

Gymnastics	FS2	Year 1	Year 2	Year 3/4	Year 5	Year 5/6
Week 1	Travelling	Travelling	Balances Points	Travelling	Travelling	Matching and mirroring
Week 2	Travelling	Travelling and taking weight on body parts.	Balances Points	Travelling with equipment	Travelling with equipment	Counter balance
Week3	Body shape high	Stretching and curling	High and low	Travelling with equipment	Travelling with equipment	Counter tension
Week 4	Body shapes low	Rocking and rolling	Pathways	Balances	Balances	Bridges
Week 5	Travelling and taking weight on body parts.	Flight	Spinning Twisting Turning	Balances with equipment	Balances with equipment	Turning and spinning
Week 6	Travelling and taking weight on body parts.	Linking movement together	Spinning Twisting Turning	Counter balances with equipment	Counter balances with equipment	Synchronisation and canon

Week 7	Performance practise	Performance practise	Linking movement together	Pathways and linking movements	Pathways and linking movements	Pathways and linking movements
Week 8				Performance	Performance	Performance