



Unit: Gymnastics

Learning Outcomes



Primary Steps in PE

Balance		
AP 1	F2	Show stillness in static shapes
AP 2	Y1	Show stillness and tension in static shapes
	Y2	Show tension and stillness in a wide variety of shapes
AP 3	Y3	Show creativity when performing effective balances
	Y4	Demonstrate good technique when balancing independently/using a partner/ apparatus
AP 4	Y5	Demonstrate creativity and good technique when balancing using a partner and apparatus
	Y6	Know the importance of core strength when balancing

Travelling		
AP 1	F2	Travel with control in a variety of ways
AP 2	Y1	Know principles of effective gymnastic movements
	Y2	Show tension and control in gymnastic movements
AP 3	Y3	Move with fluency and control when moving
	Y4	Move with fluency and control when moving at different levels
AP 4	Y5	Demonstrate change of speed, levels and direction whilst moving with control
	Y6	Show creativity and control in movements.

Rolls		
AP1	F2	Explore rolling as a way of travelling
AP 2	Y1	Know and describe effective rolling technique Roll with control
	Y2	Demonstrate control in a variety of sideways rolls (log, egg, teddy bear, sideroll)
AP 3	Y3	Demonstrate control in a variety of sideways and forward rolls (log, egg, teddy bear, sideroll, forward roll)
	Y4	Show control when rolling in all directions
AP 4	Y5	Show high levels of control when rolling
	Y6	Adapt rolls creatively

Leaping and Jumping		
AP 1	F2	Jump and land safely
AP 2	Y1	Demonstrate effective jumping and landing technique
	Y2	Jump effectively in a variety of ways
AP 3	Y3	Change shape and direction whilst jumping
	Y4	Perform a variety of jumps and leaps with control
AP 4	Y5	Demonstrate power and control when leaping and jumping
	Y6	Show flair and creativity in leaps and jumps



Primary Steps in PE

Sequencing		
AP 1	F2	Link 3 elements together and remember a sequence
AP 2	Y1	Perform a sequence using tension, control and balance (5 parts)
	Y2	Perform a sequence using balances, rolls, jumps (7 parts)
AP 3	Y3	Create and perform a sequence using complex movements and balances with fluency (9 parts)
	Y4	Show creativity when creating a complex sequence (11 parts)
AP 4	Y5	Use a large floor space to perform an effective sequence (13 parts)
	Y6	Perform a sequence with high levels of tension, control and fluency (13 parts)

Adaptations and Feedback		
AP 1	F2	Identify good work and say why you like it
AP 2	E	Identify effective gymnastics and suggest improvements
	D	Identify effective gymnastics and communicate improvements with encouragement
AP 3	E	Adapt sequences according to challenges
	D	Demonstrate self awareness and self reflection
AP 4	E	Adapt sequence to different stimuli
	D	Show elements of leadership and decision making