

## Gymnastics

Gymnastics develops an awareness and understanding of the movements of the body, particularly in the use of space, time and energy.

### Lesson framework

- Warm-up
- Floorwork
- Apparatus
- Concluding activity

### Skills

The teaching of gymnastics is taught through the skill of movement. The Categories of movement are:

- travelling
- Jumping
- Turning
- balancing

in every category there are the following areas of development in accordance with Laban's principles of Movement

- Time
- Weight
- Space
- Flow

### Scheme

Each unit is based on between 4 and 6 lessons of 30 mins in total for each lesson.

Year	Unit 1	Unit 2	Unit 3	Unit 4
Reception	Introductory unit	A. Travelling	B. Stretching and Curling	C. Travelling taking weight on different body parts
1	D. Flight-Bouncing, jumping, landing	E. Points and Patches	F. Rocking and Rolling	G. Wide, Narrow, curled
2	H. Parts high, parts low	I. Pathways: Straight, zig-zag, curving	J. Spinning, turning, twisting	K. Linking movements together