



KEY

Development of Skills (balance, travel, positions, movement, transitions, levels, flight)

Application

Evaluation

Knowledge and Understanding of Fitness and Health

Cultural Capital

All children (Sport for All) will be given the opportunity of attending a wide variety of extra curricular clubs, intra and inter competitions (both in and out of school). To develop a lifelong love for Physical and Mental wellbeing.

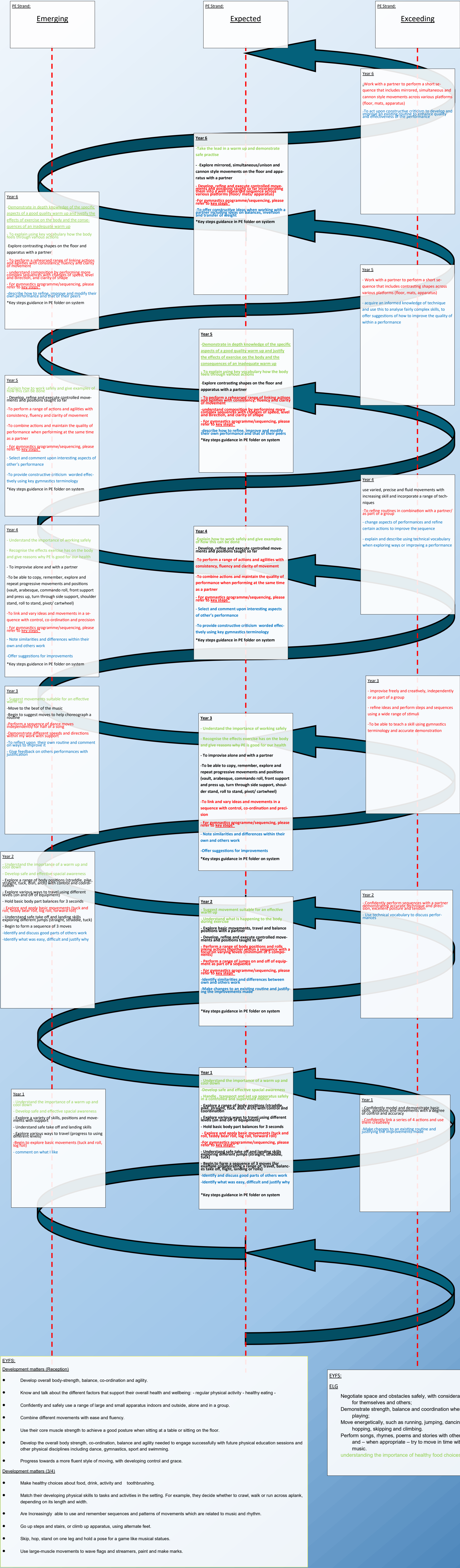
Through sport we strive to achieve equality -Sport for All, regardless of race, gender, disability or level of activity. The children will be given the opportunity to hear first hand inspirational assemblies from a wide range of Team GB visiting athletes .

We as a school have a number of partnerships with a number of different sporting providers such as Barking and Dagenham Sports partnership, West Ham Football club, Redbridge Cycling club, Street Tag, Essex Cricket, BFFTA, AFPE, YST, Little Musketeers, Barking Abbey School of Dance, local Karate clubs as well as sport specialists: Primary PE, Total Sports, Premier and Cousins.

Progression in the Curriculum:

PE—GYMNASTICS

Year Group	Key Vocabulary
KS3	Counter balance Twists Slide Push / pull Box Hanging / swinging
6	Bridge Round off Y balance Handstand Headstand? Simultaneous Synchronised Unison Cannon Components and composition
5	Bridge Round off Y balance Handstand Headstand? Components and composition
4	Vault Arabesque Commando roll Front support Back support Press up Side support Shoulder stand Roll to stand Pivot Cartwheel Arab spring Japana Half lever Splits Components and composition
3	Vault Arabesque Commando roll Front support Back support Press up Side support Shoulder stand Roll to stand Pivot Cartwheel Arab spring Japana Half lever Splits Components and composition
2	Tension Extension Tuck and roll Teddy Bear roll Log roll Forward roll * Straddle Pike Straight Tuck Dish Arch Broad Straight jump Straddle jump Tuck jump Moves and sequences
1	Take off Flight Landing Tension Extension Tuck and roll Teddy Bear roll Log roll Forward roll * Straddle Pike Straight Tuck Dish Arch Broad Straight jump Straddle jump Tuck jump Forwards Backwards Diagonally Moves and sequences
R	Forward Backward Diagonal Side-step Crawl/ hop/ skip Travel Land roll



Year Group	Wider Opportunities and Experiences
6	Opportunities for Key Step competitions Sports for schools athlete visit Rush Green Talent show Promotion through celebration assembly / twitter?
5	Opportunities for Key Step competitions Sports for schools athlete visit Rush Green Talent show Promotion through celebration assembly / twitter?
4	Opportunities for Key Step competitions Sports for schools athlete visit Rush Green Talent show Promotion through celebration assembly / twitter?
3	Opportunities for Key Step competitions Sports for schools athlete visit Rush Green Talent show Promotion through celebration assembly / twitter?
2	Key step competition Sports for schools athlete visit Rush Green Talent show Promotion through celebration assembly / twitter? After school club
1	Key step competition Sports for schools athlete visit Rush Green Talent show Promotion through celebration assembly / twitter? After school club
R	Continuous provision: Gymnastic mats, Yoga pose mats, Cosmic Yoga brain breaks, Rope ladder, rope climbing, trapeze, rock climbing,