

KS2 FLOOR GYMNASTICS

KS2 National Curriculum Aims: The main KS2 national curriculum aims covered in the Gymnastics units are: • Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best



Year 3

- Execute a teddy bear roll with correct form and technique
- Execute a dish balance with correct form and technique
- Execute a star jump from apparatus with a safe and secure landing
- Perform a variety of different jumps (tuck, straddle, pike, cat leap etc)
- Land correctly when jumping off a medium/high piece of apparatus
- Execute a forward, straight leg linking step with correct form and technique
- Execute a backward, straight leg linking step with correct form and technique
- Demonstrate basic counter balances with a partner on a mat
- Demonstrate basic counter balances with a partner on apparatus
- Use a range of jumps in their sequences

Year 5

- Execute an arabesque with correct form and technique
- Execute a forward roll from standing, straddle forward roll, pike forward roll, tucked backward roll and backward roll to straddle with correct form and technique
- Execute a tuck jump from apparatus with correct form and technique
- Execute a full spin linking move with correct form and technique
- Confidently perform different jumps (stag, cat leap, split leap etc)
- Create a balance with 5 people with all people linked together in some way

Year 4

- Execute a Forward roll from standing, straddle forward roll, tucked backward roll, backward roll to straddle with correct form and technique
- Execute a shoulder balance with correct form and technique
- Execute a full turn with correct form and technique from apparatus
- Execute a half turn from apparatus with correct form and technique from apparatus
- Demonstrate more complex counter balances with partner
- Create a balance with 4 people with all people linked together in some way
- Create a 7 piece sequence including 2 different components.
- Show changes of direction, speed and level during a performance.
- Travel in different ways, including using flight

Year 6

- Perform a backward roll to standing pike and pike backward roll
- Demonstrate dynamic movements using apparatus as an obstacle (eg straddle over vault)
- Various ways to travel across a vault/springboard
- Execute a cartwheel linking move with correct form and technique
- Execute a straddle jump from apparatus with correct form and technique
- Execute a headstand with correct form and technique
- Create a balance with 6 people with all people linked together in some way
- Create a 14 piece sequence including 4 different components.
- Evaluate the performance of others and give constructive feedback.