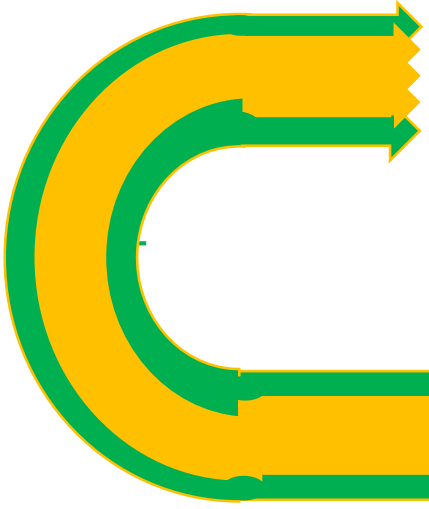


PE CURRICULUM MAP

Gymnastics

Key Stage Two



Year 6

YEAR

6

Y6 Gymnastics - Learning Objectives

To develop rolling into sequence work and on apparatus.
 To develop counter balance and counter tension.
 To develop jumps and explore the effect of height.
 To develop inverted movements with control.
 To use flight from hands to travel over apparatus.
 To create a group sequence using formations and apparatus.

Y6 Gymnastics - Learning outcomes

Combine and perform gymnastic actions, shapes and balances with control and fluency.
 Create and perform sequences using compositional devices to improve the quality.
 Lead a small group through a short warm up routine
 Use appropriate language to evaluate and refine my own and others' work.
 Work collaboratively with others to create a sequence.
 Understand how to work safely when learning a new skill.
 Understand what counter balance and counter tension is and can show examples with a partner.

YEAR

5

Year 5

Y5 Gymnastics - Learning Objectives

To perform symmetrical and asymmetrical balances.
 To develop the straight, forward, straddle and backwards roll into a sequence.
 To explore different travelling actions using both canon and synchronisation.
 To perform progressions of inverted movements.
 To explore matching and mirroring in sequence work.
 To create a partner sequence using apparatus.

Y5 Gymnastics - Learning outcomes

Create and perform sequences using apparatus, individually and with a partner.
 Lead a partner through short warm-up routines.
 Use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.
 Use feedback provided to improve my work.
 Use set criteria to make simple judgements about performances and suggest ways they could be improved.
 Use strength and flexibility to improve the quality of a performance.
 Work safely when learning a new skill to keep myself and others safe.

UPPER

KEY

STAGE

2

Year 4

YEAR

4

Y4 Gymnastics - Learning Objectives

To develop individual and partner balances.
 To develop control in performing and landing rotation jumps.
 To develop the straight, barrel, forward and straddle roll with greater control and technique.
 To link actions that flow using the rolls I have learnt.
 To develop strength in inverted movements.
 To create a partner sequence to include the skills I have learnt and apparatus.

YEAR

4

Year 4

Y4 Gymnastics - Learning outcomes

Explain what happens to my body when I exercise and how this helps make me healthy.
 Plan and perform sequences with a partner that include a change of level and shape.
 Provide feedback using appropriate language relating to the lesson.
 Safely perform balances individually and with a partner.
 Watch, describe and suggest possible improvements to others' performances and my own.
 Understand how body tension can improve the control and quality of my movements.

LOWER

KEY

STAGE

2

YEAR

3

Y3 Gymnastics - Learning Objectives

To be able to create interesting point and patch balances.
 To develop stepping into shape jumps with control.
 To begin to develop the straight, barrel and forward roll
 To be able to transition smoothly into and out of balances.
 To create a sequence with matching and contrasting actions and shapes.
 To create a partner sequence using the skills that I have learnt and apparatus.

LOWER

KEY

STAGE

2

Year 3

Y3 Gymnastics - Learning outcomes

Adapt sequences to suit different types of apparatus
 Choose actions that flow well into one another.
 Complete actions with increasing balance and control.
 Provide feedback using key words.
 Use matching and contrasting actions in a partner sequence.
 Use a greater number of my own ideas for movements in response to a task.
 With help, recognize how performances could be improved.

KEY

STAGE

2

LOWER

KEY

STAGE

2