


**Key Vocabulary**

Travelling  
Shapes  
Balance  
Jumps  
Rolls  
Performance  
Flexibility



**Gymnastics**  
PE KSI/EYFS

**Physical wellbeing**


I know how the body feels during and after exercise.

I know how to carry and move equipment safely.

**Links to other subjects:**

Science (Health and growth)

Maths (Directional language)



**Key knowledge and skills**


**Shapes and balances:**  
I know how to perform 1,2,3 and 4 point balances, standing, kneeling, pike, tuck and straddle.

**Rolls:**  
I know how to perform log roll, egg roll, teddy bear roll and forward roll.

**Jumps:**  
I know how to perform straight jump, jumping jack, tuck jump, quarter-turn jump, half-turn jump.

**Compete/perform:**  
I know how to perform and create sequences.

**Evaluate:**  
I know how to watch and describe performances.



**Links to prior learning:**


I know what a balance should look like.

**Next steps:**

Evaluating your own and other performances.


**Head**

Knowledge  
Rules




**Heart**

Effort  
Confidence  
Resilience



**Hands**


Physical ability  
Technique



**Key Vocabulary**

Travelling  
Shapes  
Balance  
Jumps  
Rolls  
Extension  
Tension  
Performance

Unison  
Cannon  
Flexibility



**Gymnastics**  
PE LKS2

**Physical wellbeing**


I know some reasons for warming up and cooling down.

I know the importance of strength and flexibility for physical activity.

**Links to other subjects:**

Science (Year 3 healthy eating)

Science (Year 4 animals including humans)



**Key knowledge and skills**


**Shapes and balances:**  
I know how to perform matching and contrasting balances, 1,2,3 and 4 point, pike, tuck straddle.

**Rolls:**  
I know how to perform a forward roll, forward roll from standing, straddle forward roll, tucked backward roll.

**Jumps:**  
I know how to perform a straddle, pike, tuck, straight jump and half-turn.

**Compete/perform:**  
I know how to perform and create sequences with fluency and expression.

**Evaluate:**  
I know how to modify skills or techniques to achieve a better performance.



**Links to prior learning:**


Evaluating your own and other performances.

**Next steps:**

Choose and use criteria to evaluate my own and others work.


**Head**

Understanding  
Responsibility




**Heart**

Respect  
Communication  
Resilience



**Hands**


Technique  
Problem solving



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Travelling  
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**Gymnastics**  
PE UKS2

**Physical wellbeing**


I know the importance of warming up and cooling down.

I know safety principles when preparing for exercise.

I know the large muscle groups within the body.

**Links to other subjects:**

Science (Year 5 Healthy living)



**Key knowledge and skills**


**Shapes and balances:**  
I know how to perform partner/counter balances and balances on apparatus.

**Rolls:**  
I know how to perform a dive forward roll, backwards roll to shape and tucked backward roll.

**Jumps:**  
I know how to perform a cat leap, stag leap split leap, straddle and pike jump.

**Compete/perform:**  
I know how to link actions to create a complex sequence performed in time.

**Evaluate:**  
I know how to evaluate my own and others work and suggest constructive improvements.



**Links to prior learning:**


Evaluating your own and others performance.

**Next steps:**

Choreograph a routine for others to perform.


**Head**

Understanding  
Analysis  
Feedback



**Heart**

Leadership  
Communication  
Resilience



**Hands**

Technique  
Problem solving

