	KEY STAGE 2				YEAR 3: Gymnastics
	LESSON TITLE	**Warm Up**	**BASIC CONTENT**	**Cool Down**	**Tops Gymnastics**
1	**Shapes** **Straight, tuck, star**	Washing machine	Making shapes Sequences – like shapes	Happy cats, angry cats	Ship Shape…*Stretched and truck shapes* Shape up…*Straddle and pike shapes*
2	**Shapes** **Straddle and pike**	Washing machine	Making shapes Sequences –un-like shapes	Happy cats, angry cats Front support	Ship Shape…*Stretched and truck shapes* Shape up…*Straddle and pike shapes*
3	**Travel** **Level and pathways**	Zoo	Explore travel, levels and pathways. Sequences	Mirroring	Time to travel…*Using hands, feet and alternate feet* Double up….*Working with a partner*
4	**Travel** **Directions and speeds**	Zoo	Explore travel, directions and speeds. Sequences	Shadowing	Time to travel…*Using hands, feet and alternate feet* Double up….*Working with a partner*
5	**Balance**	Traffic lights	Explore points and patches, using symmetry and asymmetry	Dish and arch shapes	Steady as a Rock… *Standing, kneeling and large body part balances.*
6	**Balance**	Traffic lights	Balances in pairs using mirroring. Towards head stands.	Dish and arch roll over	Steady as a Rock… *Standing, kneeling and large body part balances*
7	**Jumps**	Washing machine	Explore jumps	Log lift	Jumping Jacks…*Landings, jumps, leaps and turns*
8	**Jumps and leaps**	Washing machine	Explore jumps and leaps	Log lift and drop	Jumping Jacks…*Landings, jumps, leaps and turns*
9	**Rolls**	Traffic lights	Revise and improve quality of rolls	Conveyor	Rock and roll…*Side rolls and lead up to forwards and backwards rolls,* Rollover…*Combinations of forward and backwards rolls*
10	**Rolls**	Traffic lights	Revise and improve quality of rolls	Conveyor	Rock and roll…*Side rolls and lead up to forwards and backwards rolls,* Rollover…*Combinations of forward and backwards rolls*
11	**Sequences**	Gears	Recap all schemes Begin sequences	Sequences	Pick, (link) and mix…*Building more complex sequences.* A Routine matter…*Introducing Sequences*
12	**Sequences**	Gears	Recap sequences Practice sequences	Sequences	Pick, (link) and mix…*Building more complex sequences.* A Routine matter…*Introducing Sequences*