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| **What will we be learning?**  **Gymnastics**   * Skills (technique) * Aesthetic skills * Performance skills * Character building values | **Why this? Why now?**  **KEY STAGE 3 CORE PE**  **GYMNASTICS**  **Gymnastics is taught during the Autumn/Spring terms. It is part of the curriculum map which is determined by facility availability and other activities taught at this time.**  In **Year 7 gymnastics** is taught in the Autumn and/or Spring term.  In **Year 8 gymnastics** is taught in the Autumn and/or Spring term.  In **Year 9 gymnastics** is taught in the Autumn and/or Spring term. | **Key Words:**   * Co-ordination * Extension * Flexion * Counter-tension * Counterbalance * Transition * Connect * Aesthetic * Shape * Control * Fluency * Tension * Balance * Momentum * Synchronisation * Technique * Teamwork * Co-operation * Resilience |
| **What will we learn?**  **Year 7 – Focus:**  **Core skills and sequences.**   * Basic skills – Core skills, shapes, jumps, rolls, locomotion, and sequences. * Aesthetic awareness – basic application of performance skills. * Character values – respect, self-challenge, pair/ group work and co-operation.   **Year 8 – Focus: Balance, recap of sequences and introduction to flight.**   * Basic skills – review of Year 7 and further development of skills (individual and pair balances), as well as an introduction to flight. * Aesthetic appreciation – development of performance skills. * Character values – appreciation of others, determination, and pair/ group work.   **Year 9 – Focus: Development of flight.**   * Aesthetic understanding – further development and application of performance skills. * Character values – appreciation of others, pair/ group work and resilience. | |
| **What opportunities are there for wider study?**  Gymnastics club is offered as an extra -curricular club.  GCSE PE and A level PE practical components. | |
| **How will I be assessed?**  Teacher assessment using the following assessment criteria in CAS:  **Head** – Compositional themes.  **Heart** – Character values.  **Hands** – Performing skills in motifs/ sequences and compositions. | |