**GYMNASTICs**

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| **Significant Aspects of Learning**Core stability, Flexibility and Strength  Creativity**How will you be assessed?**Self-reflectionPeer observationTeacher observation of sequenceComparison to the Benchmarks below | **Health and Wellbeing Outcomes****3-21a, 3-22a, 3-23a, 3-24a, 3-25a****What Practical Skills will you learn?**Balance (including headstand)Rotation (including dive rolls)Inversion (including Somersaults)FlightPartner workSequence workBalance and Rotation on apparatus/boxesRopes and Wall barsAcro-Gymnastics (Royal Navy)Handspring (Level 4) | **How will you learn in class?**Individual practice Cooperative practiceTeacher demonstrationPeer demonstrationGuided Discovery**How will teachers differentiate so all learners can achieve?**Opportunity to select entry level of skillCreate sequence appropriate to skill levelSpringboard or TrampetHigh box or low boxNumber of and height of safety matsAcro Gymnastics Level 2, 3, 4Height of Jump from Trampet |
| **Second Level Benchmarks**Having strength to maintain good posture when demonstrating skills.Demonstrate the ability to absorb force from landing.Creates movement sequence with continuity. |  **Third Level Benchmarks**Demonstrates core stability and strength to perform skills both dynamically and statically.Creates sequences independently and with partner.  | **Fourth Level Benchmarks**Monitors personal goals to improve core stability.Demonstrates sequences with imagination and increasing refinement.  |

In PE from S1 to S3, these are the key skills you will be learning: