









## Year 7 Topic Overview – Gymnastics

### Know it!

	Knowledge	Date
	I can demonstrate a range of individual skills including rolls and balances.	
	I can attempt a handstand and headstand.	
	I am starting to develop Cartwheel and Round Off.	
	I have good body awareness, demonstrating ability to control movement, show tension and extension and transfer weight.	
	I can design sequences demonstrating space awareness (direction, level) time awareness (speed, unison, canon, rhythm) and weight awareness (strength)	
	I can observe gymnastics skills and sequences, identify strengths and weaknesses and describe what I have seen.	
	I can perform my work to others with confidence.	
	I respect my peers and appreciate their effort.	

### Prove it!

<b>Head</b> Analysis	I can apply my knowledge of skills and techniques and <b>analyse</b> them to help improve my own and others performance.	
<b>Heart</b> Confidence	I demonstrate <b>confidence</b> and apply leadership qualities to lead warm ups.	
<b>Hands</b> Physical Ability	I can demonstrate with some accuracy and success, skills, techniques and tactics across a variety of sports.	

### 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	
Balance	I should hold a <b>balance</b> for 5 seconds.
Individual	I make an <b>individual</b> sequence on my own.
Attempt	I should always try to <b>attempt</b> a new skill.
Awareness	I have <b>awareness</b> of the space around me.
Control	It is sometimes difficult to keep <b>control</b> in a handstand.
Tension	If I squeeze my muscles tightly I have good body <b>tension</b> .
Extension	Pointing my toes helps me to show good extension in my <b>legs</b> .
Canon	We are using <b>canon</b> if we perform one at a time, one after the other.
Unison	<b>Unison</b> is when we try to perform at exactly the same time.
Rhythm	When movement flows it has good <b>rhythm</b>
Sequence	I have designed a <b>sequence</b> to include 2 rolls and 2 balances.
Analysis	If I watch something and offer comments I am using <b>analysis</b> skills.
Confidence	I demonstrate <b>confidence</b> in my performances.
Physical Ability	If I can perform a skill I am demonstrating <b>physical ability</b> .