

Gymnastics

		Year 1	Year 2	Year 3	Year 4
Physical	Travelling	Foot patterns Change of direction and speed Levels	Animal walks	Use of arms	On large apparatus
	Jumping	Straight Star	Half turn Off low apparatus	Straddle Tuck	Three-Quarter / Full turn
	Balancing	Points and patches	Feet Back Front	Shoulder Side	Weight on hands
	Rolling	Log	Teddy bear Egg	Shoulder Forward (if ready)	Forward roll to feet (if ready)
	Performing	Link moves on floor	Link moves on apparatus	Individual start and finish body positions	Quality in travelling
Cognitive	Apparatus	Mats, benches	Mats, benches,	e.g. tables, box, trampette, fixed apparatus	As available Set up to facilitate free-flow of children
	Rhythmic Gymnastics	Ribbon shapes	Hoop Ribbon	Ribbon Hoop Ball	Ribbon Hoop Ball
	Planning	Remember sequence order	Choose appropriate elements for sequence	Work at different levels	Plan longer sequences
Health and Wellbeing	Fitness Character Safety Emotional well-being	Enjoy participating Participate safely	Develop upper body and core strength	Practise to improve (resilience)	Participate in an average of 60 minutes of physical activity per day
Personal	Interactions Rules Teams Personal best	Have confidence to perform	Work co-operatively in pairs	Work co-operatively in small groups	Work co-operatively in groups of varying sizes