



# Physical Education

## Gymnastics Foundation

### Unit Purpose

The unit of work will **explore** 'champion gymnastics'. Pupils will create movements and balances in **big** and **small** ways on the floor and on apparatus.

Pupils will work in pairs to **explore** creating movements and balances with a partner.

### Inspire Me

**Did you know...** the human body has over 600 muscles. Some of these muscles control big movements such as moving the arms and legs. Other muscles control small movements, like blinking.

#### Empathy

Combine big and small with wide, narrow and curled

Explore moving and making shapes on different body parts

#### Imagination

Introduction to 'small' body parts

Big and small ways of moving and making shapes

Transition to Year 1

Creating shapes in pairs

Foundation Learning Journey

#### Curiosity

Explore moving in different directions

#### Empathy

Moving in pairs

#### Self Belief

Creating shapes in pairs



### Key Success Criteria

- P** Pupils will be able to move and balance in big and small ways, applying champion gymnastics criteria, both on the floor and on apparatus.
- C** Pupils will experiment moving their bodies in a variety of ways on the floor and on apparatus.
- S** Pupils will begin to develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.
- W** Pupils will begin to show self belief as they travel with confidence, over, under and through apparatus.

### “ Vocabulary for Learning

**Champion Gymnastics:** 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.

**Shapes:** Another word for balancing. Pupils must hold a shape still.

**Big:** This means moving or balancing in ways where the body is extended as large as possible.

**Small:** This means moving or balancing in ways where the body is made as small as possible.

**High:** This means moving or balancing in ways where the body is high up away from the floor. For example jumping, hopping or skipping.

**Low:** This means moving or balancing in ways where the body is low to the floor. For example sliding, rolling or crawling.

### Sport Specific Vocabulary

**Apparatus:** The term apparatus refers to a piece of equipment that's used in gymnastics. For example a bench, vault or balance beam.

**Transition:** The term transition means to move into and out of basic movements, actions or balances.



# Physical Education

## Gymnastics Year 1

### Unit Purpose

The unit of work will **develop** pupils' ability to apply 'champion gymnastics' as they explore movements and balances on **big** and **small** body parts in **wide**, **narrow** and **curled** ways on the floor and on apparatus. Pupils will **transition** between the theme words as they link movements together developing simple sequences.

### Inspire Me

**Did you know...** Gymnastics is a sport which involves doing lots of different exercises. Gymnasts need to be strong and flexible and be able to balance with control.



### Key Success Criteria

- P** Pupils will be able to move and balance using big and small body parts in wide, narrow and curled ways, applying 'champion gymnastics' and start to link movements.
- C** Pupils will experiment moving in a variety of ways understanding the differences between each type of movement. Pupils will be creative as they link movements.
- S** Pupils will demonstrate life skills such as empathy and fairness as they work safely with each other. Pupils will support each other and share apparatus.
- W** Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.



### Vocabulary for Learning

**Champion Gymnastics:** 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.

**Wide:** This means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement.

**Narrow:** This means moving or balancing in ways where the body stretching (arms and legs) vertically away from the centre of the body. For example, a pencil jump is a narrow way of moving.

**Curled:** This means to move or balance rolling our body up tightly. A forward roll is an example of moving in a curled way.

**Big:** This means moving or balancing in ways where the body is extended as large as possible.

**Small:** This means moving or balancing in ways where the body is made as small as possible.



### Sport Specific Vocabulary

**Interesting:** This means pupils are thinking and being creative.

**Linking:** This means successfully adding two movements together so that they flow one after the other.





# Physical Education

## Gymnastics Year 2

### Unit Purpose

The unit of work will **challenge** pupils to explore different ways that they can **link** movements and balances together while travelling along a variety of pathways.

Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus while travelling along a chosen pathway.

### Inspire Me

**Beth Tweddle MBE** was the first female gymnast from Great Britain to win a medal at the European Championships, World Championships, and Olympic Games.

#### Self Motivation

Application on apparatus

Introduction to Asymmetry

Transition to Year 3

#### Evaluation

Introduction to Symmetry

Exploring zig-zag pathways

Exploring curved pathways

Year 2  
Learning  
Journey

#### Imagination

Exploring zig-zag pathways  
on apparatus

#### Empathy

Developing curved pathways  
on apparatus

#### Self Belief

Creating pathway  
sequences



### Key Success Criteria

**P** Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.

**C** Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.

**S** Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.

**W** Pupils will confidently demonstrate self belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances.

### Vocabulary for Learning

**Champion Gymnastics:** Champion refers to pupils being silent, pointing their fingers and toes and are still when they make shapes/balances.

**Linking:** This means successfully adding two movements together so that they flow one after the other.

**Flow:** This is when a gymnast moves from one action to another without stopping.

**Transition:** The term transition means to move into and out of basic movements, actions or balances.



### Sport Specific Vocabulary

**Zig-Zag:** This means a line or course having abrupt alternate right and left turns that a pupil follows as they create movements.

**Curved:** This means a line or outline which gradually deviates from being straight for some or all of its length. Pupils can follow this line as they create movements.

**Sequence:** This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.

