

# SCHEME OF WORK: **GYMNASTICS**: YEAR 4

LESSON	OUTLINE OF LESSON
1	To explore ways of travelling across a bench using different levels, body parts and speeds.
2	To explore matching and mirroring when performing shapes with a partner.
3	To develop pupils jumping technique by learning how to turn in mid-flight.
4	To attempt a variety of partner balances exploring counter tension and counter balance techniques.
5	To introduce the fundamental skills required to perform the forward roll.
6	To perform a full routine that involves shapes, travelling, balances, jumping, rolling and small apparatus.