Gymnastics

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

Using a support to help perform a roll

Rolling independently showing body tension and control

Link to other core skills showing body tension, control and fluency

Rolling

Balance for limited time with some control

Balance independently and/or others with good body tension and control.

Balance on the beam showing body tension and control

Linking to other core skills showing body tension, control and fluency

Balancing

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

In isolation show corect foot pattern for mount and safe landning for dismount

Squat and straddle on vault, showing safe and controlled mount and dismount Straddle over and squat through vault, showing safe and controlled mount and dismount

Handspring progressions, showing control and body tension

Handspring successfully showing control and body tension

Vaulting

Skills in isolation

Set routine based on ability

Show tension, control and fluency Incorprate own moves or create own routine

Add in unison, cannon, level, direction and shape

Floor routine

Forward / Back wards roll

Progressions using mats/boxes

Somersault with teacher support

Independently perform a somersault. Teacher there to support if needed

Link somersault with other skills

Rotation

Gymnastics

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).			
Body tension and control	<u>Balances</u>	Rolling	Weight on Hands
- What is body tension?	- What is a balance?	- What is a roll?	- What is a weight on hands
- What is control?	- How long should a balance	- Identify the	skill?
- What is fluency	be held for?	basic/advanced rolls.	- Give an example of a weight
- What is a routine?	- What is a point and patch	- When would a roll be	on hands skill.
- Identify the basic skills in	balance?	used in a sequence?	- How do you perform weight
gymnastics.	- Identify some of the	- How do you demonstrate	on hands skills with control
- How is gymnastics	different balances.	body tension and control	and good body tension?
assessed/graded?	- How do you demonstrate	when rolling?	,
	body tension and control		
	when balancing?		
	- What is a counter balance?		
>/ It'		_	_
<u>Vaulting</u>	Floor routines	<u>Rotation</u>	Key terminology
Vaulting - What is vaulting?	Floor routines - What are floor routines?	Rotation - What are skills involving	Key terminology - Control
- What is vaulting?	- What are floor routines?	- What are skills involving	- Control
- What is vaulting? - What are the different types of	- What are floor routines? - What are the main floor	What are skills involving rotation?	ControlBody tension
What is vaulting?What are the different types of vault skills?	What are floor routines?What are the main floor skills?	What are skills involving rotation?Where do you look?	ControlBody tensionFluency
 What is vaulting? What are the different types of vault skills? How do you perform a safe 	What are floor routines?What are the main floor skills?How would you demonstrate fluency?	What are skills involving rotation?Where do you look?Where do you place your	ControlBody tensionFluencyVision
 What is vaulting? What are the different types of vault skills? How do you perform a safe take off and mount when 	 What are floor routines? What are the main floor skills? How would you demonstrate fluency? How do you demonstrate 	What are skills involving rotation?Where do you look?Where do you place your arms?	ControlBody tensionFluencyVisionRoutine
 What is vaulting? What are the different types of vault skills? How do you perform a safe take off and mount when vaulting? 	What are floor routines?What are the main floor skills?How would you demonstrate fluency?	 - What are skills involving rotation? - Where do you look? - Where do you place your arms? - At what point do you 	ControlBody tensionFluencyVisionRoutineShapes
 What is vaulting? What are the different types of vault skills? How do you perform a safe take off and mount when vaulting? What does a safe dismount 	 What are floor routines? What are the main floor skills? How would you demonstrate fluency? How do you demonstrate body tension and control? 	 What are skills involving rotation? Where do you look? Where do you place your arms? At what point do you release from tuck 	 Control Body tension Fluency Vision Routine Shapes Twists
 What is vaulting? What are the different types of vault skills? How do you perform a safe take off and mount when vaulting? What does a safe dismount 	 What are floor routines? What are the main floor skills? How would you demonstrate fluency? How do you demonstrate body tension and control? What do 'unison' and 	 What are skills involving rotation? Where do you look? Where do you place your arms? At what point do you release from tuck 	 Control Body tension Fluency Vision Routine Shapes Twists Rotation
 What is vaulting? What are the different types of vault skills? How do you perform a safe take off and mount when vaulting? What does a safe dismount 	 What are floor routines? What are the main floor skills? How would you demonstrate fluency? How do you demonstrate body tension and control? What do 'unison' and 'cannon' mean? 	 What are skills involving rotation? Where do you look? Where do you place your arms? At what point do you release from tuck 	 Control Body tension Fluency Vision Routine Shapes Twists Rotation Unison