



Prior Learning	
Children have looked at gymnastics skills in previous years. This unit will build upon previous skills.	
Key vocabulary for this unit	
Cat leap Full turn Dive Forward roll Hurdle step Lunge	Pike Round-off Squat through vault Vault Vaulting box
Learning Sequence	
Jumps and leaps	To accurately perform a cat leap full turn and a stag leap
Rolls	To accurately perform a dive forward roll and a pike backward roll.
Vaulting	To accurately perform a straddle over vault.
Cartwheels and round-offs	To perform a hurdle step into a cartwheel and a round-off.
Linking movements	To perform a series of similar movements in quick succession, linked together to form a sequence.
Performance	To work in a large group to choreograph and perform a gymnastics routine in time to music.
Assessment milestones	
<ul style="list-style-type: none"> • 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. 	