

What we already know (Stage 6):

- Can combine shapes and balances in a performance.

**Gymnastics
Year 7**

What's next (Stage 7)

- Can hold different positions when balancing and use different shapes to express a given theme/ mood.

Physical Education Golden Concepts				
Health related fitness	Movement and agility	Teamwork and communication	Fundamental skills	Building confidence and leadership

What I will know by the end of the unit:

Key Vocabulary	
Balance	Staying still and steady in one position.
Shape	The position of my body (tuck, star, straight, pike).
Jump	Taking off from the floor or trampoline and landing safely.
Roll	Moving smoothly across the floor in a straight or curved line.
Routine	A short performance made of different moves linked together.
Sequence	A set of moves performed one after another.
Take-off	Pushing off the floor or trampoline to begin a jump.
Spotting	Watching someone carefully to help keep them safe.
Landing	Finishing a jump safely with knees bent and balance held.

- Show basic gymnastics and trampolining skills such as jumps, rolls, balances, and shapes.
- Move with control and balance when performing on the floor or trampoline.
- Create and perform a short routine, linking moves smoothly together.
- Follow safety rules and use correct take-off and landing techniques.
- Show basic rolls and apply them safely.

