




KS2

PE
Gymnastics



Key Vocabulary

Movement	Rolls
Balance	Jumps
Forwards	Backwards
Symmetrical	Asymmetrical
Perform	Sequence
Apparatus	Link

 **Forest School**

Climbing trees

Blindfold – following trails (team work)

Pupils should be taught to:
Use running & jumping in isolation & in combination, develop flexibility, strength, technique, control & balance. Compare performances with previous ones & demonstrate improvement to achieve their personal best.

Movement

- Perform animal movements very slowly
- Perform skills & actions accurately
- Perform rolls very slowly

Balance

- Hold shapes – hoops & arches for 5 seconds
- Balance on 2 & 1 body points using limbs, tummy, back, bottom & shoulder
- Show symmetrical shapes
- Show asymmetrical shapes

Jumps

- Jump forwards, backwards & sideways – 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to 2 feet, 1 foot to 1 foot

Combinations

- Link together a sequence of 6 gymnastic actions
- Adapt a sequence to include a change of level, speed & direction
- Perform & repeat longer sequences
- Plan & perform a sequence with some support
- Show actions on floor & over, across, along apparatus
- End sequence with soft & strong actions

Therapy (SALT/OT)

Symbols for direction & movement

Gross motor skills programme

Physio programme

Equipment/Apparatus

Floor mats	Gym tables - round
Gym tables – rectangle	Tunnel
Benches	Ladders
Apparatus at the park	Slide

Outcomes (from the DfE PE Programme of Study)

Pupils should continue to apply & develop a broader range of skills, learning how to use them in different ways & to link them to make actions & sequences of movement. They should enjoy communicating, collaborating & competing with each other. They should develop an understanding of how to improve in different physical activities & sports & learn how to evaluate & recognise their own success.