

Gymnastics Program of Study

Year	Topic	Long Term Learning	Skills
1	Gymnastics	<ul style="list-style-type: none"> How to reframe 'I can't' into 'I haven't learned to yet! How to follow non- verbal cues How to encourage peers 	<p>Learn to name and perform the key fundamental shapes used in Gymnastics</p> <p>Catch and throw hand apparatus with accuracy. Apparatus used include bean bags and Balls</p> <p>To experiment with balancing on different parts of the body</p> <p>Gross Motor Skill assessment</p>
2	Gymnastics	<ul style="list-style-type: none"> To follow a sequence of stations in a circuit in the correct order To perform analysis on both their own behaviour and achievement of activity To begin understand short term goals and suggesting appropriate ones for their ability 	<p>Link keys shapes together to create a progression of a skill such as backward rolls etc</p> <p>To demonstrate ability to control body against gravity</p> <p>To learn the correct technique required for balance, such as spotting with eyes, extension of arms and supporting leg</p> <p>Skipping</p>
3	Gymnastics	<ul style="list-style-type: none"> Confidently provide one form of constructive criticism and one compliment regarding a peers execution of skill and therefore explore constructive feedback Observe and analyse skills looking at correct technique Using music to work with rhythm 	<p>Begin to name key bones and muscles</p> <p>Linking of skills to perform sequences</p> <p>Perform in club competition using British Gymnastics Key Steps programme in preparation for the London Youth Games</p>
4	Gymnastics	<ul style="list-style-type: none"> Begin to think about the concept of risk assessment. 'I have stopped the class because there is a risk, identify the hazard that risk poses and how we remedy it' Understanding why preparation is Key Look at the different disciplines that exist within gymnastics 	<p>Individual skill targets said to ensure each child is challenged at the appropriate Level</p> <p>Flight and rotation added to skills</p> <p>Complex balance skills such as headstands and frog balance</p>
5	Gymnastics	<ul style="list-style-type: none"> Understand what technical errors might create each type of deduction in a competition context Using the Acro discipline to focus on partner and team work A focus on spatial awareness 	<p>Routines that combine balance, flight, speed, strength and rotation</p> <p>Counter balance activities in pairs</p> <p>Transfer of floor skills to apparatus such as beam and vault.</p>
6	Gymnastics	<ul style="list-style-type: none"> Leadership of the class Lesson planning in peer groups for a section of one lesson Awareness and responsibility for body changes (body odour etc) Character preparation and expectations for secondary 	<p>As this is not a team sport it depends on individual as we remain athlete centred and adapt to ensure each child is taught at the appropriate level for them please see skill sheet for example, this this can range from Cartwheels to back somersaults and aerials .</p>

			Compete in class competition for Keys Steps Key stage 3.
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