

## Birchwood Physical Education Curriculum Map: Gymnastics



Year Group	Substantive Knowledge	Disciplinary Knowledge	Vocabulary	Resources
<b>Reception – autumn 1</b>	<b>Autumn 1</b> -Know that warm up and cool down are important for our bodies. - Know that exercise is important to maintain a healthy lifestyle. -Know that healthy is a good thing to be. -Know a movement is made with your body -Know that tiptoes is when you walk using only your toes. -Know speed is how fast or slow you move. -Know a starfish is a movement when you stretch out arms and legs wide. -Know heights vary. -Know what a statue is. -Know floppy is different to a statue.	<b>Autumn 1</b> -Explain how we always do a warm up before exercising and how we always do a cool down after exercising. -Discus how exercise is an important feature of maintaining a healthy lifestyle. - Copy different movements modelled by an adult.(crouching down low, standing up tall, making themselves big, small, fast and slow) - Introduce walking on tiptoes. -Follow instructions to move at different speeds. -Perform starfish's as modelled by teacher (move on to crabs, seahorses and fish) -Introduce different heights and moving when using different heights. -Discuss statues and how they are made by not moving. -Make statues with bodies. -Carry out floppy shapes, and discuss how they differ from statues.	Warm up, cool down, exercise, healthy, movement, copy, tall, low, crouch, big, fast, slow, tiptoes, speed, stretch, height, statue, floppy.	1 – Healthy movers 1 –We are brilliant 2 -Healthy movers 2 – Pop the Bubbles 3 Healthy Movers 3 – Deep Blue Sea 4 – Healthy Movers 4 – Pick up packets.  mats
<b>Reception – autumn 2</b>	<b>Autumn 2</b> -Know that warm up and cool down are important for our bodies. - Know that exercise is important to maintain a healthy lifestyle. -Know that healthy is a good thing to be. -Know what a jump looks like. Know what a hop looks like Know that jumps and hops can allow you to move. -Know jumps can be used to dismount equipment. -Know what a balance is. -Know what a roll is.	<b>Autumn 2</b> -Explain how we always do a warm up before exercising and how we always do a cool down after exercising. -Discus how exercise is an important feature of maintaining a healthy lifestyle. -Be able to identify a jump. -Be able to identify a hop. -Understand how a jump or hop can move you from one place to another. -Use a jump to get off of equipment. -Be able to balance on one leg. -Use equipment to balance on. -Learn a roll and demonstrate it to a group.	Warm up, cool down, exercise, healthy, jump, hop, move, equipment, balance, roll.	Mats, large equipment, benches.

<p><b>Year 1</b></p>	<p><b>Autumn 2</b></p> <ul style="list-style-type: none"> <li>- Know that we stretch to warm up.</li> <li>- Know how to travel around a space in different ways (walk, jog, gallop, skipping, sidestep, hopping)</li> <li>- Know how to perform leaps and two footed jumps.</li> <li>- Know that balancing is remaining in a steady position.</li> <li>- Know that jumps involve pushing yourself upwards.</li> <li>- I know how to land and take off safely using bended knees.</li> <li>- I know how to effectively join movements together to create a short, simple sequence.</li> </ul> <p><b>Spring 1</b></p> <ul style="list-style-type: none"> <li>- Know how to roll in a variety of ways (log roll, pencil roll, egg roll, teddy bear roll).</li> <li>- Know and understand how to perform each of the actions effectively and safely.</li> <li>- I know that a sequence is two or more movements or balances once after each other to create a pattern.</li> </ul> <p><b>Spring 2</b></p> <ul style="list-style-type: none"> <li>- Know that coordination involves moving different parts of the body together smoothly and effectively.</li> <li>- Know how to perform actions effectively and safely incorporating equipment.</li> <li>- Know how to use something to keep me from falling over. I can counteract my body weight when I start to fall.</li> <li>- Know that a sequence is two or more movements or balances once after each other to create a pattern.