

GYMNASTICS - SPRING TERM 2023

Year 3 spent time developing their flexibility, strength, control and balance during their gymnastics unit. They looked at the '9 Key Shapes' including the star, dish, pike and the straddle before linking them together to create a variety of sequences.



We made sure our arms and legs were straight when performing our arch.

In Year 1, the children started the unit by performing basic gymnastics actions which included travelling, rolling, jumping and staying still. They then moved onto creating linked movements phrases with clear beginnings, middles and ends.



I am holding my shape which is how I am starting my sequence. I have one leg raised and my arms are straight.



In gymnastics, Year 6 spent time performing combinations of actions and movements that showed clear differences between levels, speeds and direction. They then spent time exploring, improvising and combining movement ideas fluently and effectively.

