

**Gymnastics**

Knowledge	Skills
To know how to perform a stag jump and split leap.	To take off and land showing good control. To describe and perform a range of jumps. To demonstrate the correct form for a stag jump. To demonstrate the correct form for a split leap.
To know how to perform pike rolls.	To perform a range of rolls safely and with control. To demonstrate the correct form for a pike forward roll. To demonstrate the correct form for a backward roll to standing pike.
To know how to perform a squat through vault.	To perfect a hurdle step onto a springboard. To take off successfully from a springboard. To show body strength and control to move over equipment in a controlled way. To take off and land neatly and safely.
To know how to perform a round off.	To use their core and arm strength to control their movements. To begin and end their movements clearly and in a safe manner. To perform a short sequence of movements including a round-off.
To be able to independently plan a sequence of gymnastics movements that are creatively linked together.	To select and perform a range of different gymnastics movement as part of a sequence. To use jumps, pivots and linking movements to create flow in their gymnastics sequence.
To know how to perform a gymnastics sequence in a pair or group in time to music.	To work with a partner or group to plan a gymnastics routine. To perform in time to music. To adapt their movements to reflect a style or theme.

**Key Words**