

SCHEME OF WORK: **GYMNASTICS**: YEAR 5

LESSON	OUTLINE OF LESSON
1	To learn how to perform point and group balances.
2	To learn the difference between symmetric and asymmetric shapes.
3	To be able link balances and shapes to create a short routine.
4	To be able to incorporate a piece of equipment into a short routine.
5	To understand the principles behind effective jumping.
6	To be able to create and perform a routine which involves all skills learnt from previous weeks.