Title: Gymnastics	Year Group: 5	

Rolls

Forwards roll

Backwards roll

Handstands

Progression of handstand

Progression of cartwheel

Linking movements

Chassis step

Key Learning

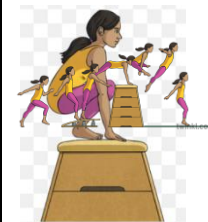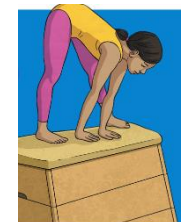| |
|---|
| I can describe how to improve and modify performances |
| I can perform a straight, star, tuck, half turn jump and a cat leap |
| I can perform a squat and straddle onto a vault. |
| I can perform a forwards roll and backwards roll. |
| I can perform a handstand balance. |
| I am beginning to be able to perform a cartwheel. |
| I can link movements with a chassis step, pivot and half turn jump |
| I can perform a sequence with linking movements. |

Jumps

Full turn jump

Cat leap

Squat onto vault

Straddle onto vault

Head & Heart

MOTIVATED   **P**ROUD   **S**UCCESSFUL