

SCHEME OF WORK: **GYMNASTICS**: YEAR 1

LESSON	OUTLINE OF LESSON
1	To learn how to create a variety of different shapes using parts of the body.
2	Begin to put shapes together and be able to perform a small sequence.
3	To learn how to move around an area when bodies are at high and low levels.
4	To explore different ways of using hands and feet to travel around an area.
5	To learn how to perform a variety of different balances.
6	To use apparatus safely and to create a small routine with all skills learnt in previous weeks.