



Physical Education

Gymnastics Year 3

Unit Purpose

The unit of work will focus on exploring movements and balances in **symmetrical** and **asymmetrical** ways.

Pupils will create **sequences** starting with their symmetrical balance on apparatus, moving out of it and travelling to a new piece of apparatus and ending in their asymmetrical balances applying **flow**.

Inspire Me

Simone Biles is an American gymnast, five-time world champion and one of the most decorated gymnasts of all times. At the 2016 Olympic games Biles won 5 medals including four golds.



Key Success Criteria

- P** Pupils will execute 'excellent' balances and movements in both symmetrical and asymmetrical ways. Pupils will be able to link these movements and balances together.
- C** Pupils will develop life skills such as resourcefulness and evaluation as they create their sequences in pairs, making any adaptations when necessary.
- S** Pupils will collaborate showing cooperation skills with their partner as they work together to create their sequences and share apparatus space with others.
- W** Pupils will develop their resilience and ability to remain self motivated as they strive to improve their sequences even when they find it hard.

Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance are able to hold it still for at least 4 seconds.

Linking: This means successfully adding two movements together so that they flow one after the other.

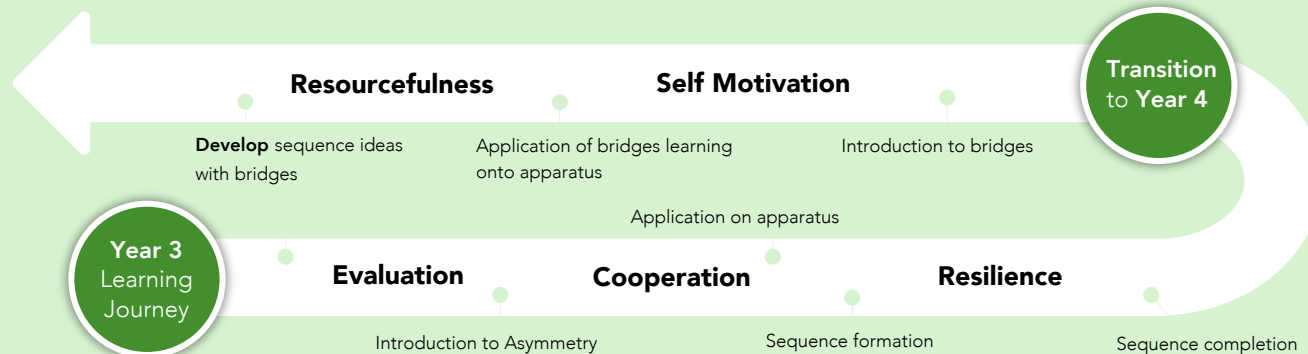
Flow: This is when a gymnast moves from one action to another without stopping.

Interesting: This means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements.

Extension: This is when pupils are pointing (extending) their fingers and toes when moving or holding a balance.

Symmetrical: Symmetry occurs when a balance or a movement is identical on either side.

Asymmetrical: Asymmetry means when a balance or a movement does not match on either side.





Physical Education

Gymnastics Year 3

Unit Purpose

The unit of work will challenge pupils to develop and apply an understanding of **canon** and **unison** to create sequences.

Pupils will work in small groups to **create sequences** that combine both canon and unison, using a range of apparatus that **flow**.

Inspire Me

Did you know... that the balance beam is the only event in gymnastics where athletes cannot touch the apparatus with their hands. An Olympic balance beam is only 10cm wide and four feet off the ground.



Key Success Criteria

- P** Pupils will execute 'excellent' movements in both canon and unison. Pupils will be able to link these movements together forming sequences.
- C** Pupils will develop life skills such as evaluation as they create their sequences in pairs/groups, making any adaptations when necessary.
- S** Pupils will collaborate showing cooperation skills with their partners/groups as they work together to create their sequences and share apparatus with others.
- W** Pupils will develop their resilience and ability to remain self-motivated as they strive to improve their sequences even when they find it hard.

Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance, which they are able to hold still for at least 4 seconds.

Extension: This is when pupils are pointing (extending) their fingers and toes when moving or holding a balance.

