



## Gymnastics Medium Term Plan

		<b>Subject knowledge</b>	<b>Procedural</b>	<b>Declarative</b>	<b>Experiential</b>
Year 3/4 PE Year A / B	Travelling Rolling Balance Jumping	Travel is movement using hands or feet Methods of travelling Different directions On floor or over apparatus Streamline body position Two types: static and dynamic balance. Maintain the body's centre of mass above the base of support. Ability to stay upright or stay in control of body movement. Jumping can be straight up or with distance.	I can travel in various ways: forwards, backwards and sideways. I can perform a log, egg, teddy bear, and forwards roll safely with quality I can keep a rigid body shape I can hold an individual balance, I can hold a partner (Counter, tension) balance I can maintain a balanced body position on a piece of apparatus. I can perform jumps and am able to generate power	I know names of British gymnasts: Max Whitlock Jessica and Jennifer Gadirova Joe Fraser  I know the names of gymnastics equipment: eg, mat, table, beam I know the areas of a gymnastics competition: Floor exercise, pommel horse, still rings, vault, parallel bars, horizontal bars.  I understand directional language. I understand small and large body parts as bases. I know where the centre of mass is in different positions I know that power is generated from bending the knees and use of arm swing.	



## Gymnastics Medium Term Plan

		Subject knowledge	Procedural	Declarative	Experiential
Year 5/ 6 PE Year A / B	Travelling Rolling Balance Flight	<p>Travel is movement using hands or feet</p> <p>Methods of travelling</p> <p>Different directions</p> <p>On floor or over apparatus</p> <p>Streamline body position</p> <p>Two types: static and dynamic balance.</p> <p>Maintain the body's centre of mass above the base of support.</p> <p>Ability to stay upright or stay in control of body movement.</p> <p>Flight can come from the floor or use of a spring board.</p> <p>Body positions affect quality of flight</p> <p>Streamline position creates less resistance.</p>	<p>I can travel in various ways including cartwheel.</p> <p>I can perform a log, egg, teddy bear, forwards roll safely with quality</p> <p>I can keep a rigid body shape</p> <p>I can hold an individual balance,</p> <p>I can hold a partner (Counter, tension) balance</p> <p>I can maintain a balanced body position on a piece of apparatus. (table, vault)</p> <p>I can use a footwork pattern when using springboard</p>	<p>Know names of gymnasts: Max Whitlock Jessica and Jennifer Gadirova Joe Fraser Simone Biles</p> <p>I know that Olga Korbut won 4 gold medals 2 silver at summer 1972 Olympics. Has a flip named after her: Korbut Flip</p> <p>I know the names of gymnastics equipment: eg, mat, table, vault, spring board</p> <p>I know the areas of a gymnastics competition: Floor exercise, pommel horse, still rings, vault, parallel bars, horizontal bars.</p> <p>I understand directional language.</p> <p>I understand small and large body parts as bases.</p> <p>I know where the centre of mass is in different positions</p> <p>I know that power is generated from bending the knees and use of arm swing.</p> <p>I know how to use a springboard to generate the most power.</p> <p>I know how to land after using a springboard</p>	