



Key Vocabulary

Balance and Tension
Points and Patches
Shapes and Travelling
Apparatus

In this unit, children will develop a range of gymnastics moves and skills that they can use to create a short sequence to perform to their partner or class. They will complete the gymnastics balances and movements with control.

Key Points of Learning

- Remember and repeat simple gymnastic actions with control.
- Know how to link balances with travelling moves smoothly.
- Develop balances using small and large body parts as the base.
- Work with partners to create sequences of gymnastics actions.
- Understand the importance of taking turns on the equipment.
- Understand how to use benches and mats safely.

Useful Websites

[BBC PE](#)

