




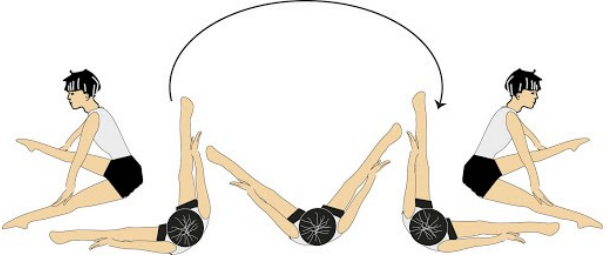







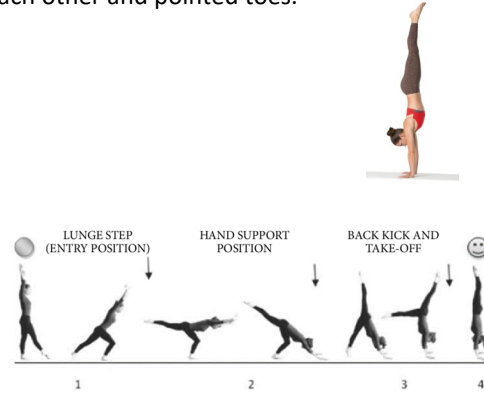












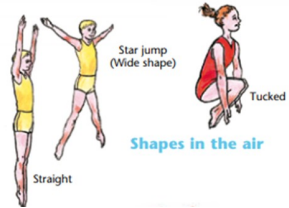

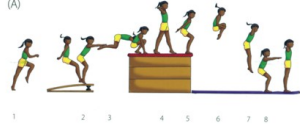







PE: Gymnastics

<p>Rolling</p> <p>Backward Roll</p> <p>Start in a squat position, knees and legs together. Roll backwards from a squat (curl back and tuck chin in) and place hands on the floor with fingers pointing towards back. Push up with hands against the floor and straighten arms. Finish on knees or in a standing position. Roll down an incline if a child is having difficulties.</p> 	<p>Forward Roll</p> <p>Start straight, crouch down, place hands shoulder width apart on the floor, lift bottom up and tuck head under and chin in. Over balance and land on the upper back and follow the curve of the spine as you roll. Place feet flat on the floor and move to a standing position without putting your hands on the ground. Straighten legs and extend arms above head.</p> 	<p>Egg Roll</p> <p>Start on knees, tuck in tightly, place hands over knees, fingers facing inwards, keep head tucked in and knees in tightly to chest and roll over sideways.</p> 	<p>Pencil Roll</p> <p>Feet together, shoulders back, hands together with fingers pointing up.</p> 
<p>Shoulder Roll</p> <p>Start kneeling with one leg extended to the side and both arms extended out to opposite sides, roll onto shoulder, open legs out into a straddle and finish in the starting position (one/opposite knee on the floor with one-leg extended out to the side and both arms extended out).</p> 	<p>Teddy Bear Roll</p> <p>Start on back, rock from side to side in a straddle shape, reach forwards towards one side, roll onto side, lift leg up, roll across shoulders and back to opposite side and finish in a straddle sit. Use SIDE---SHOULDER---SIDE to help the children understand the sequence of movements A good quality circle roll will have the following – legs straight, hands holding knees, legs stay the same distance apart (90 degrees, START AND FINISH FACING OPPOSITE DIRECTIONS).</p> 	<p>Dish to Arch Roll</p> <p>Start in a dish, use hips to turn body and as the body turns ,arms move above the head. Arms and legs remain off the floor at all times. Fingers and toes pointed.</p> 	

