

	KEY STAGE 2				YEAR 4: Gymnastics
	LESSON TITLE	Warm Up	BASIC CONTENT	Cool Down	Tops Gymnastics
1	Shapes 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	Shapes 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	Travel 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	Travel	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	Balance	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	Balance	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	Jumps	Washing machine	Explore jumps, using various take-off, flight and landings	Log lift	Jumping Jacks... <i>Landings, jumps, leaps and turns</i>
8	Jumps and leaps	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	Rolls	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	Rolls	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	Sequences	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	Sequences	Gears	Recap sequences Practice sequences	Sequences	Pick, (link) and mix... <i>Building more complex sequences.</i> A Routine matter... <i>Introducing Sequences</i>