



# Hallcroft Infant & Nursery School

## PE External Provider



### Spring 1 - Year 2

### Gymnastics

- **Gymnastics (Year 1 Spring 1)** *can move creatively with control, balance and coordination, can show a clear intent of direction when travelling managing their weight, can work with others, taking turns and sharing without prompts, can cooperate and work in small teams showing respect to others, can make judgements to improve their work*
- **Multi Skills (Autumn 1)** *can use a variety of level, direction and types of movement (jump, twist etc), can cooperate and work with others, can make judgements and improve their work, can use a range of movements, can follow rules, can change speed, direction and level, can travel over, under, round and through objects with balance and coordination*
- **Dance (Autumn 2)** *can use arms and legs simultaneously and in different directions, can work well with others taking turns, sharing and helping, can use a range of movements, can move body from one position to another, can travel in different directions, can show physical stability.*

Our Gymnastics unit is delivered by expert coaches from Retford Gymnastics club and culminates in a visit to Retford Gymnastics where the children can utilise the skills they have learned over the lessons on the gymnastics equipment.

Through this work the children work towards developing the following skills

- Make body tense, relaxed, curled and stretched, in a range of movements.
- Perform a sequence with changes in speed & direction including 3 different actions (sometimes giving advice to others)
- Be still on single/two + points of contact on floor/apparatus showing tension & control
- Link known shape/travel/roll/jump to a balance using floor & on apparatus Jump/land with control using different body shapes in flight