



WHERE YOUNG
MINDS SHINE

Gymnastics Information

Kirton Lindsey Primary School
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Head Teacher: Mrs. Collette Randall

PE Leader: Mr. Andy Parton

Gymnastics through the Curriculum

This year as part of the gymnastics curriculum we are offering children the opportunity to achieve British Gymnastics Proficiency Awards during their P.E lessons. Gymnastics lessons will take place in school during indoor P.E sessions for the whole of the Spring term. There is a specific level for each year to work towards by the end of the term. If a level of attainment is completed the children will receive a certificate at the end of the gymnastics unit. Parents will then have the opportunity to purchase the badge for the child. If a child does not achieve the expected level for their age by the end of the school year, they can continue to work at this level the following year.

The Awards

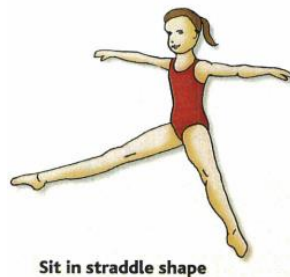
The proficiency award scheme is built around 10 different types of activity each offering 8 stages of attainment.

The 10 different types of activity are:

pulse raising activities, flexibility and posture, strength, jumping, balancing, weight on hands and locomotion, rolling, partner work, hand apparatus and apparatus preparation.

Children will have the opportunity to achieve the stages throughout their time at our school, as gymnastics will be covered in the curriculum yearly. Each stage corresponds to a year group as follows:-

- Stage 8 – Reception
- Stage 7 – Year 1
- Stage 6 – Year 2
- Stage 5 – Year 3
- Stage 4 – Year 4
- Stage 3 – Year 5
- Stage 2 – Year 6
- Stage 1 – Extension Stage

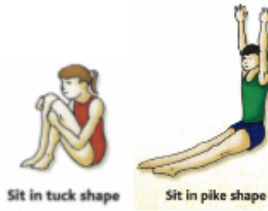


Sit in straddle shape

Please see the diagram on the next page for further details of the activities covered in each stage.

Proficiency Awards

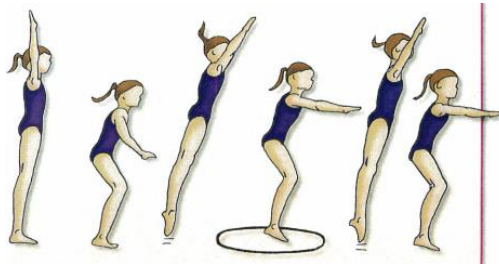
	Step 8	Step 7	Step 6	Step 5	Step 4	Step 3	Step 2	Step 1
Pulse raising activity	Run on the spot 30 seconds	Run freely 45 seconds	Follow my leader in pairs using different actions for 1 minute	Leap from one foot to the other	Skip for 30 seconds	Skip for 45 seconds	6 shuttle runs	10 shuttle runs
Flexibility and posture	Fun gym shapes – sit in tuck, pike, straddle, Stand with tall, stretch and star	Bent leg dish	Dish and arch	Jappa to 45 degrees.	Low lunges with both legs - forwards and sideways	Jappa flat	Bridge	Splits
Strength	Front and back support	Back support raising 1 leg at a time toward the vertical	Press up forwards and backwards	Move sideways from dish to arch.	Shoulder stand with hips supported	Headstand with knees bent and lower into frog	Halt lever with 1 foot raised – change legs	Halt lever or straddled half lever
Jumping	Jump in and out a hoop	Stand and jump to safe landing	Hop jump, hop jump along the floor	Hop, step and jump	Cat leaps, 2 times, each leg	luck jump	Jump half turn	Jump full turn
Balancing	Transfer weight from 1 foot to the other	1 foot balance on bench or box top	1 leg V-sit with hand support	1 – balance	Frog balance	Headstand with knees bent	Headstand	Moving toward headstand using apparatus
Weight on hands and locomotion	From crouch, bunny jump	From front support jump in and up	Travelling bunny jumps	Bunny jumps over a bench side to side.	Straddle bunny jumps across a bench side to side.	Cairwheel	Cairwheel quarter turn off bench	Change leg handstand
Rolling	Rock backwards and forwards in tuck	Rock backwards and forwards in pike and straddle	Rock backwards and forwards tucked to stand	Tucked forward roll down an incline	Tucked backwards roll down an incline	Forward roll	Backward roll	Handstand forward roll
Partner Work	Matched and mirrored sequence of arm positions	Front and back support, lower to the floor with control	Side support on 1 arm, turn slowly the other	Front support with partner	Chassis steps with arm swing, facing partner	Saddy bear roll – back to back with partner	Counter balance	Matched and mirrored sequence – to include roll, jump and balance
Hand Apparatus	Explore patterns using ribbons or scarves	Bounce and catch a ball three times	With partner roll and catch a ball or hoop.	Roll a ball or hoop, travel at its side and pick it up	Hoola hooping	Throw, jump and catch hand apparatus	Single knee balance, throw and catch hand apparatus	Throw hand apparatus, perform a leap, catch and perform a balance
Apparatus Preparation	Walk forwards along a bench on tiptoes	Walk forwards along a bench and full turn in the middle.	Walk backwards along a bench and full turn in the middle.	Run, hurdle step and 2 footed rebound jump	From box top – star jump to safe landing	Squat on box top and stretch jump off	Squat on box top and tuck jump off	Straddle on box top and straddle jump off



The Aims of Gymnastics

The course aims to develop:

- An understanding of safety principles when working in gymnastics.
- The ability to learn a range of individual and apparatus based skills and activities in a safe, progressive manner, that takes into account the age and stage of development of the child.
- A knowledge of how to work as an individual gymnast and how to work in groups.
- A goal, purpose to the curriculum for the children to work towards.



If you have any comments or questions please do not hesitate to contact the school.

More information about our school can be found on our website

www.kirtonlindseyschool.co.uk



Booklet Updated: December 2019