

	Y1/2 Roll Continue to develop control in different rolls.	Y1/2 Roll Pencil roll – from back to front keeping body and limbs in straight shape.	Y1/2 Roll Egg roll – lie on side in tucked shape, holding knees tucked into chest roll onto back and onto other side. Repeat to build up core strength.	Y1/2 Roll Dish roll – with extended arms and legs off the floor, roll from dish to arch shape slowly and with control.	Y1/2 Roll Begin forward roll (crouch in tucked shape, feet on floor, hands flat on floor in front. Keep hands and feet still, raise hips in the air to inverted ‘V’ position.			
Y1/2 Balance Develop balance by showing good tension in the core and tension and extension in the arms and legs, hands and feet.	Y1/2 Balance Develop balance on front and back so that extended arms and legs are held off the floor (arch and dish shapes respectively).	Y1/2 Balance Challenge balance and use of core strength by exploring and developing use of upper body strength taking weight on hands and feet – front support (press up position) and back support (opposite) NB: ensure hands are always flat on floor and fingers point the same way as toes.	Y1/2 Travel Begin to travel on hands and feet (hands flat on floor and fully extend arms).	Y1/2 Travel Monkey walk (bent legs and extended arms).	Y1/2 Travel Caterpillar walk (hips raised so legs as well as arms can be fully extended. Keep hands still while walking feet towards hands, keep feet still while walking hands away from feet until in front support position).	Y1/2 Travel Bunny hop (transfer weight to hands).	Y1/2 Jump Explore shape in the air when jumping and landing with control (e.g. star shape).	
	Y1/2 Sequencing Perform gymnastic sequence with a balance, a travelling action, a jump and a roll.	Y1/2 Sequencing Teach sequence to a partner and perform together.	Y1/2 Balance Stand and sit “like a gymnast.	Y1/2 Balance .” Explore the 5 basic shapes: straight/tucked/star/straddle/pike.	Y1/2 Balance Balance in these shapes on large body parts: back, front, side, bottom.	Y1/2 Balance Explore balance on front and back so that extended arms and legs are held off the floor (arch and dish shapes respectively).		