PE Medium Term Plans Gymnastics

	Autumn 1							Spring 2						
	Milestone 1 objectives covered: Stretch and curl to develop flexibility							Milestone 1 objectives covered:						
	 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). 						 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.		

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									refine their			
									movements.			
LKS2	Milestone 2 obje	ectives covered:	1	l	l							
LNSE		ngside, away from o	and towards a parti	ner								
			-	iei.								
		clear, fluent and e										
		d hang from equipm	ent with safety.									
		o a small box.										
		ovements into sequ										
	 Travel in 	a variety of ways, i	including flight, by	transferring weigh	t to generate powe							
	 Experime 	ent to find out how	to get the centre o	of gravity over the	base and create in							
	shapes.											
	 Show cha 	inges of direction, s	speed and level dur	ing performance.								
		basic jumps and v										
		simple partner bala		•								
		The pair the balls										
V2	Hold a position	Move in a clear,	Swing and hang	Refine	Plan, perform	Assessment	 					
y3 working	for 5-8	fluent and	from equipment	movements into	and repeat	through the						
towards	seconds,		with safety.		· ·	_						
milestone 2		expressive		sequences of 10	sequences.	performance of						
objectives.	including taking	manner,	Vault onto a	movements,		sequences.						
05,0011105.	weight on the	including rolling.	small box.	working with a								
	hands. E.g	Work alongside,		partner and								
	front, back and	away from and		using the floor								
	side supports.	towards a		and apparatus.								
	Work alongside,	partner.										
	away from and											
	towards a											
	partner.											
Y4 working	Experiment to	Travel in a	Use the 5 basic	Plan, perform	Show changes	Assessment						
towards	find out how to	variety of ways,	jumps and vary	and repeat	of direction,	through the						
	get the centre	including flight,	them using	sequences of 10	speed and level	performance of						
milestone 2	of gravity over	by transferring	turns and	movements,	during	sequences.						
objectives.	the base and	weight to	shapes.	working with a	performance.	'						
	create	generate power	J	partner and								
	interesting	in movement.		using the floor								
	body shapes.	E.g Leaping,		and apparatus.								
	Perform simple			ana appararas.								
	partner	hopping,										
	balances	jumping, bounding,										
	WITHOUT	_										
		galloping,										
	weight bearing.	skipping.										
	E.g matching,											
	mirroring and											
	contrasting.											
UKS2	Milestone 3 obje											
		omplex and well-exe			inge of movements	•						
	•	oes that are strong	· ·									
		and refine gymnast	•									
	 Use equip 	ment to vault and s	swing (remaining up	right).								
	Vary speed, direction, level and body rotation during floor performances.											
		et pieces in a seque										
					-							
L	Demonstrate good kinesthetic awareness.											

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.			