

	KEY STAGE	YEAR Foundation: Gymnastics			
	LESSON TITLE	Warm Up	BASIC CONTENT	Cool Down	Tops Gymnastics
1	<b>Travel</b> <b>Spatial and body awareness</b>	Rabbits	Moving using different body parts	Falling trees	Time to travel... <i>Using hands, feet and alternate feet</i>
2	<b>Still</b> <b>Balance, Spatial and body awareness</b>	Squeeze	Balancing – points and patches	Falling trees	Steady as a rock... Standing, kneeling, and large body part balances
3	<b>Jumps</b> <b>Spatial and body awareness</b>	Trains	Exploring jumps	Happy cat, sad cats	Jumping Jacks... <i>Landings, jumps, leaps and turns</i>
4	<b>Traveling balance</b> <b>Spatial and body awareness</b>	Beans	Explore balance and travel using low apparatus	Happy cat, sad cats	Time to travel... <i>Using hands, feet and alternate feet</i> Steady as a rock... Standing, kneeling, and large body part balances
5	<b>Rolls</b> <b>Spatial and body awareness</b>	Statues	Exploring rolling in tuck and straight shapes	Boats and planes	Rock and roll... <i>Side rolls and lead up to forwards and backwards rolls,</i> Rollover... <i>Combinations of forward and backwards rolls</i>
6	<b>Hand apparatus</b> <b>Spatial and body awareness</b>	Washing machine	Gymnastics using hoops, ropes, balls and ribbons	Boats and planes	Balls and beanies... <i>Hand apparatus 1- Bean bags and balls</i> Ropes, ribbons and Rhythm... <i>Hand apparatus 2 – hoops, rope and ribbon</i>
7	<b>Exploring straight shapes</b>	Rabbits	Explore travel, balance, jump and roll using a specific shape	Falling trees	Ship shape... <i>Stretched and tucked shapes</i> Shape up... <i>Straddle and piked shapes</i>
8	<b>Exploring Tuck shapes</b>	Squeeze	Explore travel, balance, jump and roll using a specific shape	Falling trees	Ship shape... <i>Stretched and tucked shapes</i> Shape up... <i>Straddle and piked shapes</i>
9	<b>Exploring Star shapes</b>	Trains	Explore travel, balance, jump and roll using a specific shape	Happy cat, sad cats	Ship shape... <i>Stretched and tucked shapes</i> Shape up... <i>Straddle and piked shapes</i>
10	<b>Exploring Straight shapes using large apparatus</b>	Beans	Explore travel, balance, jump and roll using a specific shape	Happy cat, sad cats	Ship shape... <i>Stretched and tucked shapes</i> Shape up... <i>Straddle and piked shapes</i>
11	<b>Exploring Tuck shapes using large apparatus</b>	Statues	Explore travel, balance, jump and roll using a specific shape	Boats and planes	Ship shape... <i>Stretched and tucked shapes</i> Shape up... <i>Straddle and piked shapes</i>
12	<b>Exploring Star shapes using large apparatus</b>	Washing machine	Explore travel, balance, jump and roll using a specific shape	Boats and planes	Ship shape... <i>Stretched and tucked shapes</i> Shape up... <i>Straddle and piked shapes</i>