



PE Gymnastics Curriculum Sequence of Knowledge and Skills

		Autumn Term	Spring Term	Summer Term
EYFS	Topic		Spring 2: Gymnastics (rolling and balancing)	Summer 2: Gymnastics (using equipment)
	Links to Prior Learning			Spring 2
	Knowledge		<p><u>Balances</u>: know that I should be still when holding a balance.</p> <p><u>Rolls</u>: know that I can change my body shape to help me to roll.</p> <p><u>Strategy</u>: know that if I hold a shape and count to five people will see it clearly</p>	<p><u>Shapes</u>: understand that I can make different shapes with my body.</p> <p><u>Jumps</u>: know that bending my knees will help me to land safely</p> <p><u>Strategy</u>: know that if I hold a shape and count to five people will see it clearly</p>
	Skills		<p><u>Balances</u>: explore shapes in stillness using different parts of my body.</p> <p><u>Rolls</u>: explore rocking and rolling</p>	<p><u>Shapes</u>: show contrast with my body including wide/narrow, straight/curved.</p> <p><u>Jumps</u>: explore jumping safely.</p>
	Key Vocabulary		travel squeeze still straight over rock hold balance bend	travel star straight land copy jump around balance
Year 1	Topic		Spring 1 and Spring 2 Gymnastics	
	Links to Prior Learning		Spring 2 and Summer 2 (Foundation stage)	
	Knowledge		<p><u>Balances</u>: know that balances should be held for 5 seconds.</p> <p><u>Rolls</u>: know that I can use different shapes to roll.</p> <p><u>Shapes</u>: understand that I can improve my shapes by extending parts of my body.</p> <p><u>Jumps</u>: know that landing on the balls of my feet helps me to land with control.</p> <p><u>Strategy</u>: know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended.</p>	
Skills		<p><u>Balances</u>: perform balances making my body tense, stretched and curled.</p> <p><u>Rolls</u>: explore barrel, straight and forward roll progressions.</p>		



			<p><u>Shapes</u>: explore basic shapes straight, tuck, straddle, pike. <u>Jumps</u>: explore shape jumps including jumping off low apparatus.</p>	
	Key Vocabulary		<p>action control direction level speed</p>	
Year 2	Topic		Moving and balancing (Spring 2)	
	Links to Prior Learning		Gymnastics (Year 1)	
	Knowledge		<p><u>Shapes</u>: know that some shapes link well together. <u>Balances</u>: understand that squeezing my muscles helps me to balance. <u>Rolls</u>: understand that there are different teaching points for different rolls. <u>Jumps</u>: understand that looking forward will help me to land with control. <u>Strategy</u>: know that if I use shapes that link well together it will help my sequence to flow</p>	
	Skills		<p><u>Shapes</u>: explore using shapes in different gymnastic balances. <u>Balances</u>: remember, repeat and link combinations of gymnastic balances. <u>Rolls</u>: explore barrel, straight and forward roll and put into sequence work. <u>Jumps</u>: explore shape jumps and take off combinations.</p>	
	Key Vocabulary		<p>link pathway pike sequence straddle tuck</p>	