

# Gymnastics Basics EYFS

## Overview

### **Week one:**

- I can travel across mats using different body parts.
- I can do a point balance and hold it for 5 seconds.
- I can jump and land safely.

### **Week two:**

- I can do a patch balance and hold it for 5 seconds.
- I can. do a pencil jump and pencil roll.
- I Understand different ways we can I travel.

### **Week three:**

- I can travel across a bench and mats in different ways.
- I can. do a star jump and egg roll.

### **Week four:**

- I can do a pencil and egg roll over a mat.
- I can jump off a bench and land safely.

### **Week five:**

- I can do a pencil jump off a bench or small box.
- I can do star jump off a bench or small box.

### **Week six and seven**

- I can transition from a jump into a roll or the other way round.
- I can work with a partner to come up with a sequenced routine using a minimum of 3 different parts ( jumps/rolls/balances )





# Gymnastics KS1

## Overview

### Week one:

- I can do star, tuck and pencil jumps.
- I can land safely and correctly

### Week two:

- I can travel across a bench and mats in different ways
- I Understand different ways we can travel

### Week three:

- I can roll in a variety of ways using correct technique

### Week four:

- I can identify different types of rolling and jumps

### Week five:

- I can put together a sequence using one jump and roll

### Week six:

- I can work with a partner to come up with a sequenced routine using a minimum of 3 different parts

### Week seven:

- I can perform a sequence with 4 different parts and mirror it with a partner doing the same sequence at the same time

<b>National Curriculum links: KS1</b>	<ul style="list-style-type: none"><li>• Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li><li>• Participate in team games, developing simple tactics for attacking and defending</li></ul>
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# Gymnastics Key stage 2

## Overview

### Week 1:

- Pencil Jumps/  $\frac{1}{4}$   $\frac{1}{2}$  turn Landings
- Pencil Roll
- Pencil traveling fireman's pull front + back / Helicopter

### Week 2:

- Tuck Jumps/  $\frac{1}{4}$   $\frac{1}{2}$  turn Landings
- Tuck travelling  $\frac{1}{2}$  Bunny Jumps on off bench / Full bunny jumps across bench
- Egg Roll

### Week 3:

- Straddle Travelling /Forwards + backwards / Across bench
- Introduce Mounts Half tuck/Full tuck Half straddle/Full Straddle if pos
- Transitions between Techniques learnt up to this point

### Week 4:

- Forward Rolls / wedges / standing / Off Bench
- Transitions between different elements

### Week 5:

- Points /Patches
- Pike jump added to jumps alongside straddle, tuck and pencil
- Mirroring in pairs any of kills learned can be used to mirror

### Week 6:

- Multi Combination routine / sequences in pairs
- Make own routine up choosing any elements learnt over the scheme

### Week 7:

- Multi Combination routine / sequences in pairs/threes
- Make own routine up choosing any elements learnt over the scheme