

# SCHEME OF WORK: **GYMNASTICS:** YEAR 2

LESSON	OUTLINE OF LESSON
1	To learn how to use their hands and feet to travel around an area.
2	To learn how to create a variety of different shapes with their body.
3	To learn how to jump effectively and safely and apply this in a routine.
4	To learn how to perform a variety of different balances.
5	To learn how to use small apparatus safely within a routine.
6	To learn how to develop a gymnastics sequence, using shapes, balancing, jumping and travel.