**GYMNASTICs**

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| **Significant Aspects of Learning**  Core stability, Flexibility and Strength    Creativity  **How will you be assessed?**  Self-reflection  Peer observation  Teacher observation of sequence  Comparison 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)  Flight  Partner work  Sequence work  Balance and Rotation on apparatus/boxes  Ropes and Wall bars  Acro-Gymnastics (Royal Navy)  Handspring (Level 4) | **How will you learn in class?**  Individual practice  Cooperative practice  Teacher demonstration  Peer demonstration  Guided Discovery  **How will teachers differentiate so all learners can achieve?**  Opportunity to select entry level of skill  Create sequence appropriate to skill level  Springboard or Trampet  High box or low box  Number of and height of safety mats  Acro Gymnastics Level 2, 3, 4  Height 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: