

PE Department

Topic: Gymnastics Year: 7

Prior learning:

Students are likely to have studied gymnastics in primary school.

	Learning sequence – Year 7 Gymnastics						Endpoint
Main learning steps	Safety in gymnastics. Travelling. Discussions around body tension and extension.	Points and patches. Discussions around body control when balancing.	Balances. Linking points and patches into controlled balances. Pair balances.	Jumps and rolls. Various jumps and rolls learnt, and students put these into a routine.	Routines. Students link the skills they have learnt into a routine with a partner.	Routine performance.	Students can perform an individual routine and a pair routine, demonstrating a variety of gymnastics skills with fluency, body tension and control.
Assessment	Observation by teacher. Peer assessment of various travels. Questioning.	Observation by teacher. Questioning.	Peer assessment of different members of the class. Questioning.	Observation of jumps selected. Peer assessment.	Teacher observation.	Peer assessment. Observation and questioning.	Summative assessment. Performance of gymnastics routine during assessment lesson.

Where will we use these ideas again:

Students will use knowledge of gymnastics in their trampolining scheme of learning.