

CAPTAIN WEBB PRIMARY SCHOOL

Gymnastics Floor & Vault - [National Curriculum coverage.](#)

EYFS

- Negotiate space and obstacles safely with consideration for themselves and others.
- Move energetically such as running, jumping, and climbing.

Key stage 1

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and coordination, and begin to apply these in a range of activities.

Key stage 2

- Use running and jumping in isolation and combination.
- Develop flexibility, strength, technique, control, and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

3 Pillars of PE

Rules strategies and Tactics

Motor Competence

Healthy Participation

Declarative Knowledge	EYFS		KS1		KS2				
	Range 4	Range 5	Range 6	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Travel I know that I need to travel safely on different levels and surfaces.</p> <p>Jumps I know that if I bend my knees, it will make jumping easier.</p>	<p>Balances I know that shifting my body weight will help me to keep my balance.</p> <p>Travel I know my hands and feet can help me maintain balance when travelling.</p>	<p>Shapes I know that straight is a gymnastics shape.</p> <p>Travel I know that slithering and sliding are travel movements.</p> <p>Rolls I know that the log roll is a gymnastic roll.</p> <p>Jumps I know that bent knees with arms out straight can help me land safely.</p>	<p>Shapes I know that a star is a gymnastics shape.</p> <p>Balances I know that a points balance uses small parts of the body.</p> <p>Travel I know that galloping, walking tall and are travel movements.</p> <p>Rolls I know that a tuck roll is a gymnastic roll.</p> <p>Vaulting I know that a quick rebound will support my take off.</p> <p>Health and fitness I know that my body can feel hotter after an activity.</p>	<p>Shapes I know that a tuck is a gymnastic shape.</p> <p>Balances I know that a patch balance uses large parts of the body and that a points balance uses small parts of the body.</p> <p>Jumps I know that straight jump and a star jump are gymnastic jumps.</p> <p>Vaulting I know that landing with bent knees will support my finish.</p> <p>Health and fitness I know that my body can sweat and feel hotter during and after an activity.</p>	<p>Shapes I know that a pike is a gymnastic shape.</p> <p>Balances I know 3 different ways to create a patch and a points balance.</p> <p>Travel I know that walking with straight kicks is a travel movement.</p> <p>Vaulting I know that swinging my arms up and forwards towards the apparatus will help me land in a squat position.</p> <p>Health and fitness I know that warming up and cooling down can prevent injury.</p>	<p>Shapes I know that a straddle is a gymnastic shape.</p> <p>Balances I know 4 different ways to create a patch and a points balance.</p> <p>Jumps & Leaps I know that a tuck jump is a gymnastic jump.</p> <p>Vaulting I know that keeping my legs together and lifting my hips will help me land in a squat position.</p> <p>Health and fitness I know that exercise helps your heart work more efficiently and improves your strength and endurance.</p>	<p>Shapes I know that a lunge is a gymnastic shape.</p> <p>Balances I know that a counterbalance involves body parts pushing against each other.</p> <p>Travel I know that a front chasse and a sideways chasse are gymnastic travel movement.</p> <p>Rolls I know that a forward roll is a gymnastic roll.</p> <p>Vaulting I know that a run up will make jumping onto the apparatus easier.</p> <p>Health and fitness I know that increasing the tempo of an exercise can increase the heart rate.</p>	<p>Shapes I know that a bridge and the splits are a gymnastic shape.</p> <p>Balances I know that a counterbalance involves a wide base of support and body parts pushing against each other.</p> <p>Travel I know that a counter tension involves body parts pulling away from each other.</p> <p>Rolls I know that a backwards roll is a gymnastic roll.</p> <p>Jumps & Leaps I know that a pike jump, and a straddle jump are gymnastic jumps.</p> <p>Vaulting I know that I need land clear of the apparatus.</p> <p>Health and fitness I know the tempo of a cool down needs to gradually decrease to slow down the heart rate.</p> <p>I know that exercise helps your heart work more efficiently, so you have more energy.</p>

