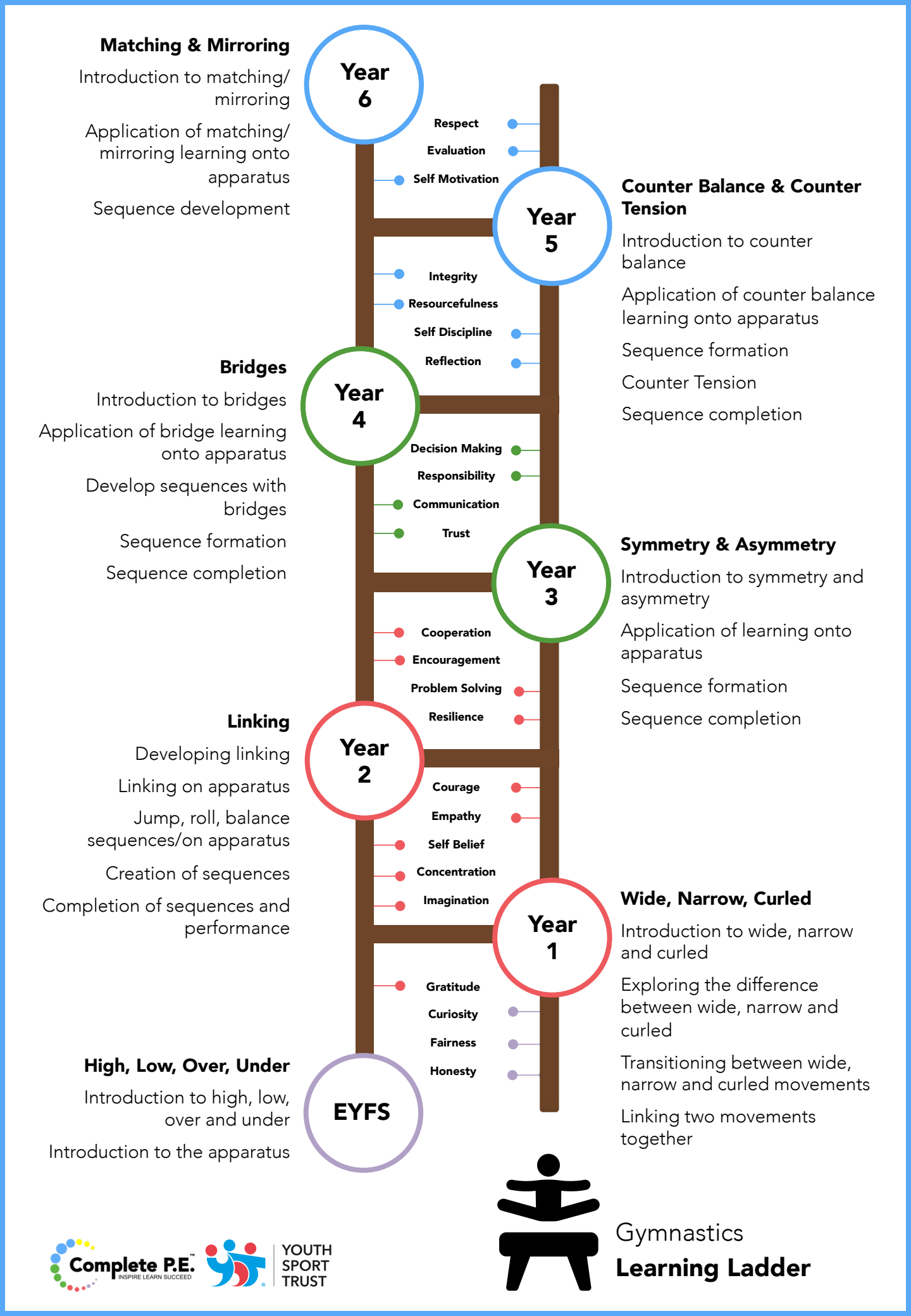

Year 6
Matching & Mirroring
Introduction to matching/ mirroring
Application of matching/ mirroring learning onto apparatus
Sequence development
Respect
Evaluation
Self Motivation
Year 5
Counter Balance & Counter Tension
Introduction to counter balance
Application of counter balance learning onto apparatus
Sequence formation
Counter Tension
Sequence completion
Integrity
Resourcefulness
Self Discipline
Reflection
Year 4
Bridges
Introduction to bridges
Application of bridge learning onto apparatus
Develop sequences with bridges
Sequence formation
Sequence completion
Decision Making
Responsibility
Communication
Trust
Year 3
Symmetry & Asymmetry
Introduction to symmetry and asymmetry
Application of learning onto apparatus
Sequence formation
Sequence completion
Cooperation
Encouragement
Problem Solving
Resilience
Year 2
Linking
Developing linking
Linking on apparatus
Jump, roll, balance sequences/on apparatus
Creation of sequences
Completion of sequences and performance
Courage
Empathy
Self Belief
Concentration
Imagination
Year 1
Wide, Narrow, Curled
Introduction to wide, narrow and curled
Exploring the difference between wide, narrow and curled
Transitioning between wide, narrow and curled movements
Linking two movements together
Gratitude
Curiosity
Fairness
Honesty
EYFS
High, Low, Over, Under
Introduction to high, low, over and under
Introduction to the apparatus
Complete P.E.
INSPIRE LEARN SUCCEED
YOUTH SPORT TRUST
Gymnastics
Learning Ladder