

COMPETING EDSTART

Year 5 - Gymnastics Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- **Develop core gymnastics skills of balances, rolls, and jumps.**
- **Learn to use apparatus safely and confidently.**
- **Begin to link skills using simple transitions.**
- **Create short sequences that show variety and control.**
- **Perform routines to others with confidence.**
- **Reflect on their own and others' performances, suggesting improvements**

Learning Objective

Learning Outcomes

1 To be able to perform individual and partner balances with control.

Children can:

- Perform basic individual balances with stillness and good body control.
- Copy and perform partner balances by watching carefully and working together.
- Hold balances for 3–5 seconds with control, focus, and steady breathing.

2 To be able to perform a variety of rolls with control

Children can:

- Perform forward and teddy bear rolls safely using controlled, confident movements.
- Show smooth starts and finishes to demonstrate good body awareness.
- Link 2 rolls together smoothly to create a short rolling sequence.

3 To be able to perform jumps with control in take-off and landing.

Children can:

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

4 To be able to perform simple balances and jumps safely on apparatus.

Children can:

- Use apparatus safely by moving carefully and following simple instructions.
- Perform balances on benches or low apparatus with steady, controlled body positions.
- Jump safely from low apparatus onto mats, landing softly with good balance.

5 To be able to create a short gymnastics se-quence with variety.

Children can:

- Create a sequence using balances, rolls, and jumps to show different skills confidently.
- Use a simple transition to link skills smoothly and make their routine flow.
- Perform their routine with control, focus, and clear start and finish positions.

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

Children can:

- Perform a short routine with confidence, using clear and controlled movements.
- Explain what went well to celebrate their effort and progress.
- Suggest one improvement to help make their routine even better next time.

Assessment Mark Requirements

Working Towards

- I can attempt basic balances, rolls, and jumps, but I often lose control or wobble.
- I need reminders about safety, especially when using apparatus or working with a partner.
- I can sometimes link skills, but my routine stops and starts.
- I find it difficult to give or act on feedback.

On Target

- I can perform balances, rolls, and jumps with control most of the time.
- I use safe practice on the floor, with apparatus, and when working with a partner.
- I can link a few skills together into a short routine that flows.
- I can reflect on my performance and listen to feedback.

Above Target

- I can perform a variety of balances, rolls, and jumps with good control and fluency.
- I use apparatus and partner work confidently and safely.
- I can choreograph and perform a routine that includes smooth transitions.
- I can give positive feedback to others and use their feedback to improve my own work.

Excelling

- I can perform advanced balances, rolls, and jumps with excellent control, tension, and accuracy.
- I take responsibility for safety when working with apparatus or others.
- I can create and perform polished routines that show creativity, variety, and clear transitions.
- I can evaluate performances in detail, explaining strengths and areas for improvement.

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**.