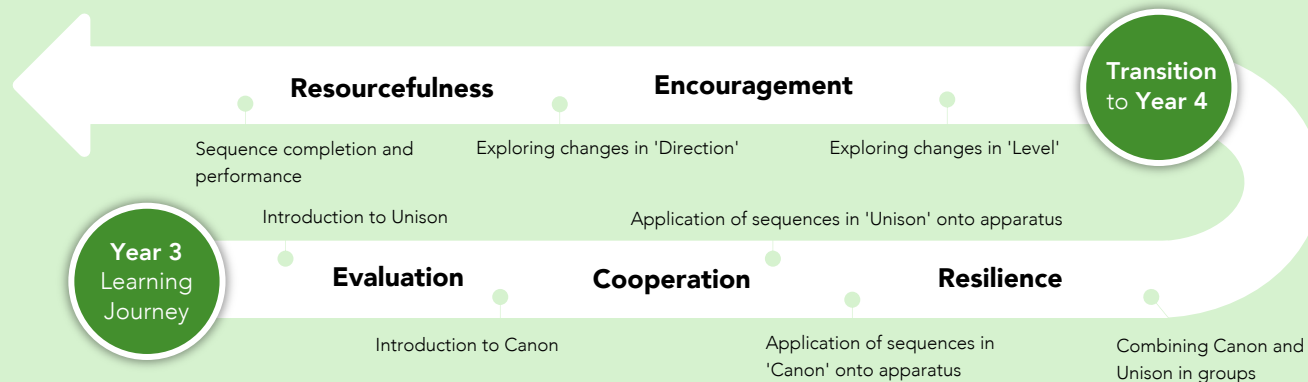
Sequence: This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.

Interesting: This means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements.

Apparatus: The term apparatus refers to a piece of equipment that's used in gymnastics. For example, a bench, vault or balance beam.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Canon: Canon is where pupils perform the same movement one after the other.





Physical Education

Gymnastics Year 4

Unit Purpose

The unit of work will focus on exploring **bridge** balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus.

Pupils will create **sequences** combining movements and bridge balances in pairs, applying flow and challenging their creativity.

Inspire Me

Max Whitlock became Britain's first ever gold medallist in artistic gymnastics when he won both the men's floor and horse exercises at the 2016 Summer Olympics. He is the most successful gymnast in Britain's history.



Key Success Criteria

- P** Pupils will execute 'excellent' balances and movements within the 'bridges' theme. Applying flow, pupils will link these movements and balances together.
- C** Pupils will apply life skills such as resourcefulness and evaluation as they create their sequences in pairs, making adaptations when necessary.
- S** Pupils will collaborate applying cooperation skills with their partner as they work together to create their sequences and suggest ways to improve.
- W** Pupils will develop their resilience and ability to remain self motivated as they strive to improve their sequences even when they find it hard.

Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance are able to hold it still for at least 4 seconds.

Extension: This is when pupils are pointing (extending) their fingers and toes when moving or holding a balance.

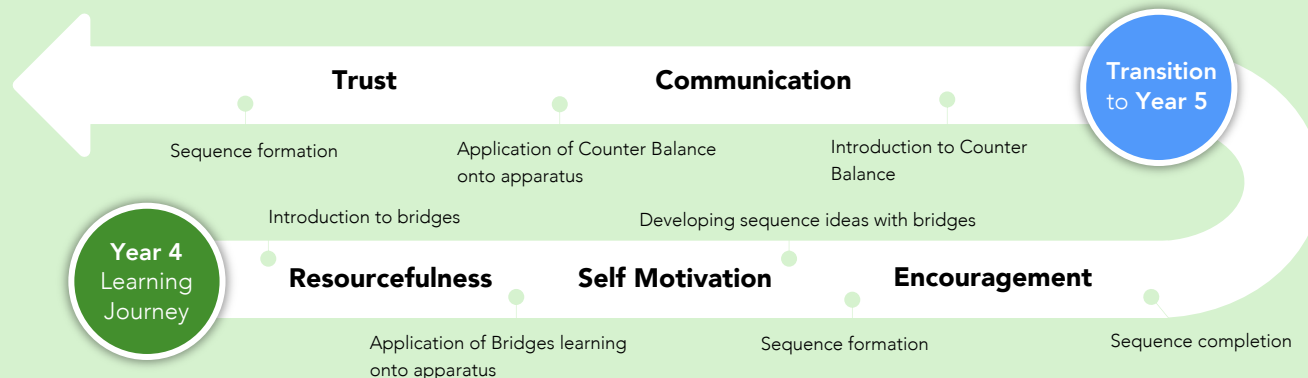
Control: This refers to pupils being able to move their bodies silently.

Interesting: This means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements.

Bridge: A bridge is a structure that passes over a road, a river or other obstacle. In this unit we want to recreate the idea of a bridge using our bodies.

Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.

Flow: This is when a gymnast moves from one action to another without stopping.





Physical Education

Gymnastics Year 4

Unit Purpose

The unit of work will focus on pupils using and applying an understanding of **levels** and **direction** to create and perform sequences in groups.

