



EY to Year 6 Learning Objectives for Gymnastics

Learning objectives	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
EY								
(Core task Learn basic skills Safety in gym Link simple skills Sequence includes 2 elements)	Travel & Shape To travel safely into a space using animal movement as a stimulus.	Travel & Shape To explore ways of travelling on hands and feet moving at different speeds.	Jumps To learn how to land a jump safely in chair position.	Jump & Shape To jump with control off a bench.	Balances To hold big and small shapes whilst balancing on different body parts.	Balance & Travel To follow a pathway showing a change in direction.	Rolls To travel sideways using side rolls.	Climbing & Shape To explore ways of moving on off and along larger pieces of apparatus.
Vocab:								
Year 1								
(Core-task Individual work Travelling Linking skills Repetition Remember routine Show clear start and finish position Seq3 like actions)	Travel To be able to travel in different ways showing a change in height	Shape To be able to hold 3 gymnastic shapes and link them together	Jumps & Shape To be able to perform a jump and land on a spot safely	Taking weight on hands, Travel & Jumps To perform different ways of travelling on, off and along small pieces of apparatus.	Balances To balance on different body parts with stillness	Balance & Travel To travel in different directions along a pathway, showing moments of stillness	Rocking & Rolling To explore rocking on different body parts. Intro. Forward roll	Climbing & Shape To explore different ways of moving from high to low on larger pieces of apparatus
Vocab:								
Year 2								
Core-task Individual /pair Linking skills smoothly Good start and finish to routine Sequence includes 4 elements Use small apparatus and floor Sequence moves between apparatus and floor	Travel To travel on different body parts along a pathway	Shape To be able to hold a variety of different shapes with stillness.	Jumps To jump for height and perform a shape in the air	Balance & Travel To hold a balance with control	Balances To copy a partner's balances	Taking weight on hands To perform a bunny hop onto, along and over a bench. Cartwheels prep.	Rocking and rolling To rock from back to seat Forward roll/backwards roll.	Jumps, Climbing & Turning To demonstrate turning whilst in the air and landing safely

Teach partner your routine - combine ideas to make sequence)								
--------------------------------------------------------------	--	--	--	--	--	--	--	--

EY to Year 6 Learning Objectives for Gymnastics

Year 3

<p>(Coretask-Individual work and partner work Contrasting Actions e.g. balance and jump Extension when balancing Weight transfer - movements flow Change of speed Different ways of travelling Apparatus and floor used Sequences includes at least 5 elements e.g. 3 balances & 3 different ways of travelling Work in groups of 4 - start and finish at same time Twisted shapes Symmetrical balances)</p>	<p>Balances, Transferring weight To explore balances on 2 points of the body</p>	<p>Jumps, Transferring weight, change height and speed To explore what actions can smoothly follow the landing of a jump e.g. jump and roll/bunny hop</p>	<p>Balances, shapes and Jumps, change height and speed To perform contrasting shapes and balances with a partner</p>	<p>Travel, rolls, jumps, change direction (height & speed) Travelling in 3 different ways with a partner move towards and away from each other</p>	<p>Turning, weight on hands, jumps, change in direction and height To demonstrate different turning actions e.g. bunny hop and turn, jumping and turn</p>	<p>Shapes, transferring weight, change in height To select a shape (star, tuck, straight) and perform it at different levels</p>	<p>Shape, balance, jumps, rolls, bunny hops, change in speed To show a change in speed by selecting 4 different actions</p>	<p>Balance, weight transference, group work/dynamics To perform up to 5 balances on different parts of the body working in a small group.</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------

