

# PE CURRICULUM MAP

## Gymnastics

### EYFS & Key Stage One



#### Y2 Gymnastics - Learning Objectives

- To perform gymnastic shapes and link them together.
- To use shapes to create balances.
- To link travelling actions and balances using apparatus.
- To demonstrate different shapes, take off and landing when performing jumps.
- To develop rolling and sequence building
- To create a sequence using apparatus.

#### Y2 Gymnastics - Learning outcomes

- Begin to provide feedback using key words
- Be proud of my work and confident to perform in front of others
- Perform the basic gymnastic actions with some control and balance
- Plan and repeat simple sequences of actions
- Use directions and levels to make my work look interesting
- Use shapes when performing with others
- Work safely with others and apparatus

YEAR  
**2**

Year 2

#### Y1 Gymnastics - Learning Objectives

- To explore travelling movements
- To develop quality when performing and linking shapes
- To develop stability and control when performing balances
- To develop technique and control when performing shape jumps
- To develop technique in the barrel, straight and forward roll.
- To link gymnastic actions to create a sequence.

#### Y1 Gymnastics - Learning outcomes

- Confidently perform in front of others.
- Link simple actions together to create a sequence
- Make my body tense. Relaxed, stretched and curled
- Recognise changes in my body when I do exercise.
- Remember and repeat actions and shapes.
- Say what I liked about someone else's performance.
- Use apparatus safely.

KEY  
STAGE  
**1**

Year 1

YEAR  
**1**

#### Reception -

- Revise and refine fundamental movement skills they have already acquired: - rolling, walking, running, skilling, crawling, jumping, hopping, climbing
- Progress towards a more fluency style of moving, with developing control and grace
- Develop the overall body strength, co-ordination balance and agility needed to engage successfully with future physical education sessions.
- Use their core muscle strength to achieve a good posture when sitting at a table or on the floor
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group
- Develop overall body-strength, balance, co-ordination and agility

EYFS  
Reception

Emphasis on exploration in the Early Years with emphasis on Physical Development and Gross Motor Skills

#### ELG: Gross Motor Skills-

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

#### Nursery - Children at the expected level of development for the end of nursery will:

- Move safely around a familiar environment, negotiating obstacles with a sense of danger and awareness of when to stop.
- Be able to push the pedals around on a trike or bike.
- Have developed finger strength and control in order to be able to manipulate and use tools independently and effectively

EYFS

Emphasis on exploration in the Early Years with emphasis on Physical Development and Gross Motor Skills

EYFS  
NURSERY

#### Nursery -

- Change position from standing to squatting and sitting with little effort.
- Sit up from lying down, stand up from sitting and squat with steadiness to rest or play with an object on the ground, and rise to their feet without using their hands.
- Begin to walk, run and climb on different levels and surfaces
- Climb stairs, steps and move across climbing equipment using alternate feet
- Maintain balance using hands and body to stabilise