</li> </ul>	<p><b>Autumn 2</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Carry out simple stretches (lunges and arm stretches) to warm up.</li> <li>- Describe how the body feels before, during and after exercise.</li> <li>- Recognise and copy contrasting actions (small/tall, narrow/wide).</li> <li>- Travel in different ways, changing direction (walk, jog, gallop, skipping, sidestep, hopping).</li> <li>- Perform leaps and two-foot jumps.</li> <li>- Create individual balances using: pike, tuck, star, straight and straddle shapes.</li> <li>- Extend arms and legs in a balance.</li> </ul> <p><u>Perform</u></p> <ul style="list-style-type: none"> <li>- Create and perform an individual movement sequence including balances and travelling.</li> <li>- Perform using a range of actions and body parts with some coordination.</li> </ul> <p><b>Spring 1</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Rehearse travel in different ways, changing direction (walk, jog, gallop, skipping, sidestep, hopping).</li> <li>- Refine leaps and two-foot jumps.</li> <li>- Create individual balances using: pike, tuck, star, straight and straddle shapes.</li> <li>- Extend arms and legs in a balance.</li> <li>- Roll in a variety of ways (log roll, pencil roll, egg roll, teddy bear roll).</li> </ul> <p><u>Perform</u></p> <ul style="list-style-type: none"> <li>- Combine rolls, balances, jumps and travelling to create an individual movement sequence.</li> <li>- Perform using a range of actions and body parts with fluency between movements.</li> </ul> <p><b>Spring 2</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Perform leaps and two-foot jumps from a bench.</li> <li>- Create individual balances using: pike, tuck, star, straight and straddle shapes on a bench.</li> </ul> <p><u>Perform</u></p> <ul style="list-style-type: none"> <li>- Combine rolls, balances, jumps and travelling to create a paired, synchronised movement sequence.</li> <li>- Perform using a range of actions synchronising with a partner.</li> <li>- Hold shapes shown to me for 3 seconds without falling over</li> </ul>	<p>Direction, sequence, stretch, balance, extension, walk, jog, gallop, skipping, sidestep, hopping, pike, tuck, star, straight and straddle</p> <p>Direction, sequence, stretch, balance, extension, walk, jog, gallop, skipping, sidestep, hopping, pike, tuck, star, straight and straddle, log roll, pencil roll, egg roll, teddy bear roll.</p> <p>Direction, sequence, stretch, balance, extension, walk, jog, gallop, skipping, sidestep, hopping, pike, tuck, star, straight and straddle, log roll, pencil roll, egg roll, teddy bear roll, synchronised.</p>	<p>Mats, balance cards by Val Sabin (balance F )  <a href="https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf">https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf</a></p> <p>Mats, balance cards and videos</p> <p>Mats, benches, balance cards and videos</p>
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<p><b>Year 2</b></p>	<p><b>Autumn 2</b></p> <ul style="list-style-type: none"> <li>- Know how to perform front and back support balances.</li> <li>- Know how to perform safely: straddle jump, pike jump and half turn jump.</li> </ul> <p><b>Spring 2</b></p> <ul style="list-style-type: none"> <li>- Know how to perform front and back support balances.</li> <li>- Know how to perform safely: straddle jump, pike jump and half turn jump.</li> <li>- I know when I roll, I need to protect my head and I roll down each vertebrae in my spine.</li> <li>- Know what my core is and its purpose within my body.</li> </ul> <p><b>Summer 2</b></p> <ul style="list-style-type: none"> <li>- Know how to safely complete a headstand by positioning hands and head into a triangle shape.</li> <li>- Know that the core is used to support a stable headstand.</li> </ul>	<p><b>Autumn 2</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Create individual balances: cup, arch, front and back support balances (and other balances shown on the resource sheet).</li> <li>- Begin to tense my core to support a successful balance by identifying where their core is and how to tense.