



**Years
7-11**

**Pathway
1-3**

**Gymnastics
Autumn / Spring Term**

Learning Intention:

Pupils are taught via a number exercises and routines:

- Using apparatus safely
- How to plan routines
- Complete body control
- Shape, rotation and height while performing
- Core stability and maintaining body tension
- The importance of accurate replication for aesthetic and performance reasons.

Key knowledge that should be learned during this SoW

All

Most

Some

Concept:

- Focusing on ultimate body control to perform techniques
- Focusing on the aesthetics of a performance
- Motor planning to perform techniques
- Gross motor control to perform techniques
- Sequencing techniques into routines

Knowledge:

- Use of body tension to hold moves
- Names and techniques of rolls, shapes
- Building a routine based on move difficulty as well as

	<ul style="list-style-type: none"> • Understanding how to focus on the aesthetics of a performance • Focus on techniques in isolation 	<p>and jumps</p> <ul style="list-style-type: none"> • Different ways to balance. 	<p>using space and height</p>
Key Skills:	<ul style="list-style-type: none"> • Holding body tension to ensure accurate moves 	<ul style="list-style-type: none"> • Techniques for balances, rolls, shapes, jumps • Using gross motor skills to aid performance 	<ul style="list-style-type: none"> • Techniques for vaulting, headstands, handstands and cartwheels
Language and/or communication skills:	<ul style="list-style-type: none"> • Body tension • Pointed hands/toes 	<ul style="list-style-type: none"> • Roll names • Types of balances • Shape names • Sequences 	<ul style="list-style-type: none"> • Vault names • Head stand • Handstand • Cartwheel • Routine
Curricular Links	<ul style="list-style-type: none"> • PSHE: Personal hygiene • Literacy: using keywords 		

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| | <ul style="list-style-type: none">• Communication: planning routines with peers |
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