

PE Overview – Gymnastics

	Autumn Term 1	Spring Term 1	Summer Term 1
Year 1	Travelling and Rolling	Balancing and Jumping	Equipment - ribbons
	<p><b>Make my body tense, relaxed, curled and stretched in different positions including Dish, Arch etc. Rolling, travelling, balancing and jumping in different ways with control. Climb on the equipment and off it with support in the first instance leading on to being independent.</b></p>		
Year 2	Travelling and Rolling	Balancing and Jumping	Equipment - balls
	<p><b>Show some control of basic movements. Rolling, travelling, balancing and jumping in specific movements with control. Climb on and perform movements on equipment safely.</b></p>		
Year 3	Travelling and Rolling	Balancing and Jumping	Athletics (see Athletics map)
	<p><b>Work with increasing control and strength and improving flexibility. Rolling, travelling, balancing and jumping in specific movements with increased control and precision. Mount, dismount and perform movements on equipment safely.</b></p>		
Year 4	Travelling and Rolling	Balancing and Jumping	Athletics (see Athletics map)
	<p><b>Work with control, strength and fluidity and improving flexibility. Rolling, travelling, balancing and jumping in specific movements with control and precision and changing speed and direction. Mount, dismount and perform movements on equipment safely with increasing control and balance.</b></p>		
Year 5	Travelling and Rolling	Balancing and Jumping	Athletics (see Athletics map)
	<p><b>Movements are accurate, clear and consistently controlled with improved balance, strength and flexibility. Rolling, travelling, balancing and jumping in specific movements with control and precision and changing speed and direction including a range of shapes. Mount, dismount and perform more complex movements on equipment safely with control and balance.</b></p>		
Year 6	Travelling and Rolling	Balancing and Jumping	Athletics (see Athletics map)
	<p><b>Movements are accurate, clear and consistently controlled at varying speeds with improved balance, strength and flexibility. Rolling, travelling, balancing and jumping in specific movements with control and precision. Changing speed and direction and moving seamlessly between action, balance and shapes. Mount, dismount and perform more complex movements on equipment safely at varying speeds with control and balance.</b></p>		

The 2014 national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activity
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

**EYFS** – will develop co-ordination, control and movement through being active and interactive.

**KS1** – Will develop fundamental movement skills, balance, agility and co-ordination through gymnastics in a range of increasingly challenging situations.

**KS2** - Will develop a broader range of movement skills such as flexibility, strength, control, balance and technique throughout sequences of movement. They will compare their performances with previous ones, evaluate and demonstrate improvement to achieve their personal best.