

PE Medium Term Plans Gymnastics

	Autumn 1						Spring 2					
	Milestone 1 objectives covered: <ul style="list-style-type: none"> Stretch and curl to develop flexibility. Move with some control and awareness of space. Copy and remember actions. Hold a position for 5-8 seconds while balancing on different parts of the body (back, tummy, hands, feet). Climb safely on equipment. Jump in a variety of ways and land with increasing control and balance. Link two or more actions to make a sequence. Travel by rolling forwards, backwards and sideways (egg roll, log roll, forward roll, rock-to-stand). 						Milestone 1 objectives covered: <ul style="list-style-type: none"> Travel by rolling forwards, backwards and sideways (egg roll, log roll, forward roll, rock-to-stand). Show contrasts (such as small/tall, straight/curved and wide/narrow). 					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9	Lesson 10	Lesson 11	Lesson 12
Y1 Working towards milestone 1 objectives.	Stretch and curl to develop flexibility (teacher led). Move with some control and awareness of space. Copy actions.	Stretch and curl to develop flexibility (teacher led). Move with some control and awareness of space. Remember actions.	Stretch and curl to develop flexibility (teacher led). Move with some control and awareness of space. Hold a position for 5-8 seconds while balancing on different parts of the body (back, tummy, hands, feet). Children are shown the balances.	Stretch and curl to develop flexibility (teacher led). Move with some control and awareness of space. Climb safely on equipment. Jump on the floor and off equipment and land securely.	Stretch and curl to develop flexibility (teacher led). Link two or more actions to make a sequence (on the floor). Make decisions about the actions to be performed, ensuring smooth links.	Stretch and curl to develop flexibility (teacher led). Assessment through performance of sequences.	Stretch and curl to develop flexibility (teacher led). Show contrasts (such as small/tall, straight/curved and wide/narrow).	Stretch and curl to develop flexibility (teacher led). Hold a position for 5-8 seconds while balancing on different parts of the body. Children should remember the balances.	Stretch and curl to develop flexibility (teacher led). Jump in a variety of ways and land with increasing control and balance (star, tuck, pencil shape. On the floor and jumping from equipment). Children are shown the jumps.	Stretch and curl to develop flexibility (teacher led). Link two or more actions to make a sequence, ensuring smooth links. Adapt movements to add interest to the sequence e.g by varying levels.	Stretch and curl to develop flexibility (teacher led). Remembering, practicing and refining sequences.	Stretch and curl to develop flexibility (teacher led). Assessment through performance of sequences.
Y2 Working towards milestone 1 objectives.	Stretch and curl to develop flexibility (independently). Travel by rolling forwards, backwards and sideways (egg roll, log roll, forward roll, rock-to-stand).	Stretch and curl to develop flexibility (independently). Jump in a variety of ways and land with increasing control and balance (star, tuck, straight jumps on the floor).	Stretch and curl to develop flexibility (independently). Hold a position for 5-8 seconds while balancing on different parts of the body (back, tummy, hands, feet). Children should remember the balances.	Stretch and curl to develop flexibility (independently). Climb safely onto equipment (including vaulting onto a bench). Jump in a variety of ways and land with increasing control and balance (star, tuck, straight jumps off equipment).	Stretch and curl to develop flexibility (independently). Link two or more actions to make a sequence (on the floor). Make decisions about the actions to be performed, ensuring smooth links and changes in levels.	Stretch and curl to develop flexibility (independently). Assessment through performance of sequences.	Stretch and curl to develop flexibility (independently). Travel by rolling forwards, backwards and sideways (egg roll, log roll, forward roll, rock-to-stand). Children work on remembering the rolls and refining their movements.	Stretch and curl to develop flexibility (independently). Climb safely onto equipment. Hold a position for 5-8 seconds while balancing on different parts of the body, using equipment.	Stretch and curl to develop flexibility (independently). Jump in a variety of ways and land with increasing control and balance (star, tuck, pencil shape. On the floor and jumping from equipment). Children should remember the jumps and	Stretch and curl to develop flexibility (independently). Link two or more actions to make a sequence on apparatus, ensuring smooth links and changes in levels. Make decisions about which movements should be performed on apparatus.	Stretch and curl to develop flexibility (independently). Remembering, practicing and refining sequences.	Stretch and curl to develop flexibility (independently). Assessment through the performance on sequences.

Y5 working towards milestone 3 objectives.	Hold point balances that are strong, fluent and expressive.	Practice and refine gymnastic techniques listed in Milestone 3. Use equipment to vault and swing (remaining upright).	Practice and refine gymnastic techniques listed in Milestone 3. Use equipment to vault and swing (remaining upright).	Work with a group to choose a variety of movements and link them to form a flowing sequence.	Work with a group to choose a variety of movements and link them to form a flowing sequence.	Assessment through the performance of sequences.						
Y6 working towards milestone 3 objectives.	Hold partner balances involving weight bearing (counter balances).	Practice and refine gymnastic techniques listed in Milestone 3. Use equipment to vault and swing (remaining upright).	Practice and refine gymnastic techniques listed in Milestone 3. Use equipment to vault and swing (remaining upright).	Work with a group to choose a variety of movements and link them to form a flowing sequence using the floor and apparatus.	Vary speed, direction, level and body rotation during floor performances.	Assessment through the performance of sequences.						