.
- Perform with a partner by watching closely, matching movements, and working together.

#### 2 To explore balances on different body parts.

##### Children can:

- Balance on 2 feet, 1 foot, or knees using steady, controlled body positions.
- Copy a partner by watching carefully and matching their balance shape accurately.
- Hold a balance for 3 seconds while staying focused, still, and confident.

#### 3 To explore simple rocking and rolling actions.

##### Children can:

- Rock in a tucked shape using smooth, controlled movements on the mat.
- Perform a straight roll sideways by stretching long and rolling safely in a line.
- Finish in a sea shape to show clear control and a strong ending position.

#### 4 To explore simple jumps with safe landings.

##### Children can:

- Perform straight and star jumps using strong, confident body shapes and good height.
- Land softly by bending their knees and staying balanced and controlled.
- Freeze in a pose to show stillness, focus, and a clear finishing shape.

#### 5 To link travel, roll, and jump.

##### Children can:

- Travel in a variety of ways like a sea creature, using imaginative and controlled movements.
- Link 2-3 moves together smoothly to create a simple flowing sequence.
- Perform to a partner by showing confidence, focus, and clear movements.

#### 6 To perform and celebrate simple routines.

##### Children can:

- Perform 2-3 skills together to create a simple, smooth sequence.
- Clap for others to show encouragement, kindness, and respectful watching.
- Share what I enjoyed to celebrate my learning and growing confidence.

### Assessment Mark

### Requirements

## Working Towards

- Try simple shapes and balances, even if they sometimes wobble or forget to stay still.
- Copy a roll or jump and use help or reminders to stay safe and confident.
- Travel in one way and keep practising to link moves together more smoothly.
- Build confidence when showing their work to others by taking small, brave steps.

## On Target

- Show sea shapes like starfish, shell, and seaweed with stillness and clear body control.
- Rock in tuck and roll sideways with control that improves as they practise.
- Do a frog jump or starfish jump and land on two feet safely and confidently.
- Join two moves together with a clear start and finish to make a simple sequence.
- Perform to their friends with growing confidence and pride in their movements.

## Above Target

- Show clear shapes, balances, rolls, and jumps with good control and confident movement.
- Link 2-3 moves into a short sea routine that flows smoothly from start to finish.
- Travel in different ways and add a roll or jump at the end to complete their sequence.
- Perform to a group and give one kind comment about someone else's work to show encouragement.

## Excelling

- Perform a variety of shapes, balances, rolls, and jumps with control and imagination to show creativity.
- Link 3 or more moves smoothly into a routine with a clear start and finish to show their understanding.
- Work with a partner or group to plan and perform together by sharing ideas and cooperating well.
- Give kind feedback using gymnastic words like balance, roll, and jump, and use feedback to improve their own work.

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

To achieve **EXCELLING**, pupils must achieve all bullet points from **WORKING TOWARDS**, **ON TARGET** and **ABOVE TARGET** as well as at least 3 bullet points from **EXCELLING**.