</li> <li>- Balances on apparatus (benches and agility tables).</li> <li>- Hold a still shape whilst balancing on different points of the body.</li> <li>- Travel in a variety of ways taught in Year 1 with control.</li> <li>- Jump with control and balance using a: straddle jump, pike jump and half turn jump.</li> <li>- Jump with control and balance from an agility table using a: straddle jump, pike jump and half turn jump.</li> </ul> <p><u>Perform</u></p> <ul style="list-style-type: none"> <li>- Copy, explore and remember actions and movements to create their own sequence including taught balances, jumps and travels.</li> <li>- Link all known movements fluidly. e.g. without a pause.</li> </ul> <p><b>Spring 2</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Create individual balances: cup, arch, front and back support balances (and other balances shown on the resource sheet).</li> <li>- Jump with control and balance using a: straddle jump, pike jump and half turn jump.</li> <li>- Perform rocking for forwards roll.</li> <li>- Practise crouched forward roll.</li> <li>- Perform a forward roll.</li> </ul> <p><u>Perform</u></p> <ul style="list-style-type: none"> <li>- Copy, explore and remember actions and movements to create their own sequence including taught rolls, balances, jumps and travels.</li> <li>- Link all known movements fluidly. e.g. without a pause.</li> </ul> <p><b>Summer 2</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Refine forward rolls and other rolls taught in Year 1 (log roll, pencil roll, egg roll, teddy bear roll).</li> <li>- Jump with control and balance using a: straddle jump, pike jump and half turn jump.</li> </ul> <p><u>Perform</u></p> <ul style="list-style-type: none"> <li>- Copy, explore and remember actions and movements to create their own sequence including taught rolls, balances, jumps and travels.</li> <li>- Create sequences with changes in levels and directions.</li> </ul>	<p>Straddle jump, pike jump and half turn jump, balance, sequence.</p> <p>Straddle jump, pike jump and half turn jump, balance, sequence, forward roll.</p> <p>straddle jump, pike jump and half turn jump, balance, sequence, forward roll.</p>	<p>Mats, agility tables, balance cards by Val Sabin (all balances p4) <a href="https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf">https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf</a></p> <p>Mats, agility tables, balance cards by Val Sabin (all balances p4) <a href="https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf">https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf</a></p> <p>Mats, agility tables, balance cards by Val Sabin (all balances p4) <a href="https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf">https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf</a></p>
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<p><b>Year 3</b></p>	<p><b>Autumn 2/Spring 2</b></p> <ul style="list-style-type: none"> <li>- Recognise and describe the effects of exercise on the body.</li> <li>- Explain why it is important to warm up and cool down</li> <li>- Know how to perform t-lever balance.</li> <li>- Know how to perform safely: counter tension balances in pairs.</li> <li>- Know how to give feedback to a peer or group in a polite and constructive manner.</li> </ul> <p><b>Spring 1/Summer 1</b></p> <ul style="list-style-type: none"> <li>- Recognise and describe the effects of exercise on the body.</li> <li>- Explain why it is important to warm up and cool down</li> <li>- Know how to perform forward roll from standing.</li> <li>- Know how to perform safely: jumps with turns.</li> <li>- Know how to give feedback to a peer or group in a polite and constructive manner.</li> </ul>	<p><b>Autumn 2/Spring 2</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Show flexibility in movements.</li> <li>- T-Lever balance</li> <li>- Practise counter tension balances in pairs (from the resource sheet).</li> </ul> <p><u>Perform and Evaluate</u></p> <ul style="list-style-type: none"> <li>- Link combinations of actions with increasing confidence, including changes of direction, speed or level.