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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
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| **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.
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| **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. |