

Matching & Mirroring

Introduction to matching/
mirroring
Application of matching/
mirroring learning onto
apparatus
Sequence development

Year
6

Respect
Evaluation
Self Motivation

Year
5

Integrity
Resourcefulness
Self Discipline
Reflection

Counter Balance & Counter Tension

Introduction to counter
balance
Application of counter balance
learning onto apparatus
Sequence formation
Counter Tension
Sequence completion

Year
4

Decision Making
Responsibility
Communication
Trust

Symmetry & Asymmetry

Introduction to symmetry and
asymmetry
Application of learning onto
apparatus
Sequence formation
Sequence completion

Bridges

Introduction to bridges
Application of bridge learning
onto apparatus
Develop sequences with
bridges
Sequence formation
Sequence completion

Year
3

Cooperation
Encouragement
Problem Solving
Resilience

Linking

Developing linking
Linking on apparatus
Jump, roll, balance
sequences/on apparatus
Creation of sequences
Completion of sequences and
performance

Year
2

Courage
Empathy
Self Belief
Concentration
Imagination

Wide, Narrow, Curled

Introduction to wide, narrow
and curled
Exploring the difference
between wide, narrow and
curled
Transitioning between wide,
narrow and curled movements
Linking two movements
together

High, Low, Over, Under

Introduction to high, low,
over and under
Introduction to the apparatus

EYFS

Gratitude
Curiosity
Fairness
Honesty



Gymnastics
Learning Ladder