

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.

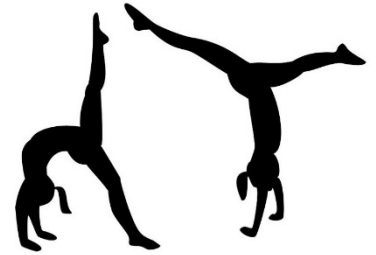
Unit O

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 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.

No second Unit - Year 5 Swimming Lessons

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.