Freestyle Gymnastics

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).

Demonstrate the correct footwork when approaching the spring board.

Perform a safe mount and dismount Perform a shoulder roll after a safe dismount

Demonstrate some speed and control when running and jumping

Run and jump with speed, height and control

Link skills together with speed, height and control

Running and jumping

Bunny hops Using a support to help perform a WoH skill

Perform core WoH skill independently showing body tension and control

Link to other core skills showing body tension, control and fluency Perform advanced WoH skill independently showing body tension and control

Weight on hands

Demosntrate the dive forward roll progression

Perform the somersault progression on two mats

Perform the somersault off a spring board and one crash mat

Somersault without a spring board

Somersault off a cube box onto a crash mat

Somersaults

Skills in isolation

Set routine based on ability

Show tension, control and fluency

Incorprate own moves or create own routine

Add in speed, height and obstacles

Linking Skills

Freestyle Gymnastics

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Running and jumping - What is a safety vault? - How do land for a safety vault? - What is a precision jump? - Which part of our foot lands for a precision jump? - How do we place our foot and knee before a shoulder roll? - What position do we place our hands in for the shoulder roll?	Weight on hands/vaulting - Which part of our body contacts the box first for a speed vault? - Where do we place our legs for a speed vault? - Which parts of our body touch the box for a barrel vault? - Where on the box do we place our hands for a Dash vault? - Which part of our body hits the box at the end of a Dash vault? - Where do we place our hands for a Kong vault? - How wide do we spread our hand placement on the box?	Advanced Skill - Which part of our foot pushes off the wall for a Tic Tac? - If our right foot pushes off the wall, which hand reaches for the box? - When performing a step barrel roll, which side of the box should we place our right foot? - In what position do we place our hands for a Wall Spin? - How do our hands change position for a Wall Spin? - What shape do we keep our legs and feet to speed up the Wall Spin? - Which part of our feet land on the box for a 180 Wall Spin progression?	
Somersaults - What shape should we take during flight for a dive forward roll? - What position do we place our hands in and why? - Which direction do we want to travel for a somersault, why? - Which direction do we move our arms for a somersault? - How do we position our knees and why? - What position do we keep our head and why?	Linking skills together - What is a safety vault? - What is a precision jump? - What are the 4 types of WOH vault? - What are the advanced skills? - How do you perform a somersault/ dive forward roll?	Key terminology - Precision - Safety - Shoulder - Control - Fluency - Speed dash - Barrel - Kong - Tic Tac - Wall spin, wall run - Somersault - Routine	

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