

Gymnastics

Knowledge	Skills
To know how to perform a range of jumps and leaps.	To take off and land showing good control. To perform a straight jump full turn accurately. To perform a cat leap half turn accurately.
To know how to perform a straddle forward roll and a backward roll to a straddle correctly.	To use their core leg and arm strength to perform the rolls with control. To perform the straddle shape correctly during the movement. To begin and end in the correct position.
To know how to perform a straddle on vault correctly.	To hurdle step onto and rebound off the springboard to create height. To use their body strength to shape and control their movements. To land in a straddle position on the vaulting box. To perform a jump off the vaulting box and land safely.
To know how to perform a lunge into a cartwheel correctly.	To use their core and arm strength to control movement. To begin and end their cartwheel in a lunge position. To create the correct body position and shape needed to perform each movement.
To know how to link movements together by performing a straight jump full turn, a cat leap half turn and a pivot.	To demonstrate good body and strength in my movement. To choose appropriate linking actions to form a sequence. To create a sequence of moves with a theme.
To know how to work in a small group to create and perform a gymnastics sequence with a theme.	To work collaboratively as part of a group. To select and combine movements to reflect a theme. To demonstrate good body control and strength in their movements.

**Key Words**