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Procedural Knowledge	<p><u>Travel</u> I can begin to walk and climb on different gymnastic equipment.</p> <p>I can choose different ways to move.</p> <p><u>Jumps</u> I can jump into the air with both feet leaving the floor.</p> <p><u>Health and fitness</u> I can show an increasing desire to be independent, such as wanting to dress or undress.</p>	<p><u>Travel</u> I can travel across climbing equipment by alternating my feet.</p> <p><u>Balances</u> I can balance on one foot.</p> <p><u>Health and fitness</u> I can become increasingly independent as I get dressed and undressed.</p>	<p><u>Travel</u> I can use slithering and sliding in isolation. I can travel around, under, over and through climbing equipment.</p> <p>I can choose to move in a range of different ways on gymnastic equipment.</p> <p><u>Jumps</u> I can jump off a piece of equipment and land safely with some balance.</p> <p><u>Health and fitness</u> I can get changed into my PE kit.</p>	<p><u>Performance</u> I can use taught gymnastic actions in a sequence.</p> <p>I can perform a sequence that has at least 3 gymnastic actions using apparatus.</p> <p><u>Vaulting</u> I can approach the springboard with 3 steps and perform a straight jump.</p> <p><u>Evaluating</u> I can describe what other people have done.</p>	<p><u>Performance</u> I can use taught gymnastic actions in a sequence.</p> <p>I can perform a sequence that has at least 4 gymnastic actions using apparatus.</p> <p><u>Vaulting</u> I can approach the springboard with 3 steps, perform a jump and land with control.</p> <p><u>Evaluating</u> I can talk about what I and others have done.</p>	<p><u>Performance</u> I can use taught gymnastic actions in a sequence.</p> <p>I can perform a sequence that has at least 5 gymnastic actions using apparatus.</p> <p><u>Vaulting</u> I can approach the springboard with a short run and jump to squat on the box.</p> <p>I can travel to the end of the apparatus and perform a previously taught jump.</p> <p><u>Evaluating</u> I can explain how my work is similar and different from that of others.</p> <p>I can recognise how performances could be improved with some help.</p>	<p><u>Performance</u> I can use taught gymnastic actions in a sequence.</p> <p>I can perform a sequence that has at least 6 gymnastic actions using apparatus.</p> <p><u>Vaulting</u> I can approach the springboard with a short run and jump to squat on the box.</p> <p>I can travel to the end of the apparatus and perform a previously taught jump.</p> <p><u>Evaluating</u> I can explain how their work is similar and different from that of others.</p> <p>I can compare someone else's performance to improve my own.</p>	<p><u>Performance</u> I can use taught gymnastic actions in a sequence.</p> <p>I can perform a sequence in unison that has at least 7 gymnastic actions using apparatus.</p> <p><u>Vaulting</u> I can take off the springboard and jump into a squat position on apparatus.</p> <p>I can follow the squat position by making an immediate take off into a jump.</p> <p><u>Evaluating</u> I can compare and comment on skills, techniques, and ideas that I and others have used.</p> <p>I can use my own observations to improve my performance.</p>	<p><u>Performance</u> I can use taught gymnastic actions in a sequence.</p> <p>I can perform a sequence in unison that has at least 8 gymnastic actions using apparatus.</p> <p><u>Vaulting</u> I can follow the squat position by making an immediate take off into a previously taught jump and land with control.</p> <p>I can take off the springboard immediately and perform a through vault.</p> <p><u>Evaluating</u> I can analyse and explain why I have used specific skills or techniques.</p> <p>I can modify skills or techniques to improve my performance.</p>
	Vocabulary								

Jump	Levels	Balance	Hands	Safely	shape	Sequence	Points	Tuck	Star jump	Pike	Direction	Straddle	Cat leap	Lunge	Pushing	Bridge	Pike jump
Bend	surfaces	Shift	feet	Land	Under	Star	Balance	Patch	straight	Straight	Box	Teddy bear	Neutral	Front chasse	Pulling	Splits	Straddle jump
knees		Body	Climbing	Log roll	over	apparatus	Perform	Large	jump	kicks		roll		Sideways	Unison	Wide base	Scissors leap
Travel		weight		Straight	movements	Galloping	Springboard	body parts	land	Forwards		Tuck jump		chasse	Evaluate	Support	Splits leap
						Walking	Small body	Tuck roll	control	Squat				Counterbalance	Counter	Narrow base	Forward roll
						Creeping	parts							Body parts	tension		

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