Year 4

<p>(Core task-Partner work - matching, unison Twisted shapes Turn while travelling Pathways Partners start, perform and finish together Apparatus pathway e.g. L shaped 6 elements in sequence canon instead of matching work with another pair and find a way of swapping partners in sequence stretched shapes curling actions)</p>	<p>Balance, weight transference, change in height To move into a balance (e.g. on 2 hands and 1 knee) from different starting positions.</p>	<p>Shape, partner work, change in height To perform 3 shapes in unison with a partner, include twisted shapes.</p>	<p>Shape, Contrasting, matching, jumps, rolls, change in height and speed To perform 3 matching actions with a partner using contrasting shapes (jumps - star and straight)</p>	<p>Shape, balance, jumps, rolls, change in height speed, direction To perform different actions using 3 different shapes (e.g. star balance, straight jump, tucked roll)</p>	<p>Travelling, leaps, jumps, bunny hops, change in height speed, direction To explore ways of turning (half & Full) on the spot and travelling.</p>	<p>Bunny hops, vaults, travelling, change in height speed, direction To take weight on hands to perform simple vault on or over low apparatus.</p>	<p>Rolls, jumps, bridges (face up/down), cartwheels, bunny hops, vaults, change in height speed, direction To explore ways of moving through or under a partner</p>	<p>Shape, balance, jumps, rolls, weight transference, vaults, cartwheels etc, change in height speed, direction To be able to move into balances from different starting positions using large apparatus.</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

EY to Year 6 Learning Objectives for Gymnastics

Year 5

<p>(Core task - Partner/small group work Asymmetrical balances & shapes Symmetrical rolls & jumps Change direction & Level Matching & Mirroring shape & balances Apparatus - change of height Group sequence start and finish together - unison. At least 8 elements in a sequence)</p>	<p>Shape, partner work, mirroring, matching To perform 5 mirroring shapes in unison with a partner</p>	<p>Balances, shapes, jumps, rolls, bunny hop, travel To explore mirroring a partner using a variety of actions and travel</p>	<p>Balances, counter-balance, To work with a partner to perform matching and mirroring balances</p>	<p>Counter balance, jumps, rolls, transference of weight To hold a counter balance at different heights using small apparatus.</p>	<p>Balance, weight transference, leaps, To perform a variety of different leaps at varying levels.</p>	<p>Jumps, leaps, turns, balance, To jump on and off a rope safely (A&D) (if ropes available) To explore, select and perform different way of using swinging gestures to initiate movement</p>	<p>Shape, balances, jumps, rolls, vaults, etc, change height/speed/direction With a partner perform 3 contrasting actions but showing the same dynamic</p>	<p>Balances, jumps, shapes, rolls bunny hops, mirroring, matching, change in S/H/D To move into balances from different actions e.g. roll into balance, jump into balance</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Year 6

<p>(Core task - Individual;/Partner/ Small group work Contrasting shapes & balances. Twisting, Turning, Flight Change direction & Speed Apparatus floor work Each person in group starts and finishes in different place 8-10 elements in a sequence include 2 dynamics in sequence e.g. speed and direction or speed and level canon, matching, synchronized stretch shapes, curling actions)</p>	<p>Balances, Rolls, jumps, transference of weight To work with a partner to perform 5 weight bearing balances (part or full) safely</p>	<p>Shape, symmetry, asymmetry, change in height, speed or direction To perform 5 actions using symmetrical and asymmetrical body shapes</p>	<p>Turns, transference of weight, weight bearing e.g. cartwheel, jumps, leaps To perform $\frac{1}{4}$ and $\frac{3}{4}$ turns around the vertical axis from one part of the body to another. E.g. from 2 knees $\frac{1}{4}$ turn into seat.</p>	<p>Jumps, turns, shape, To demonstrate good control during flight and on landing when using springboard or ropes.</p>	<p>Bunny hops, vaults, arab spring, To explore ways of getting flight from hands.</p>	<p>Shape, balances, jumps, rolls, vaults etc To perform actions in unison and canon and select 6 to link together to form a sequence</p>	<p>Travel, leaps, balances, shape, jump, rolls etc To perform 6 actions on contrasting partner pathways.</p>	<p>All actions from previous lessons, Change in Height, speed and direction To select 2 dynamics and create a sequence with a partner linking 8 actions on large apparatus where each person starts and finishes in different places.</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------