</li> <li>- Watch, describe and evaluate the effectiveness of a performance.</li> </ul> <p><b>Spring 1/Summer 1</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Show an increase in flexibility in movements.</li> <li>- Forward roll from standing</li> <li>- Chassis steps (travelling)</li> <li>- Tuck jump with half turn</li> <li>- Straddle jump with half turn</li> <li>- Pike jump with half turn</li> <li>- Straight jump with full turn</li> </ul> <p><u>Perform and Evaluate</u></p> <ul style="list-style-type: none"> <li>- Choose ideas to compose a movement sequence independently and with others.</li> <li>- Link combinations of actions with increasing confidence, including changes of direction, speed or level.</li> <li>- Watch, describe and evaluate the effectiveness of a performance.</li> <li>- Describe how their performance has improved over time.</li> </ul>	<p>Flexibility, t-lever balance, forward roll, chassis steps, counter tension, tuck jump, straddle jump, pike jump, half turn</p> <p>Flexibility, forward roll from standing, chassis steps, tuck jump, straddle jump, pike jump, half turn, full turn.</p>	<p>Mats, balance cards (Val Sabin) (all balances p41)  <a href="https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf">https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf</a></p> <p>Mats</p>
<p><b>Year 4</b></p>	<p><b>Autumn 1</b></p> <ul style="list-style-type: none"> <li>- Describe how the body reacts at different times and how this affects performance.</li> <li>- Explain why exercise is good for your health.</li> <li>- Know some reasons for warming up and cooling down.</li> <li>- Know how to perform a counter tension balances with a partner on different equipment.</li> <li>- Know how to perform a pivot.</li> <li>- Know how to perform a cat leap.</li> </ul>	<p><b>Autumn 1</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Create counter tension balances in pairs with increasing control on benches and agility tables (from the resource sheet).</li> <li>- Complete balances at range of levels (floor/on equipment etc).</li> <li>- Pivot when travelling.</li> <li>- Cat leap</li> </ul> <p><u>Perform and Evaluate</u></p> <ul style="list-style-type: none"> <li>- Show flexibility and fluidity in movements.</li> <li>- Use the placement and alignment of body parts in balances; core to maintain balance and arms for balance and finesse.</li> <li>- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</li> <li>- Modify their use of skills or techniques to achieve a better result.</li> </ul>	<p>Counter tension balances, pivot, cat leap, flexibility.</p>	<p>Mats, benches, agility tables, wall bars, A frame, balance cards (Val Sabin) (all balances p41)  <a href="https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf">https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf</a></p>

	<p><b>Spring 1</b></p> <ul style="list-style-type: none"> <li>- Describe how the body reacts at different times and how this affects performance.</li> <li>- Explain why exercise is good for your health.</li> <li>- Know some reasons for warming up and cooling down.</li> <li>- Know how to perform a tucked backwards roll.</li> <li>- Know how to perform a handstand safely.</li> </ul> <p><b>Summer 1</b></p> <ul style="list-style-type: none"> <li>- Describe how the body reacts at different times and how this affects performance.</li> <li>- Explain why exercise is good for your health.</li> <li>- Know some reasons for warming up and cooling down.</li> <li>- Understand placement and aligning body parts in balances; core to maintain balance and arms for balance and finesse.</li> <li>- Know the importance developing strength, technique and flexibility.</li> </ul>	<p><b>Spring 1</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Tucked backward roll</li> <li>- Complete a handstand safely</li> </ul> <p><u>Perform and Evaluate</u></p> <ul style="list-style-type: none"> <li>- Show flexibility and fluidity in movements.</li> <li>- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</li> <li>- Modify their use of skills or techniques to achieve a better result.