Gymnastics Spin on patches EYFS to Year 6 Travel on hands and feet in Balance on points (Hands and Travel around safely finding (back, front, feet, arabesque, knees) and bunny jumps and space and negating bottom) and points scrambling patches back, front, bottom) Take weight on hands and START apparatus (knees, feet, hands). feet in arches and bridges KS1 **EYFS** Travel close to the Jump off an object and land Start sequences on floor and Identify what good Forward. ground appropriately. apparatus in clearly defined looks like shoulder and startting and finishing backward rolls Slide, scramble, push and spin Jumps - tuck, ½ turn positions LKS2 Transfer Pencil, star jump and jump with 1/4 weight: Support self in inversion Teddy bear, pencil and egg roll walkovers, cartwheels Balance on points: headstand, Perform sequences with handstand, frogstands Show good timing, posture, and extension. changes in level Perform symmetrical / asymmetrical balances Work with counter-balance and Transition smoothly and in counter tension with a partner a variety of ways from one move to another **UKS2** Work in canon and with clear relationships Offer feedback on Execute Pike and between group members partner performance Straddle jumps **END** To improve our own performance based on feedback **SKILLS COMPLETE** Vary my rolls - 2 feet to one, Evaluate the work of other's Work in different pathways straddle to pike, Work with a partner, mirroring, using simple technical within a group performing front and back, adjacent. Pike to straddle. language