

Subject

Theme








PE

Gymnastics

British
Gymnastics



Hurst Hill Primary School
Learning Together

	<u>EYFS</u>	<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<u>Key skills</u>	Shapes, balances, jumps, rocking, rolling, travelling	Travelling, shapes, balances, shape jumps, take-off and landing, barrel roll, straight roll, introduction to a forwards roll.	Shapes, balances, shape jumps, travelling movements, take-off and landing, straight roll, forwards roll.	Individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics using a hoop.	Individual and partner balances, jumps using rotation, straight roll, forward roll, straddle roll, bridge, shoulder stand.	Symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand, handstand.	Straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, and vault.
<u>Key vocabulary</u>	Shape Move Travel 	Travelling Shape Jump Roll 	Movements Take-off Landing 	Point and patch balances Rhythmic 	Partner balances Rotation Bridge Shoulder stand 	Symmetrical Asymmetrical Cartwheel 	Straddle Counter balance Counter tension Vault 
<u>Significant athletes</u>	Simone Biles — American gymnast	Beth Tweddle — first female British gymnast to win a medal at the Europeans.	Louis Smith — British gymnast	Max Whitlock — pommel horse specialist for GB	Elissa Downie — artistic gymnast for GB	Peter Vidmar — American gymnast	Phillip Boy — German gymnast
<u>Real world events</u>	<p>March — gymnastics world cup</p> <p>July — Trampoline, Tumbling and DMT championships</p> <p>April — British Gymnastics Championships</p>						