

Overview of Gymnastics Curriculum

Year 3

Unit M



Symmetry and Asymmetry

- Understanding of symmetry and asymmetry.
- Balancing and travelling symmetrically and asymmetrically.
- Levels of movement - high, medium and low.
- Moving smoothly from one shape to another.
- Partner work - performing matching sequences side by side.

Unit N

Pathways

- Flexible and direct pathways.
- Choosing appropriate movements for different pathways.
- Quick/slow/acceleration/deceleration.
- Change of level.

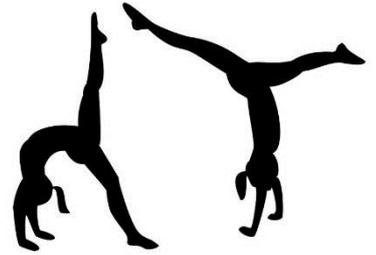
Unit O

Travelling with a change of front and change of direction

- Jump 1 foot to 2 feet.
- Jumping to change direction.
- Travelling and changing direction.
- Join together - jump with change of face, then travel in a new direction.

Year 4

Unit P



Balance

- Different body parts supporting weight.
- Balancing the right way up and upside-down.
- Different body shapes in balances.
- Joining movements together to create a sequence.

Unit Q

Receiving body weight

- Different body parts taking weight in balance and travel.
- Limbs together or apart.
- Moving smoothly from one balance to another.
- Continuity of movement in a sequence or with a partner.

Unit R

Balance leading into change of front or direction

- Establish different balances on different body parts.
- Join together to run/jump/roll or balance to change face.
- Exploration of travelling in different directions and on different levels.
- Sequence showing change of direction.

Year 5

UNIT V



Using our body parts

- Recognise and practise different ways of pushing and swinging to travel on different body parts.
- Travel into rolls in different ways.
- Push into a balanced position.
- Develop specific skills to show pushing, pulling and swinging.
- Compose both short and long sequences, both on the floor and on apparatus to include at least two different jumps and three different balances linked by rolling and travelling movements.

Unit W

Spinning and Turning

- Turning and spinning on different body parts.
- Turning and spinning around the long axis of the body.
- Turning and spinning around the side axis of the body.
- Turning and spinning around the front to back axis of the body in a sequence.

Year 6



Unit X

Matching, Mirroring and Contrasting

- Partner work - Follow my leader.
- Matching and mirroring a partner.
- Travelling and exploring shapes.
- Continuity of movement and changes of speed.
- Creating a sequence for a pair.

Unit Y

Synchronisation and Canon

- Understanding synchronisation and canon.
- Relationship of the body to the floor and apparatus.
- Different ways of travelling.
- Different directions on the floor and apparatus.
- Different parts of the body leading.
- Pathways and rhythm.
- Creating a sequence for a pair.

Unit A

Counter-balance and Counter-tension

- Pushing and pulling against the floor and apparatus to hold a balanced position.
- Pushing and pulling against a partner to create a balance.
- Different levels and shapes.
- Pushing and pulling against different body parts.
- Creating a sequence with a change of speed.