

KEY STAGE 2			YEAR 4: Gymnastics		
	LESSON TITLE	Warm Up	BASIC CONTENT	Cool Down	Tops Gymnastics
1	<b>Shapes</b> All 5 shapes	Washing machine	Explore making shapes Sequences – like shapes	Happy cats, angry cats. Front support	Ship Shape... <i>Stretched and truck shapes</i> Shape up... <i>Straddle and pike shapes</i>
2	<b>Shapes</b> Using apparatus	Washing machine	Explore making shapes using large apparatus	Front support Relay	Ship Shape... <i>Stretched and truck shapes</i> Shape up... <i>Straddle and pike shapes</i>
3	<b>Travel</b> Level, pathways, direction, speed	Zoo	Explore travel, levels, pathways, directions and speeds.	Mirroring	Time to travel... <i>Using hands, feet and alternate feet</i> Double up... <i>Working with a partner</i>
4	<b>Travel</b>	Zoo	Recap and work on sequence in pairs.	Shadowing	Time to travel... <i>Using hands, feet and alternate feet</i> Double up... <i>Working with a partner</i>
5	<b>Balance</b>	Traffic lights	Explore balances. Working towards handstands	Dish and arch shapes	Steady as a Rock... <i>Standing, kneeling and large body part balances.</i>
6	<b>Balance</b>	Traffic lights	Matched and mirrored balances in pairs using apparatus.	Dish and arch roll over	Steady as a Rock... <i>Standing, kneeling and large body part balances</i>
7	<b>Jumps</b>	Washing machine	Explore jumps, using various take-off, flight and landings	Log lift	Jumping Jacks... <i>Landings, jumps, leaps and turns</i>
8	<b>Jumps and leaps</b>	Washing machine	Explore jumps, using various take-off, flight and landings, including gymnastics leaps	Log lift and drop	Jumping Jacks... <i>Landings, jumps, leaps and turns</i>
9	<b>Rolls</b>	Traffic lights	Revise and improve quality of rolls, rolls in sequences	Conveyor	Rock and roll... <i>Side rolls and lead up to forwards and backwards rolls,</i> Rollover... <i>Combinations of forward and backwards rolls</i>
10	<b>Rolls</b>	Traffic lights	Revise and improve quality of rolls	Conveyor	Rock and roll... <i>Side rolls and lead up to forwards and backwards rolls,</i> Rollover... <i>Combinations of forward and backwards rolls</i>
11	<b>Sequences</b>	Gears	Recap all schemes Begin sequences	Sequences	Pick, (link) and mix... <i>Building more complex sequences.</i> A Routine matter... <i>Introducing Sequences</i>
12	<b>Sequences</b>	Gears	Recap sequences Practice sequences	Sequences	Pick, (link) and mix... <i>Building more complex sequences.</i> A Routine matter... <i>Introducing Sequences</i>