



Hallcroft Infant & Nursery School

PE External Provider



Spring 1 - Year 1

Gymnastics

What we already know, remember and can do:

- *ELG: Physical Development Gross Motor. Negotiates 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.*

Multi skills (Autumn 1) *move confidently and creatively with control, to show clear intent of direction, to move at varying speeds using the correct arm and leg motion, to use the correct technique to jump over a small object. Dance (Autumn 2) can move confidently and creatively with control, balance and coordination, can stay within an area when moving, managing all body parts in isolation, can work well with others, will move using a range of levels and directions, will demonstrate good performance techniques, use a variety of level, direction and types of movement*

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, showing some tension.
- Begin to work on alone/with someone to make a sequence of shapes/travels
- Climb safely, showing some shapes and balances when climbing.
- Keep balance travelling in a range of ways along bench, spots, mat etc
- Roll in stretched/curled positions e.g. 'log' and 'egg rolls'
- Jump and land safely