

KS3 Curriculum Overview: Gymnastics

Term / Length of Unit	Outline	Assessment	Resources	Knowledge/Skills End Points	Assessment End Point	Reading and Literacy
<p>Year 7 (6 lessons)</p>	<p>In this unit pupils will explore core skills individually and in combination. Will focus on developing stability when holding their own body position and when supporting a partner. Pupils incorporate control, precision and aesthetics into sequences showing creativity. Student will evaluate and assess movements to improve sequences.</p>	<p>Assessment will be carried out at end of the activity block. Students will be graded in line with GCSE assessment criteria. Scores to be inputted into tracker at the end of each activity block. Maximum score of 15* in year 7. *Exceptional students may exceed this mark after consultation with other department members.</p>	<ul style="list-style-type: none"> • All gymnastics equipment • Projector • Laptop 	<p>To apply travel movements, rotational elements and balances individually and as part of a fluent sequence. Pupils will learn to select, combine and perform skills; actions and balances including some that are inverted. Continual development, adaptation and refinement of learnt skills will contribute to producing an improved performance and accurate replication</p>	<p>Demonstrate good basic/advance agilities with technical accuracy, precision and control. Adhere to rules, health and safety guidelines, and perform good mounts and dismounts on apparatus. e.g. Agilities. Rolls, jumps and balances, inverted balances, walkovers, handsprings etc.</p>	<p>Subject Specific Words: -Rolls -Jumps -Balance -Mounts -Dismounts</p> <p>Academic vocabulary: -Fluency -Control -Technique -Tension -Performance -Timing -Safety</p> <p>Reading Strategy: - Visual Demonstration - Extended Questioning - Detailed Explanations - Live Modelling - Self/Peer Assessment - Group Discussion - Manual and Mechanical Guidance</p>

<p>Year 8 (6 lessons)</p>	<p>In this unit pupils will use core gymnastic skills in combination with other movements and apparatus. Pupils will incorporate control, creativity and aesthetics into flight based sequences. Student will further develop an ability to evaluate and assess movements and sequences to produced refined outcomes.</p>	<p>Assessment will be carried out at end of the activity block. Students will be graded in line with GCSE assessment criteria. Scores to be inputted into tracker at the end of each activity block. Maximum score of 20* in year 8. *Exceptional students may exceed this mark after consultation with other department members.</p>	<ul style="list-style-type: none"> • All gymnastics equipment • Projector <p>Laptop</p>	<p>Pupils should be able to accurately replicate basic balance, rotation and flight based movements. Pupils will be able to demonstrate correct take-off and landing technique, as well as a clear body shape whilst airborne. To apply travel movements, rotational moves and balances individually and as part of a fluent sequence.</p>	<p>To be able to accurately replicate basic vaults (squat on, through, straddle, handspring off the springboard and trampette). To understand the importance of body tension and aesthetics during movements. To know and be able to describe the approach-take off-flight-landing phases of a jump. To understand how to safely mount and dismount apparatus using the correct landing technique.</p>	<p>Subject Specific Words: -Vaulting -squat -Straddle -Through -Hand spring -Run up -Take Off -Landings</p> <p>Academic vocabulary: -Fluency -Control -Technique -Tension -Performance -Timing -Safety -Aesthetics</p> <p>Reading Strategy: - Visual Demonstration - Extended Questioning - Detailed Explanations - Live Modelling - Self/Peer Assessment - Group Discussion - Manual and Mechanical Guidance</p>
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<p>Year 9 (6 lessons)</p>		<p>Assessment will be carried out at end of the activity block. Students will be graded in line with GCSE assessment criteria. Scores to be inputted into tracker at the end of each activity block. Maximum score of 25* in year 9. *Exceptional students may exceed this mark after consultation with other department members.</p>	<ul style="list-style-type: none"> • All gymnastics equipment • Projector <p>Laptop</p>		<p>Subject Specific Words: -Vaulting -squat -Straddle -Through -Hand spring -Run up -Take Off -Landings</p> <p>Academic vocabulary: -Fluency -Control -Technique -Tension -Performance -Timing -Safety -Aesthetics</p> <p>Reading Strategy: - Visual Demonstration - Extended Questioning - Detailed Explanations - Live Modelling - Self/Peer Assessment - Group Discussion - Manual and Mechanical Guidance</p>
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