Gymnastics		
EYFS	KS1	KS2
Early Years Outcome 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	**KS1 National Curriculum Aims** • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities	**KS2 National Curriculum Aims** Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. Compare their performances with previous ones and demonstrate improvement to achieve their personal best

	EYFS	**Years 1 and 2**	**Years 3 and 4**	**Years 5 and 6**
Preparation Warm up These skills and conversations need to happen throughout the term. **Skills covered** Jumps Shapes & Balances Travelling and Linking actions	See development matters document for progression.	Describe how the body feels before, during and after exercise. Carry and place equipment safely. Pike Jump Cat spring Cat spring to straddle Tiptoe, step, jump and hop, hopscotch, galloping, straight jump, half-turn Standing balances Kneeling balances Large body part balances Balances on apparatus Front and back support	Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy Cat leap Straight half turn Straight full turn Cat leap half turn Chassis steps Straight jump half turn Cat leap Straight jump full turn Cat leap half turn Pivot Matching and contrasting partner balances with and against a partner.	Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and cool down. - Stag jump - Split leap - Stag leap Full body weight partner balances Pike, tuck, star, straight, straddle shapes Front and back support

	EYFS	**Years 1 and 2**	**Years 3 and 4**	**Years 5 and 6**
Lesson 1 Development of skills Rolls	See development matters document for progression.	- Log roll (controlled) - Curled side roll (egg roll) (controlled) Teddy bear roll (controlled) - Rocking for forward roll - Crouched forward roll What part of our bodies are we using?	- Forward roll from standing - Tucked backward roll What part of our bodies are we using? - Straddle forward roll - Backward roll to straddle What part of our bodies are we using?	- Pike forward roll What muscles are we using? - Dive forward roll - Backward roll to standing pike - Pike backward roll What muscles are we using?
Lesson 2 Development of skills Vaulting	See development matters document for progression.	Straight jump off springboard Hurdle step onto springboard Tuck jump off springboard	Squat on vault Star jump off Straddle jump off Pike jump off	Squat through vault Hurdle step onto springboard Squat on vault Straddle on vault

			Straddle on vault	Star jump off Tuck jump off Straddle jump off Pike jump off
Lesson 3 Development of skills Handstands, Cartwheels and Round offs	See development matters document for progression.	Front support wheelbarrow with partner T-lever scissor kick	Handstand Lunge into handstand Cartwheel Lunge into round-off	Lunge into handstand Hurdle step Hurdle step into cartwheel Hurdle step into round-off

	EYFS	**Years 1 and 2**	**Years 3 and 4**	**Years 5 and 6**
Performance During every lesson	Progress towards a more fluent style of moving, with developing control and grace. Control my body when performing a sequence of movements.	Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control. Perform sequences of their own composition with coordination.	Develop the quality of the actions in their performances. Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy.	Perform own longer, more complex sequences in time to music. Consistently perform and apply skills and techniques with accuracy and control.

	EYFS	**Years 1 and 2**	**Years 3 and 4**	**Years 5 and 6**
Evaluate During the end of every lesson	Talk about what they have done. Talk about what others have done.	Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify their use of skills or techniques to achieve a better result	Explain why they have used particular skills or techniques, and the effect they have had on their performance. Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.

Lesson layout – This needs to be drilled in the children's and staff head of how a lesson goes.

Preparation – Warm up

Development – Learning the skills

Performance – Playing a game with the skills they have learned in that lesson.

Evaluate – What went well today?

Who is proud of what they have achieved?

What could you do next lesson?