

# BLACKROD PRIMARY SCHOOL

## Autumn Project Reflections

### PE – Gymnastics



Planning, performing and repeating sequences.

Balances  
front support  
back support  
arch  
dish  
pike  
straddle



We performed our routines to each other.

Moving in a clear, fluent and expressive manner.

# BLACKROD PRIMARY SCHOOL



*Travelling in a variety of ways, including flight, by transferring weight to generate power in movements.*

*Refining movements into sequences.*



*Performing a routine 'In sync' or as a 'cannon' (follow the leader) Each routine must contain a roll and up to 6 balances.*

*Holding a balance for 3 seconds and transition into the next move.*

## Learning Links

[Gym Stars: Gymnastics you can try at home - CBBC - BBC](#)

[Gymnastics Top Tips - CBeebies - BBC](#)