

Gymnastics

Knowledge	Skills
To know how to perform and improve upon balances on different parts of the body. To understand how to improve the quality of their balances.	To create different shapes with their body and hold them still. To evaluate the work of others and give appropriate feedback. To compose and perform a sequence on apparatus.
To know how to create matching balances with a partner.	To work cooperatively with a partner. To perform quality balances on a range of body parts. To perform balances on apparatus. To work with a partner to evaluate their work.
To know how to roll in different ways while showing control. To understand that rolls can be used to link movements together in a sequence	To perform three different types of roll. To control their body when they are rolling in different ways.
To know how to jump safely in a variety of ways, including on and off apparatus.	To show control when landing their jumps. To show clear body shapes when jumping. To jump on and off apparatus safely. To evaluate the work of others.
To know how to combine a selection of movements to create a gymnastic sequence.	To explore and remember movements to create a sequence. To link movements together to help their sequence flow. To evaluate the work of others and say how it could be improved. To show good control when performing a variety of movements.
To know how to work with a partner to create a matching sequence.	To work cooperatively with a partner. To explore and remember movements to create a sequence. To link movements together to help their sequence flow. To show good control when performing a variety of movements.



Key Words

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