</li> </ul> <p><b>Summer 1</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Perform more complex sequences using different heights and apparatus.</li> <li>- Travel in different ways, including using flight.</li> <li>- Improve the placement and alignment of body parts in balances; core to maintain balance and arms for balance and finesse. .</li> <li>- Combine equipment with movement to create sequences.</li> </ul> <p><u>Perform and Evaluate</u></p> <ul style="list-style-type: none"> <li>- Develop strength, technique and flexibility throughout performances.</li> <li>- Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</li> <li>- Modify their use of skills or techniques to achieve a better result.</li> </ul>	<p>Tucked backwards roll, handstand.</p> <p>Flight, sequence, balance, finesse.</p>	<p>Mats.</p> <p>Mats, benches, agility tables, wall bars, A frame,</p>
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<b>Year 5</b>	<b>Autumn 2</b>	<p><b>Autumn 2</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Practise supporting a partner to hold a balance (pg. 75) (from the resource sheet).</li> <li>- Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance.</li> </ul> <p><u>Perform and Evaluate</u></p> <ul style="list-style-type: none"> <li>- Perform a range of travelling linking actions within a sequence.</li> <li>- Perform jumps, shapes and balances fluently and with control.</li> <li>- Develop strength, techniques and flexibility throughout performances.</li> <li>- Combine equipment with movement to create sequences.</li> <li>- Explain why they have used particular skills or techniques, and the effect they have had on their and others performance.</li> </ul>	Supporting partner balance, centre of gravity.	Mats, benches, balance cards (Val Sabin) (all balances p75) <a href="https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf">https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf</a>
	<b>Spring 1</b>	<p><b>Spring 1</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Split leap</li> <li>- Straddle forward roll.</li> </ul> <p><u>Perform and Evaluate</u></p> <ul style="list-style-type: none"> <li>- Perform a range of travelling linking actions within a sequence.</li> <li>- Perform jumps, shapes and balances fluently and with control (including a backwards roll).</li> <li>- Develop strength, techniques and flexibility throughout performances.</li> <li>- Combine equipment with movement to create sequences.</li> <li>- Explain why they have used particular skills or techniques, and the effect they have had on their and others performance.</li> </ul>	Split leap, Straddle forward roll.	Mats Video for split leap <a href="https://www.youtube-nocookie.com/embed/FPlqtIaiSUU?playlist=FPlqtIaiSUU&amp;autoplay=1&amp;iv_load_policy=3&amp;loop=1&amp;modestbranding=1&amp;start=">https://www.youtube-nocookie.com/embed/FPlqtIaiSUU?playlist=FPlqtIaiSUU&amp;autoplay=1&amp;iv_load_policy=3&amp;loop=1&amp;modestbranding=1&amp;start=</a> Video for straddle forward roll <a href="https://www.youtube-nocookie.com/embed/xOfRrgXtxS4?playlist=xOfRrgXtxS4&amp;autoplay=1&amp;iv_load_policy=3&amp;loop=1&amp;modestbranding=1&amp;start=">https://www.youtube-nocookie.com/embed/xOfRrgXtxS4?playlist=xOfRrgXtxS4&amp;autoplay=1&amp;iv_load_policy=3&amp;loop=1&amp;modestbranding=1&amp;start=</a>
	<b>Summer 1</b>	<p><b>Summer 1</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Lunge into cartwheel</li> <li>- Complete a cartwheel safely</li> </ul> <p><u>Perform and Evaluate</u></p> <ul style="list-style-type: none"> <li>- Perform a range of travelling linking actions within a sequence.</li> <li>- Perform jumps, shapes and balances fluently and with control.</li> <li>- Develop strength, techniques and flexibility throughout performances.</li> <li>- Combine equipment with movement to create sequences.</li> <li>- Explain why they have used particular skills or techniques, and the effect they have had on their and others performance.</li> </ul>	Lunge, cartwheel.	Mats Video for lunge cartwheel <a href="https://www.youtube.com/watch?v=iDocDKTqPo">https://www.youtube.com/watch?v=iDocDKTqPo</a>