<p>Balancing</p>			
<p>Dish</p> <p>With both legs straight out in front, keep arms by ears, tuck chin in with chest rounded inwards, hips turned under, legs squeezed tightly together and toes pointed (easier version arms pointing towards toes). Lower back should remain in contact with the floor.</p>  <p>Tucked dish – lie on back in a tuck shape with a rounded back, head and shoulders should be clear of the floor. Arms stretched with fingers pointing towards toes.</p>  <p>One legged dish --- as above with one leg bent and other leg straight, feet do not touch the floor, fingers pointing towards toes. Increase difficulty with arms by ears.</p>	<p>Arch</p> <p>Lie on stomach in a straight shape, press hips into floor, lift arms, head, chest and legs off floor and keep arms and legs straight.</p> 	<p>Handstand</p> <p>Lunge forwards and place both hands on the floor, keep both legs straight, lift back leg, push back to standing position using hands.</p> <p>Lunge— Start with feet together and step forward with one foot, bend lead leg and keep back leg straight. The front foot should be in front of knee with foot slightly turned out. Arms by ear, there should be a straight line from fingers to the heel of back leg.</p> <p>High Bunny Hops—start in a crouched position, place hands on floor shoulder width apart, strong push with legs keeping them tucked, keep feet together and jump upwards, keep back slightly dished not arched and look towards fingers. High achievers should be challenged to perform a high quality hand stand with very straight legs that are next to each other and pointed toes.</p>	<p>Headstand</p> <p>Only spend a short period of time in one session practising a headstand.</p> <p>From kneeling: The hands should be placed at shoulder width apart and the top of the forehead/ front of top of head should be placed in front of the hands to form a triangle. This 3 point support provides a large stable base. Lift knees and rest on each elbow.</p>  <p>Lift bottom up by straightening legs. The back should be in a dished shape.</p>
<p>Shoulder Balance</p> <p>Lie on back, lift knees up, bringing heels to bottom. Lift legs in air with arms by side and hands flat on floor.</p> 	<p>Bridge</p> <p>A bridge position is performed with straight legs and an extended back. To start lie flat, hands placed under shoulders with elbows facing upwards and fingers pointing towards toes. Bend knees and push hips upwards. A good bridge has straight legs and arms with shoulders over hands.</p> 		<p>Crab</p> <p>Sit on floor, reach back and place both hands on floor with fingers pointing towards toes, bend knees and push up, shoulder to knee should be a flat shape.</p> 
	<p>Front Support</p> <p>Shoulders should be over hands, head stays in a neutral position and body should be tense.</p> 	<p>Rear Support</p> <p>There should be a straight line from shoulders to toes. Fingers point towards toes and legs straight.</p> 	<p>Side Support</p> <p>Body should be straight with legs together and only hands and feet in contact with the floor.</p> 

Shapes		
<p>Start and finishing position (present).</p> 	<p>Straight</p> <p>Standing or lying keep arms up by ears, back flat, legs tensed and together.</p> 	<p>Tuck</p> <p>Sit with knees bent, knees next to chest, feet pulled in close to bottom, hold each shin with hands.</p> 
<p>Pike</p> <p>Sit up tall with a straight back, legs stretched out in front, toes pointed and legs tight together. Arms stretched upwards or out to side.</p> 	<p>Star</p> <p>Legs and arms apart keeping a flat body.</p> 	<p>Straddle</p> <p>Sit up tall with a straight back, legs wide apart and separated equally to the left and right, toes pointed with knees facing upwards.</p> 

Jumping and Landing	
<p>The 3 phases of a jump are take off, shape in air, and landing</p> <p>Strong swing of the arms upwards for take off, a shape in the air and during landing when the feet come in contact with the floor, there should be controlled flexion of the ankles knees and hips. Heels should stay on the floor with knees bent and arms out in front.</p>	<p>Shapes in the air</p> <p>Straight, tuck, star, straddle (box split)</p> 
<p>Landing</p> 	<p>Vault</p> 
<p>Methods of take off and landing</p>	<p>One to the same foot</p> 
<p>One to Two Feet</p> 	<p>Two Feet to Two Feet</p> 
<p>Two Feet to One Foot</p> 	<p>One to the other foot</p> 

Travelling	
<p>Cartwheel</p> 	<p>Bunny Hop</p> <p>Reach forward with hands, jump feet to hands so that feet and knees are together. High bunny hops --- start from a crouch position, place hands on floor shoulder width apart, strong push with legs, keep legs tucked and together. Jump feet upwards, keeping back slightly dished not arched, look towards fingers.</p> 