











Year 10/11 Topic Overview – Gymnastics

Know it!

	Knowledge	Date
	I can attempt or coach more challenging individual agilities. (handstand forward roll/consecutive cartwheel/round off, walkover, flick, somersault.)	
	I demonstrate control in trampette work.	
	I can use a springboard and vault safely.	
	I can demonstrate confident approach, two footed take off and secure landing in basic vaults and perform according to BSGA Competition rules.	
	I have attempted to rotate my body in flight.	
	I can design a group floor sequence following BSGA Competition rules	
	I can observe gymnastics vaults and floor routines and score them using a set BSGA criteria.	
	I can perform my work to others with confidence.	
	I respect my peers and appreciate their effort.	
	I can judge a performance according to set criteria.	

Prove it!

Head Analysis	I can identify problems with technique, analyse them, and apply teaching points to correct these mistakes.	
Heart Confidence	I am confident and competent when leading groups of performers.	
Hands Physical Ability	I can demonstrate with some accuracy and success, skills and techniques in gymnastics.	

Link it!

I can transfer skills and understanding from gymnastics to other aesthetic activities.
I can transfer aspects of Analysis, Physical Ability and Personal Confidence from one activity to another.
Confidence is an aspect of personal development that can be applied to other subjects in school such as Drama, Music, Dance, and PSHE,
I am aware of further opportunities to be physically involved in gymnastics outside of lessons.

Say it!

Vocabulary	
Springboard	I use a springboard to initiate flight over the vault.
Secure	If I am still after I have landed, I have secured my landing.
Vault	One type of vault is a 'through' vault.
Rotate	When I handspring I rotate around the horizontal axis.
Take Off	I should use two feet to take off the springboard for a vault.
Coach	I like to help coach my peers to become better at a skill.
Rhythm	When movement flows it has good rhythm .
Execution	If I carry out a movement perfectly I demonstrate good execution .
Analysis	If I watch something and offer comments I am using analysis skills.
Confidence	To demonstrate confidence in my performances, I should keep my head up.
Physical Ability	If I can perform a skill I am demonstrating physical ability .