

PLAYING EDSTART

Year 4 - Development of Gymnastics Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- Learn and practise basic gymnastic shapes, balances, and movements.
- Develop confidence in simple rolling, jumping, and travelling skills.
- Be introduced to using low apparatus safely.
- Begin linking skills into short sequences with a clear start and finish.
- Perform simple routines to others with growing confidence.
- Reflect on their own work and suggest one improvement.

Learning Objective

Learning Outcomes

1 To be able to perform simple gymnastic shapes and balances.

Children can:

- Perform basic gymnastic shapes with stillness and good body control.
- Hold a balance for 2-3 seconds while staying steady and focused.
- Copy a partner's balance by watching carefully and matching their position.

2 To be able to perform simple rocking and rolling movements.

Children can:

- Perform a straight roll safely, keeping their body long and controlled.
- Perform a rocking movement in tuck position using smooth, gentle motions.
- Link a roll with a basic balance to show control and good body awareness.

3 To be able to perform basic jumps and land safely.

Children can:

- Perform straight, star, and tuck jumps using strong, confident body shapes.
- Land with bent knees and balance to stay safe and controlled.
- Link 2 jumps together smoothly to create a short jumping sequence.

4 To be able to travel in different ways and use low apparatus safely.

Children can:

- Travel across the floor in different ways using confident, controlled movements.
- Step safely on and off low apparatus by moving carefully and balancing well.
- Perform a simple movement on apparatus to show growing confidence and control.

5 To be able to link balances, rolls, and jumps into a short sequence.

Children can:

- Create a short sequence with 3 skills showing confidence and creativity.
- Use a simple transition between movements to make their sequence flow smoothly.
- Perform with control to show good balance, focus, and body awareness.

6 To be able to perform and reflect on a short gymnastics routine.

Children can:

- Perform a sequence with confidence, showing clear and controlled movements.
- Say one thing they did well to celebrate their progress.
- Suggest one improvement to help make their sequence even better next time.

Assessment Mark Requirements

Working Towards

- I can try basic shapes, balances, and rolls, but I sometimes wobble or lose control.
- I need reminders to stay safe, especially when using mats or apparatus.
- I can link two movements, but my routine may stop and start.
- I find it tricky to give or use feedback from others.

On Target

- I can perform balances, rolls, and jumps with control most of the time.
- I use mats and apparatus safely and can work with a partner responsibly.
- I can link skills into a short sequence that mostly flows.
- I can reflect on my performance and listen to feedback to make small improvements.

Above Target

- I can perform a variety of balances, rolls, and jumps with good control and fluency.
- I can use apparatus confidently and safely, adapting skills to different equipment.
- I can choreograph and perform a routine with smooth transitions and variety.
- I can give helpful feedback to others and use feedback well to improve my own work.

Excelling

- I can perform advanced balances, rolls, and jumps with excellent control, tension, and accuracy.
- I can work safely and responsibly at all times, including when leading or helping others on apparatus.
- I can create and perform polished routines that are creative, include different levels, and show clear transitions.
- I can confidently evaluate performances, recognising strengths and explaining how to improve.

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**.