Pupils will create their sequences, combining both changes in level and direction, with balances and using a range of apparatus.

Inspire Me

Did you know... that only women compete on the Balance Beam and Uneven Bars. Only men compete on the Parallel Bars, High Bar, Pommel Horse and Rings. Both men and women can compete in the Floor and Vault



Key Success Criteria

- P** Pupils will develop and create a sequence that includes a change of direction and a change in level, including movements and balances that flow
- C** Pupils will apply life skills such as resourcefulness as they create their sequences in pairs, making adaptations when necessary.
- S** Pupils will apply life skills such as encouragement as they work together to create their sequences and suggest ways to improve.
- W** Pupils will apply life skills such as self-motivation as they strive to improve their sequences and produce high quality performances.

Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance, which they are able to hold still for at least 4 seconds.

Extension: This is when pupils are pointing (extending) their fingers and toes when moving or holding a balance.

Flow: This is when a gymnast moves from one action to another without stopping.

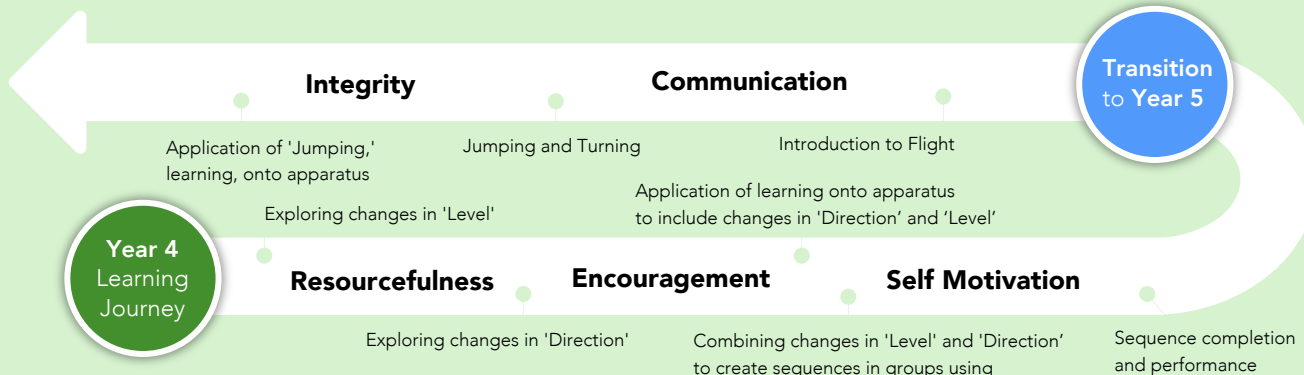
Interesting: This means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements.

Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.

Direction: This refers to when a gymnast changes the course along which they were moving.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Canon: Canon is where pupils perform the same movement one after the other.



Unit Purpose

The unit of work will focus on exploring **Counter Balance** and **Counter Tension** balances on the floor and on apparatus. Pupils will create sequences by consistently applying **flow** and challenging their **creativity**. Pupils will focus on the various ways they can construct the sequence and link the balances with movements.

Inspire Me

Nadia Comăneci is a Romanian retired gymnastics and five-time Olympic gold medalist. At the age of 14, Comăneci was the first gymnast to be awarded a perfect 10 at the Olympic games.



Key Success Criteria

- P** Pupils will execute 'excellent' balances and movements within the Counter Balance and Tension theme, accurately applying flow as they link their balances with movement.
- C** Pupils will apply life skills such as evaluation and reflection as they recognise the strengths and weaknesses in their sequences and find ways to improve them.
- S** Pupils will demonstrate communication skills and show respect as they watch others' performances and give feedback on ways to improve.
- W** Pupils will apply integrity and self discipline as they perform their sequences and receive feedback. Pupils will then work hard to improve their sequences.

Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance are able to hold it still for at least 4 seconds.

Interesting: This means pupils are thinking and being creative. This includes adding different levels and different connection points to their balances and/or movements.

Flow: This is when a gymnast moves from one action to another without stopping.

