Broadmayne First School GYMNASTICS/TEAMWORK SEQUENCE OF LEARNING - Autumn 1

Non-Negotiables

Reception	Year 1	Year 2	Year 3	Year 4
	I can find a space. I can follow instructions. I can use my body to move in a variety of ways using different body parts e.g. recap rec **run,hop,skip,** I can create and hold a balance I can create a pike shape I can create a tuck shape. I can create a straddle shape. I can create a sequence of movements using two or more linked movements I can change direction while travelling e.g. forwards and backwards I can travel in a variety of ways using apparatus. I can describe what I have done, using appropriate vocabulary I can hold a front support balance. I can hold a side support balance. I can perform using a range of actions and body parts	I can travel in a variety of ways I can travel in a variety of ways at different **directions** I can travel in a variety of ways – gallop, leaping, chassis steps I can travel in a variety of ways at different directions and **speeds** e.g. from year 1 (fast and slow) and sideways, medium speed I can hold a balanced shape using a variety of body parts I can hold a dish shape I can hold an arch shape I can hold a controlled front support balance. I can hold a controlled back support balance. I can create a sequence of movements using two or more linked movements (recap linking back to year1) I can perform sequences of my own composition with coordination.	I can create simple tactics and work well as part of an effective team to complete challenges. I can develop and demonstrate leadership qualities when working as part of a team. I can communicate effectively with my teammates and develop different ways of communicating. I can solve problems by working and communicating within my team in order to be successful. I can apply simple tactics to complete challenges by collaborating and communicating effectively within a team. I can collaborate and communicate effectively in a team to create simple attacking and defending tactics.	I can cooperate with a partner to score points. I can improve my ability to work with others by communicating and collaborating effectively. I can collaborate with others and recognise the importance of motivating teammates. I can work effectively with my team to ensure we collaborate successfully. I can help my team devise a strategy for success. I can collaborate effectively with my team to devise a successful strategy.

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	with some coordination – travelling and balances	I can hold a balance with a partner. I can show balance and control when travelling across apparatus. I can improve my own work through watching and commenting on other work I can hold a balanced shape using a variety of body parts e.g. large and small body parts. I can improve my own work through watching and commenting on others work.		

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