PE Paige loves gymnastics!

When I grow up I could be a ... athlete, personal trainer, coach or an Olympian!

Join PE Paige in her exploration of gymnastics! Work on your movement skills, learn techniques and experience the impact of exercise on your body.



Reaching New Horizons

EYFS
Fundamental skills/Gymnastics

Nursery

Beginning to balance





Reception





Developing balance and coordination





Exploring movement skills and following simple instructions



Fundamental skills

Negotiating space
Team work
Play cooperatively
Make choices

Reaching New Horizons

Key Stage One

Year 1

Balancing on equipment



Performing a range of balances



Developing strength and technique

Year 2

Developing coordination and working collaboratively





Using balancing skills to further ability

Reaching New Horizons

Key Stage Two

Nutrition

Year 3

Jump and balance in a variety of ways



Perform a simple routine including balances, jumps and other skills





Year 4

Observe
Provide Feedback
Explore Technique



Copy a simple routine

Create your own routine working as a team

Reaching New Horizons

Year 5





Perform a range of increasingly challenging balances

To independently plan a sequence of gymnastics movements that are creatively linked together.



Free-standing handstands





Develop flexibility, strength, technique, control and balance by learning and performing different vaulting movements





Reaching New Horizons

Year 6

Precision, balance





To independently plan a sequence of gymnastics movements that are creatively linked together.



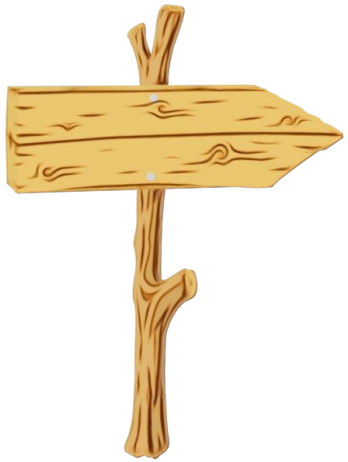




To know how to warm up your body and the impact exercise has on your body



Reaching New Horizons



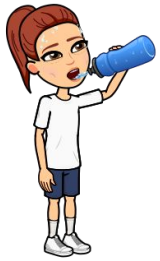
Paige PE

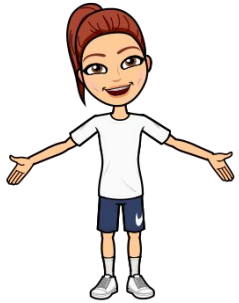












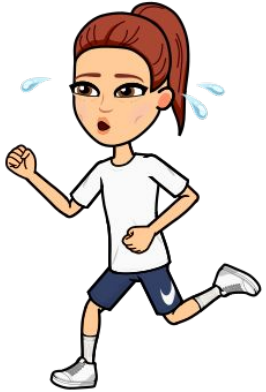














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