


Caroline Haslett Primary School - PE

Topic: Gymnastics

Year 3

<p>Knowledge</p> <ul style="list-style-type: none"> • Knows how to adapt a sequence to include different levels, speeds or directions • Understands the difference between tension, relaxation and extension 	<p>Vocabulary</p> <p>Shoulder roll - sit on the floor in a straddle position. Legs held below knees and body leant over towards the shoulder on one side. Fold more tightly until they roll over their back and return to a sitting straddle position</p>
<p>Activities</p> <ul style="list-style-type: none"> • Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel • Practise an action or short sequence of movements, and improve the quality of the actions and transitions 	<p>Forward roll - starting from a standing position, crouch down, place hands shoulder wide apart, facing forward. Tuck chin to chest and place the back of their head onto the floor. Push off of the floor with legs and rotate over the head, onto their back. Press the feet onto the floor and whip the arms forward to stand up.</p> <p>Extension The act of stretching or straightening out a flexed limb.</p>
<p>Skills</p> <ul style="list-style-type: none"> • Perform a competent forward roll, rug roll, shoulder roll • Show control, accuracy and fluency of movement when performing actions on their own and with a partner • Show contrasts in speed, level and direction • Work well on their own and contribute to pair sequences 	<p>Forward roll</p> 

Gymnastics progression and assessment

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Travel and stop with some control</p> <p>Create shapes showing basic levels of stillness using different parts of their bodies</p> <p>Begin to take weight on different parts of the body</p> <p>Show actions that stretch their bodies</p> <p>Copy and link simple actions together</p>	<p>Perform basic gymnastic actions like travelling, rolling and jumping</p> <p>Manage the space safely showing good spatial awareness, mats and apparatus</p> <p>Link and repeat basic gymnastic actions and perform with control</p>	<p>Perform a variety of actions with increasing control</p> <p>Repeat accurately sequences of gymnastic actions</p> <p>Move smoothly from a position of stillness to a travelling movement</p> <p>Move smoothly from one balance to another</p> <p>Choose simple balances to perform a sequence to practise and repeat</p> <p>Perform a sequence with has a clear beginning, middle and end</p> <p>Adapt the sequence to include a partner or apparatus</p>	<p>Perform a range of rolls and balances</p> <p>Explore apparatus and mats</p> <p>Use different ways to show balance, travelling and shape</p> <p>Practise a sequence and improve the quality by improving control, accuracy and fluency</p> <p>Plan and perform a sequence showing a contrast in speed, level and direction</p> <p>Devise and perform and sequence showing a clear beginning, middle and end</p>	<p>Perform a range of rolls with control and accuracy</p> <p>Explore different combinations of apparatus and know how to utilise this equipment to enhance their movements</p> <p>Practise and refine a sequence showing quality gymnastic actions</p> <p>Begin to develop longer and more varied movement phrases with smooth links between actions</p> <p>Perform a sequence that combine speed, levels, direction and a variety of shapes</p> <p>Work within different groups and contribute a variety of different sequences</p>	<p>Perform a range of rolls including forward and backward rolls consistently</p> <p>Perform a range of actions with consistency, fluency and clarity of movement</p> <p>Make similar and contrasting shapes on the floor and apparatus working individually and with a partner</p> <p>Perform with a partner whilst maintaining the quality of performance</p> <p>Develop a longer and more varied sequence demonstrating smooth transitions between actions, shapes and balances</p> <p>Show contrasting speed, levels and directions whilst working with a partner or small group</p> <p>Increase length of sequences working with a partner showing consistency, fluency and clarity of movement</p>	<p>Perform a range of rolls showing a clear entry and exit</p> <p>Perform combination of actions that show clear differences between levels, speeds and directions, with fluency and accuracy</p> <p>Perform actions, shapes and balances clearly with excellent control, tension and extension</p> <p>Plan, perform and evaluate a sequences showing a wide range of actions which have been adapted to show varying levels, speed and direction</p> <p>Repeat a longer sequence with clear emphasis on body extension and control</p> <p>Able to change sequence from individual to group performance</p>