

Gymnastics

Year Group	Unit	Key Knowledge & Skills	Key Vocabulary
Nursery	High, low, over, under	<ul style="list-style-type: none"> To move in a high way and explore making high shapes To move in a low way and explore making low shapes To explore how to move safely using apparatus To explore movements and shapes in high and low ways on the apparatus To explore movements and shapes in high, low, over and under ways on the apparatus 	Shapes High Low Over Under Apparatus Transition
Reception	Moving	<ul style="list-style-type: none"> To move and make shapes using different body parts To move in a range of different directions To explore how to move using big and small movements using the apparatus To explore movements in a pair on the floor and on apparatus To explore shapes in pairs on the floor and on apparatus <p><u>ELG</u></p> <ul style="list-style-type: none"> Demonstrate strength, balance and coordination when playing 	Shapes Big Small High Low Apparatus Transition
Year 1	Body Parts	<ul style="list-style-type: none"> To explore movements and balances using the 'big' parts of our bodies on the floor and on apparatus To explore movements and balances using the 'small' parts of our bodies on the floor and on apparatus To explore movements and balances on the floor and on apparatus, using combinations of the following theme words; 'big' and 'small' with 'narrow,' 'wide' or 'curled' To explore changing the combinations of different theme words, ('big' and 'small' with 'narrow,' 'wide' or 'curled,') on different apparatus to explore adding movement combinations together to create mini sequences 	Wide Narrow Curled Big Small Interesting Linking Sequence
Year 2	Pathways	<ul style="list-style-type: none"> To explore different pathways (zig-zag), creating movements that pupils can link together To develop different pathways (zig-zag), creating movements that pupils can link together on apparatus To explore different pathways (curved), creating movements that pupils can link together To develop different pathways (curved), creating movements that pupils can link together on apparatus To create & perform own sequences 	Wide Narrow Curled Big Small Interesting Linking Travelling Sequence
Year 3	Symmetry and asymmetry	<ul style="list-style-type: none"> To explore movements and balances in a symmetrical and asymmetrical way To re-create pupils symmetrical balances on apparatus and look at how they can begin to move out of them, forming the start of a sequence To start with symmetrical balances on apparatus, moving out of them, travelling to a new piece of apparatus and completing the start and middle section of a sequence To complete and end sequences To perform completed sequences 	LinkingFlow Interesting Extension Symmetrical Asymmetrical Travelling sequence
Year 4	Bridges	<ul style="list-style-type: none"> To explore movements and balances creating bridges To re-create bridge balances on apparatus To move over and under individual bridges on apparatus To apply bridges forming the start of a sequence. To developing a sequence, using pair and individual bridges 	Control Interesting Balance Extension Bridge Levels Flow
Year 5	Counterbalance & Counter tension	<ul style="list-style-type: none"> To explore the new concept of counter balance To explore counter tension To transfer the counter balances pupils created onto apparatus To explore how to move out of counter balances and off the apparatus To apply counter balance and counter tension into developing sequences 	Levels Flow Counter Balance Counter Tension Unison Canon
Year 6	Matching & Mirroring	<ul style="list-style-type: none"> To explore the concept of matching to transfer the matching sequences onto apparatus To explore the concept of mirroring To transfer the mirroring sequences onto apparatus To combine matching and mirroring movements 	Levels Flow Matching Mirroring Unison Canon