

[illegible]

ELG + Subject Area: EYFS Physical Development & KS1 Physical Education – **Gymnastic Movements**

			education sessions and other physical disciplines including gymnastics - combine different movements with ease and fluency - confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. - develop overall body-strength, balance, co-ordination and agility ELG <u>Gross Motor Skills</u> - negotiate space and obstacles safely, with consideration for themselves and others - demonstrate strength, balance and coordination when playing - move energetically, such as running, jumping, dancing, hopping, skipping and climbing <u>AVSSP</u> - able to perform a standard jump off apparatus with a safe landing - able to perform one named roll with correct technique (pencil, egg) - able to balance and support full body weight on hands and feet	Handstand – a balance on their hands with their feet straight in the air. Mount – the skill of getting on to a piece of equipment.
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Year 1 Weekly PE session with AVSSP Sports Coach	- various themes of sport and exercise including gymnastics	<i>* The ancient Greeks prepared their men for war using gymnastics</i>	<u>National Curriculum</u> - master basic movements and deliver balance, agility and co-ordination, and begin to apply these in a range of activities <u>AVSSP</u> - make body curled, tense, stretched and relaxed - control body when travelling and balancing - copy sequences and repeat them - roll, curl, travel and balance in different ways - perform one gymnastics movement with a clear start and finish position. - able to perform at least one specific type of jump (tuck, start, pencil) with a safe landing - able to perform two named rolls (pencil, tuck, rock and roll) - able to balance using hands and feet on various pieces of equipment	Splits – where you go to the ground and place on leg on the floor flat facing forwards and the other legs flat in the opposite direction. Tuck – a jump with knees to their chest. Apparatus – equipment used in the lesson Balance – holding a position still Cartwheel – a movement sideways from feet to hands. Dismount – the skill of getting off the equipment Handstand – A balance on their hands with their feet straight in the air. Mount – The skill of getting on to a piece of equipment.
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Year 2 Bikeability training Weekly PE session with AVSSP Sports Coach	- how to ride a bike - various themes of sport and exercise including gymnastics	<i>* In women's gymnastics, there are four activities: floor, uneven bars, balance beam, and vault</i> <i>* In men's gymnastics, there are six activities: floor exercise, parallel bars, high bar, pommel horse, vault, and rings</i>	<u>National Curriculum</u> - master basic movements and deliver balance, agility and co-ordination, and begin to apply these in a range of activities <u>AVSSP</u> - plan and perform a sequence of movements - improve sequence based on feedback - think of more than one way to create a sequence which follows some 'rules' - perform a sequence of more than two gymnastics movements with a clear start and finish position - able to safely negotiate all gymnastic equipment - able to perform three basic rolls and jumps - able to create a 1,2,3,4,5, 6 point balance which they can hold for more than 5 seconds	Splits – where you go to the ground and place on leg on the floor flat facing forwards and the other legs flat in the opposite direction. Tuck – a jump with knees to their chest. Apparatus – equipment used in the lesson Balance – holding a position still Cartwheel – a movement sideways from feet to hands. Dismount – the skill of getting off the equipment Handstand – a balance on their hands with their feet straight in the air Mount – the skill of getting on to a piece of equipment
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Additional Provision:

Infants – Play Leaders, Junior School ‘Sports Leaders’

Infants – ‘Fizzy’s Balance Programme’ - intervention for Gross Motor Skills

‘Active Hands’ - intervention for Fine Motor Skills

‘Danny Go’ in classrooms – active movement breaks

Year 1 + 2 – Physical Literacy - Targeted weekly group to improve core strength & fine/gross motor skills Sports Coach led + as invention in classes

Year 2 - Yoga