



EWELL GROVE PRIMARY AND NURSERY SCHOOL

PHYSICAL EDUCATION (PE) – SUMMER 3A



PE Gymnastics – Jumping Tops gymnastic skills Agility ladder

To develop jumping techniques. Combined sequence please see below

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Can crouch before jumping horizontally and vertically.	Can jump from one foot to two and two feet to one. Can jump from one foot to one foot leading with either leg.	Can jump from apparatus into a squat landing.	Can explore landing in a squat position from different heights. Children to land as quiet as possible bending knees on landing.	Can leap, following a running action and to use a prolonged period of flight. Can use arms to support leap.	Can use a springboard to jump and create shapes such as straight, star, pike and tuck.	Can perform a cat leap on a mat/across a bench.	Can create a sequence of jumping movements and teach to someone else.
Can jump forwards along spot mats.	Can travel using bunny jumps. Can perform a series of jumps/bounces	Can perform a stretched straight jump. Can create a straight jump from different heights using apparatus.	Can perform a half turn. Can perform a half turn off apparatus.	Can perform a tuck jump. Can perform a tuck jump from different heights using apparatus.	Can create short sequences travelling side by side with their partner.	Can perform a whole turn, staying balanced and focussed.	Can identify and coach teaching points.
Can jump from one foot to two and two feet to one.	Can jump from apparatus into a squat landing.	Can explore landing in a squat position from different heights.	Can leap, following a running action and to use a prolonged period of flight. Can use arms to support leap.	Can use a springboard to jump and create shapes such as straight, star and tuck.	Can perform a cat leap on a mat/across a bench.	Can create a sequence of jumping movements and teach to someone else.	Can perform a straddle over squat through.



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PE Gymnastics - Rolling

To develop rolling techniques.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Can lie down with arms and legs out straight.	Can curl up as an egg, chin and knees tucked in tight and roll in both directions. (Egg Roll)	Can lie down and lift arms/legs slightly off the floor, roll back to front then front to back. (Dish Roll)	Can put head, body and arms through legs in preparation for a forward roll	Can perform a forward roll from hands and feet through a squat into sitting.	Can perform a forward roll to straddle.	Can rock on back with hand placement for backward roll.	Can work with a partner to create a sequence of rolls, coaching and correcting each other's technique.
Can roll from back to front then front to back. (Pencil Roll)	Can sit on floor with knees up, hold knees and rock back and up to sitting. rocking	Can perform a Teddy Roll/Circle Roll. Sit with legs straight and apart, hold back of knees, and roll back onto shoulder and across onto other shoulder.	Can rock, crouch to standing position.	Can perform a forward roll from hands and feet through a squat and stand without using hands for support.	Can roll down side and across shoulders (side rolling from kneeling).	Can tuck back roll to stand/straddle.	Can lower to floor from straddle, roll and push shoulders forward.
Can curl up as an egg, chin and knees tucked in tight and roll in both directions. (Egg Roll)	Can lie down and lift arms/legs slightly off the floor, roll back to front then front to back. (Dish Roll)	Can put head, body and arms through legs in preparation for a forward roll	Can perform a forward roll from hands and feet through a squat into sitting.	Can perform a forward roll to straddle.	Can rock on back with hand placement for backward roll.	Can work with a partner to create a sequence of rolls, coaching and correcting each other's technique.	Can perform a lunge and simple side rotation – lead into cartwheel



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PE Gymnastics – Balance and body shape

To develop strength and stability when balancing and holding a body shape.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Can bend and straighten knees with balance and core stability.	Can perform a straight, star and tuck body shape.	Can balance on one foot with support leg still and support foot flat on the floor.	Can lift arms and legs clear off the floor and hold for 5 seconds. Back dish – Can lift arms and legs clear off the floor.	Can create a stretched shape for their partner to create a tucked shape underneath. Can interlock their bodies when creating shapes.	Can perform a front support and back support (hold for 3 seconds) Straddle, sitting, standing, shoulders, back	Can hold a V sit position with pike shaped legs (3 seconds) Can hold a straddle sit position for 3 seconds (attempt to lift body)	Can work with a partner to create a balance on the mat. (Only 1 body part can touch the mat for each balance. Teacher to change the body part regularly).
Can balance on one foot with a stabilizer. Can use arms to help balance	Can perform a pike, straddle and squat shape.	Can perform a standing straight body from fingers to feet, arch with arms forward and dish with arms back past hips.	Can lift hips clear off the floor to create a shoulder tuck. Can grasp below the knees to create a back tuck.	Can perform an arabesque. Extend leg backwards with pointed foot and keep other kneecap straight.	Can perform a shoulder stand with feet and legs extended.	Can work collaboratively to create mirror balances (pivot) <i>T balance</i>	Can perform a Shoulder tuck Back tuck Squat stand Sitting squat
Can perform a straight, star and tuck body shape.	Can balance on one foot with support leg still and support foot flat on the floor.	Front arch - Can lift arms and legs clear off the floor and hold for 5 seconds.	Can create a stretched shape big enough for their partner to create a tucked shape	Can perform a front support and back support (hold for 3 seconds)	Can hold a V sit position with pike shaped legs (3 seconds) Can hold a	Can work with a partner to create a balance on the mat. (Only 1 body	Children can pass under, over and through with the aid of one body part.



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		<p>Back dish – Can lift arms and legs clear off the floor and keep back pressed down.</p>	<p>underneath.</p>		<p>straddle position for 3 seconds (attempt to lift body)</p>	<p>sit for 3 seconds (attempt to lift body part regularly).</p>	<p>part can touch the mat for each balance. Teacher to change the body part regularly). Ask children to create a 5-second balance touching the floor and apparatus. Keep changing the body part that touches the floor for each balance. Stretch, dish. arch</p>
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