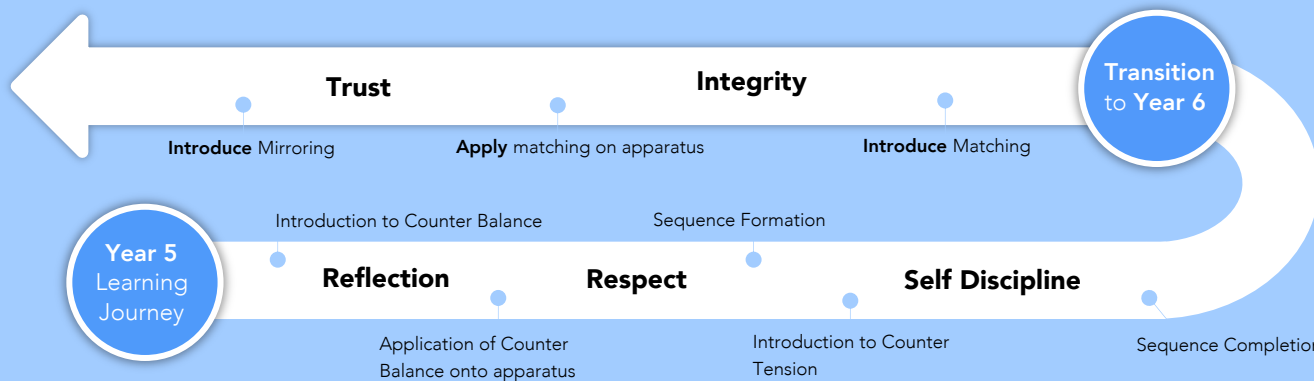
Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.

Counter Balance: A counter balance is a pushing balance.

Counter Tension: A counter tension is a pulling balance.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Canon: Canon is where pupils perform the same movement one after the other.





Physical Education

Gymnastics Year 5

Unit Purpose

The unit of work will enable pupils to explore a variety of **jumps** and know how to **take off** and **land safely** when jumping.

Pupils will work in groups to create sequences, combining a variety of jumps on apparatus with changes in level, direction, canon and unison all incorporated into the sequence.

Inspire Me

Did you know that gymnasts use chalk on their hands to help them grip the apparatus. The chalk helps absorb sweat and reduces slipping.



Key Success Criteria

- P** Pupils will execute a variety of jumps on the floor and apparatus and use these jumps to create a sequence of movements in groups that flows.
- C** Pupils will apply life skills such as reflection and decision making as they recognise the strengths and weaknesses in their sequences and find ways to improve them.
- S** Pupils will demonstrate communication skills and show respect as they watch others' performances and give feedback on ways to improve.
- W** Pupils will apply integrity and self-discipline as they perform their sequences and receive feedback. Pupils will then work hard to improve their sequences.

Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance, which they are able to hold still for at least 4 seconds.

Direction: This refers to when a gymnast changes the course along which they were moving.

Flow: This is when a gymnast moves from one action to another without stopping.

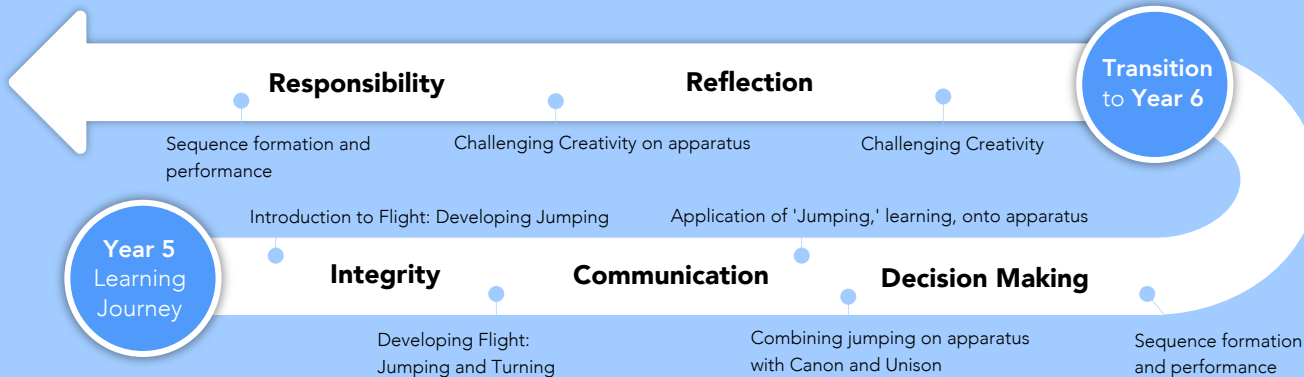
Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.

Flight: Flight in gymnastics, refers to a moment when the gymnast is suspended completely in the air without hands or any other part of the body touching the floor.

Jump: Jumping is described as the transfer of weight from one or both feet to both feet. Jumping is divided into three parts: take-off, flight and landing.

Turn: A turn is a rotation of the body about the vertical axis.

Landing: Landing is the final phase in a jump. We must take care to land safely, absorbing force by bending our knees and sinking down.





