

KS2 – RHYTHMIC GYMNASTICS

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

Year 4

- To develop flexibility, strength, technique, control and balance.
- To introduce rhythmic gymnastics and use ribbons carefully while dancing
- To be able to think of a movement and incorporate a hoop, ball, ribbon
- To perform a simple 5 piece rhythmic gymnastics routine
- To know the importance of exercise

Year 5

Year 6

- To move into and out of a balance or shape with some fluency and control
- To think of and plan some rhythmic gymnastics, shapes, balances and movements
- To perform a 14 piece rhythmic gymnastics routine using a range of equipment (hoop, ball, ribbon) either individually or as part of a small group
- To understand what happens to our body when we exercise

