

Physical Education → Gymnastics KS3/KS4

Key Skills	Physical Attributes	Knowledge	Rules
Shapes Travel Rolls Jumps – take off, flight and landing Balances – different body parts Supported balances - counter tension and counter balance Springboard and landing Vaulting	Flexibility Balance Speed Agility Co-ordination Power Muscular endurance Strength	Core skills Advanced skills Sequence development Individual performance Group performance Matching and mirroring Over and under Body awareness Spatial awareness Warming up and cooling down Major muscle groups Heart rate and exercise intensity Analysis of performance	Health and safety Clothing Lifting and carrying equipment Scoring/judgement
Teaching Focus		Literacy	
<u>Year 7</u> <ul style="list-style-type: none"> • Repetition of core skills through isolated practice in order to develop control and accuracy • Application of core skills within a sequence in order to develop creativity and quality of performance 		Control Body tension Aesthetically pleasing Fluency Flow Accuracy Levels Direction	

- Understanding of how to make a performance look **aesthetically pleasing** by considering use of **levels, speed and direction**
- **Analysis of own performance** against practical criteria

Speed
 Spatial awareness
 Posture
 Extension
 Symmetry
 Asymmetry
 Sequence

Year 8

- Repetition of **advanced skills** through **isolated practice** in order to develop **control** and **accuracy**
- Application of **advanced skills** within a **sequence** in order to develop **fluency, creativity** and **quality** of performance
- Development of **paired or group work** in order to increase the **level of difficulty**.
- Understanding of how to make a performance look **aesthetically pleasing** by incorporating **large apparatus**
- **Analysis of own performance and the performance of others** against practical criteria

Cannon
 Unison
 Suppleness
 Analysis
 Heart rate
 Intensity
 Blood flow
 Major muscles; Biceps, Triceps, Quadriceps, Hamstrings, Gastrocnemius, Gluteals, Abdominals, Deltoid and Pectorals.

Year 9

- Application of **advanced skills** through **choreographed routines** in order to develop **control** and **accuracy**
- **Application of advanced skills** within a **sequence** in order to develop **fluency, creativity** and **quality** of performance
- Understanding of **key choreography** in **paired or group work** in order to increase the **level of difficulty**.

- All work is **aesthetically pleasing**.
- **Analysis of own performance and the performance of others** against practical criteria.
- **Adopt a leadership role** in the lesson.

KS4:

- Applying and practicing with **increased focus on sequence work and creativity** to be able to participate effectively and confidently.
- **'Whole part whole' approach** might be appropriate to develop a deeper knowledge and understanding. **Leadership** encouraged through different roles practiced. **'Sports Education'** model may be used.

Useful resources

www.british-gymnastics.org

[GCSE PE OCR NEA Grading Criteria - Gymnastics](#)

School Club Links

Southport Gymnastics Club

All Stars Academy of Gymnastics

Gymnastics & Tumbling

Beth Tweddle Gymnastics Merseyside