<p><b>Year 6</b></p>	<p><b>Spring 1</b></p> <ul style="list-style-type: none"> <li>- Understand the importance of warming up and cooling down.</li> <li>- Carry out warm-ups and cool-downs safely and effectively.</li> <li>- Understand why exercise is good for health, fitness and wellbeing.</li> <li>- Know ways they can be healthier.</li> <li>- Know how to perform threes taking the weight of a partner balance.</li> </ul> <p><b>Spring 2</b></p> <ul style="list-style-type: none"> <li>- Understand the importance of warming up and cooling down.</li> <li>- Carry out warm-ups and cool-downs safely and effectively.</li> <li>- Understand why exercise is good for health, fitness and wellbeing.</li> <li>- Know ways they can be healthier.</li> <li>- Know how to perform pike forward roll.</li> <li>- Know how to perform straddle backwards roll.</li> <li>- Know how to perform stag leap.</li> </ul> <p><b>Summer 1</b></p> <ul style="list-style-type: none"> <li>- Understand the importance of warming up and cooling down.</li> <li>- Carry out warm-ups and cool-downs safely and effectively.</li> <li>- Understand why exercise is good for health, fitness and wellbeing.</li> <li>- Know ways they can be healthier.</li> <li>- Know how to perform a hurdle into cartwheel.</li> <li>- Know how to perform a round-off.</li> </ul>	<p><b>Spring 1</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Practise threes taking the weight of a partner balance (pg. 119) (from the resource sheet).</li> <li>- Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance (in groups).</li> <li>- Perform a range of balances in a sequence (e.g. <a href="https://www.youtube.com/watch?v=hvxefm0Qjk">https://www.youtube.com/watch?v=hvxefm0Qjk</a>)</li> </ul> <p><u>Perform and Evaluate</u></p> <ul style="list-style-type: none"> <li>- Develop strength technique and flexibility, throughout performances.</li> <li>- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</li> </ul> <p><b>Spring 2</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Pike forward roll</li> <li>- Explore a straddle backwards roll.</li> <li>- Stag leap</li> <li>- Combine a series of jumps with control.</li> </ul> <p><u>Perform and Evaluate</u></p> <ul style="list-style-type: none"> <li>- Develop strength technique and flexibility, throughout performances.</li> <li>- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</li> </ul> <p><b>Summer 1</b></p> <p><u>Acquiring and Developing Skills in Gymnastics</u></p> <ul style="list-style-type: none"> <li>- Hurdle into a cartwheel</li> <li>- Complete a round-off</li> </ul> <p><u>Perform and Evaluate</u></p> <ul style="list-style-type: none"> <li>- Develop strength technique and flexibility, throughout performances.</li> <li>- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</li> </ul>	<p>Threes taking the weight of a partner balance, centre of gravity.</p> <p>Pike forward roll, straddle backwards roll, stag leap.</p> <p>Hurdle, cartwheel, round-off</p>	<p>Mats, benches, agility tables, wall bars, beams, A frames, balance cards (Val Sabin) (all balances p119)  <a href="https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf">https://www.valsabinpublications.com/vsp/wp-content/uploads/2017/11/gym-cards-sample-pages.pdf</a></p> <p>Mats  Video for pike forward roll  <a href="https://www.youtube.com/watch?v=8W5UC115DpQ">https://www.youtube.com/watch?v=8W5UC115DpQ</a></p> <p>Video for straddle backwards roll  <a href="https://www.youtube.com/watch?v=vDu4XbUG7j4">https://www.youtube.com/watch?v=vDu4XbUG7j4</a></p> <p>Video for stag leap (2mins)  <a href="https://www.youtube.com/watch?v=xPiKOj6SO-4">https://www.youtube.com/watch?v=xPiKOj6SO-4</a></p> <p>Mats  Video for hurdle into cartwheel  <a href="https://www.youtube.com/watch?v=t_KSIADcxl">https://www.youtube.com/watch?v=t_KSIADcxl</a></p> <p>Video for round-off (from 1min 20sec)  <a href="https://www.youtube.com/watch?v=SBynK6UoT24">https://www.youtube.com/watch?v=SBynK6UoT24</a></p>
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