Physical Education

Gymnastics Year 6

Unit Purpose

The unit of work will focus on applying "excellent gymnastics" through **matching** and **mirroring** movements.

Pupils will create a **sequence** of movements, bringing together a combination of both matching and mirroring movements, to create a sequence.

Inspire Me

Vitaly Scherbo is a former Belarusian gymnast and one of the most successful gymnasts of all time. Vitaly is the only male gymnast to have ever won a world title in all eight gymnastic exercises.



Key Success Criteria

- P** Pupils will create a sequence containing both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.
- C** Pupils will effectively apply life skills such as evaluation and decision making as they identify strengths and weaknesses in their sequences and find ways to improve.
- S** Pupils will demonstrate respect and trust as they give and receive constructive feedback in order to improve their sequences and performances.
- W** Pupils will consistently apply integrity and self discipline as they perform their sequences and receive feedback. Pupils will strive to improve their sequences.

Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance are able to hold it still for at least 4 seconds.

Flow: This is when a gymnast moves from one action to another without stopping.

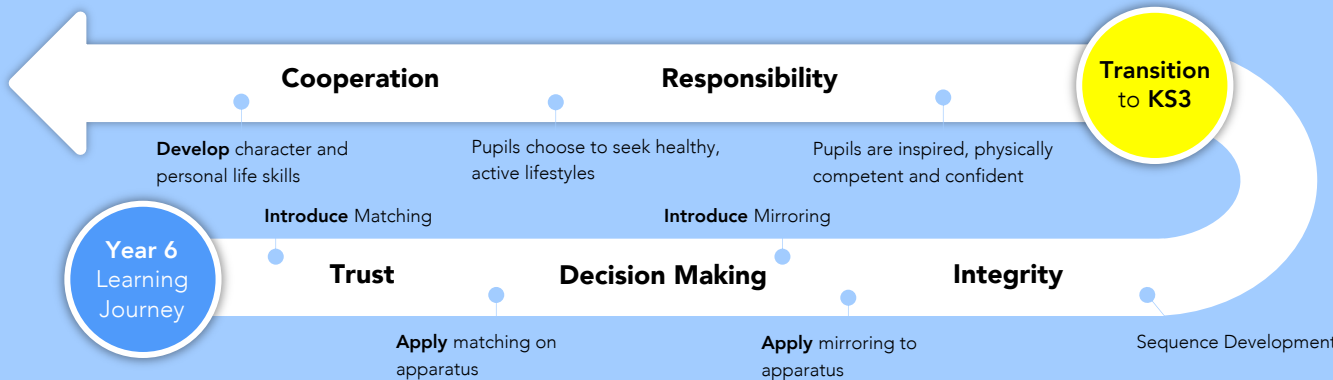
Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.

Matching: Matching is where pupils perform exactly the same movements at the same time.

Mirroring: Mirroring is where pupils perform their movements creating a mirror image of each other.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Canon: Canon is where pupils perform the same movement one after the other.





Physical Education

Gymnastics Year 6

Unit Purpose

The unit of work will challenge pupils' **creativity** as they use and apply their understanding of the different themes and concepts, they have learnt throughout KS2.

Pupils will work in groups to create sequences using different 'Challenge Cards' using both the floor and apparatus.

Inspire Me

Did you know ... Gymnastic uniforms are made up of leotards. Leotard is named after the French acrobat Jules Leotard who lived from 1842 until 1870. He made the uniform popular but did not invent it.



Key Success Criteria

- P** Pupils will create and design sequences following the different challenge cards, executed with accuracy and fluidity using a range of apparatus.
- C** Pupils will effectively apply life skills such as reflection and decision making as they identify strengths and weaknesses in their sequences and find ways to improve.
- S** Pupils will demonstrate respect and trust as they give and receive constructive feedback in order to improve their sequences and performances.
- W** Pupils will consistently take responsibility and apply self-discipline as they perform their sequences and receive feedback.

Vocabulary for Learning

Excellent gymnastics: 'Excellent' refers to when pupils are being silent, extending their fingers and toes and when they make a shape/balance, which they are able to hold still for at least 4 seconds.

Sequence: This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.

Flow: This is when a gymnast moves from one action to another without stopping.

Levels: This refers to when a gymnast is creating movements and balances that are performed using different heights either on the floor or on apparatus.

Direction: This refers to when a gymnast changes the course along which they were moving.

Unison: Unison is where pupils perform the same movement at exactly the same time as each other.

Canon: Canon is where pupils perform the same movement one after the other.

Creativity: Creativity is the way a gymnast chooses to execute the sequence using the apparatus and compositional themes.

