

PE Overview of Skills and Knowledge - Gymnastics

N	R	1	1	3	4	5	6
Gymnastics – parts high and low Gymnastics – travelling, stopping, making shapes	Basic Gymnastics 1 Basic Gymnastics 2	Gymnastics Skills 1 Gymnastics – Wide, narrow and curled rolling and balancing Gymnastics – balancing and spinning	Gymnastics Skills 2 Gymnastics – spinning, turning, twisting Gymnastics – pathways straight, zip zag and curving	Gymnastics Skills 1 Gymnastics – linking movements	Gymnastics Skills 2 Gymnastics – arching and bridges	Gymnastics Skills 1 Gymnastics Partner Work – Under and Over	Gymnastics Skills 2 Gymnastics – group sequencing
<p>To travel in a range of high stances, e.g. turning, hopping, skipping, side-stepping, jumping, galloping.</p> <p>To travel in a range of low movements, e.g. slithering, shuffling, crawling, sliding.</p> <p>To create the four simple shapes – pencil, star, tuck and bridge.</p> <p>To begin to link travels and shapes.</p> <p>To begin to link travels and shapes with jumps</p>	<p>To mount stairs, steps of climbing equipment using alternate feet.</p> <p>To jump off an object and land appropriately.</p> <p>To travel with confidence and skill, around, under, over and through.</p> <p>To show understanding of the need for safety when tackling new challenges.</p> <p>To show understanding of how to transport and store equipment safely.</p>	<p>To demonstrate agility, balance and coordination.</p> <p>To know what success looks like - self and others.</p> <p>To be physically confident and make a purposeful contribution.</p>	<p>To demonstrate agility, balance and coordination.</p> <p>To know what success looks like - self and others.</p> <p>To be physically confident and makes a purposeful contribution.</p> <p>To start to link skills to perform action and sequence of movement.</p> <p>To apply basic skills competently in a range of physical activities.</p>	<p>To demonstrate agility, balance, coordination and precision.</p> <p>To be self-motivated and physically confident, engaging in competitive sport.</p> <p>To evaluate the work of others using correct technical language.</p> <p>To perform different gymnastics shapes.</p> <p>To hold positions with stability and control.</p> <p>To move safely on apparatus.</p> <p>To take weight on patches.</p> <p>To create asymmetrical shapes in balances.</p>	<p>To perform with control and poise.</p> <p>To be self-motivated and physically confident, engaging in competitive sport.</p> <p>To evaluate the work of others using the correct technical language</p> <p>To perform a jump using the correct technique.</p> <p>To turn whilst jumping.</p> <p>To perform a safe and controlled landing.</p> <p>To support body weight on hands and feet only.</p> <p>To spin from one means of Support to another.</p>	<p>To demonstrate agility, balance, coordination and precision.</p> <p>To demonstrate specific tactical awareness.</p> <p>To evaluate a gymnastic performance using correct technical language.</p> <p>To make a bridge shape and travel in a bridge shape.</p> <p>To work in a group.</p> <p>To make a sequence with a partner where at some point they roll over the other.</p>	<p>To link skills to perform actions and sequences of movement.</p> <p>To enjoy competing and challenging to improve.</p> <p>To evaluate the work of others using correct technical language.</p> <p>To work safely and sensibly with a partner and a group.</p> <p>To work in small groups to create rolls in unison.</p> <p>To perform a sequence where starting and finishing positions are clearly defined.</p>