The Elms Sport In Schools - PPA Term Overview (Spring 1)



	Early Years/Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Week 1	Gymnastics Shapes Topic: Shapes Straight shape, tuck shape, star shape, pike shape, straddle shape, front support shape, back support shape, dish shape, arch shape, bridge	Gymnastics Shapes Topic: Shapes Straight shape, tuck shape, star shape, pike shape, straddle shape, front support shape, back support shape, dish shape, arch shape, bridge	Gymnastics Shapes Topic: Shapes Straight shape, tuck shape, star shape, pike shape, straddle shape, front support shape, back support shape, dish shape, arch shape, bridge	Gymnastics Shapes Topic: Shapes Straight shape, tuck shape, star shape, pike shape, straddle shape, front support shape, back support shape, dish shape, arch shape, bridge	Gymnastics Shapes Topic: Shapes Straight shape, tuck shape, star shape, pike shape, straddle shape, front support shape, back support shape, dish shape, arch shape, bridge	Gymnastics Shapes Topic: Shapes Straight shape, tuck shape, star shape, pike shape, straddle shape, front support shape, back support shape, dish shape, arch shape, bridge
Week 2	Gymnastics Jumping Topic: Jumps/Jumping Skills 1 Straight jump, tuck jump, star jump, half turn jump, full turn jump, bunny hops, cat leap, chasse, squat on with a jump off	Gymnastics Jumping Topic: Jumps/Jumping Skills 1 Straight jump, tuck jump, star jump, half turn jump, full turn jump, bunny hops, cat leap, chasse, squat on with a jump off	Gymnastics Jumping Topic: Jumps/Jumping Skills 1 Straight jump, tuck jump, star jump, half turn jump, full turn jump, bunny hops, cat leap, chasse, squat on with a jump off	Gymnastics Jumping Topic: Jumps/Jumping Skills 1 Straight jump, tuck jump, star jump, half turn jump, full turn jump, bunny hops, cat leap, chasse, squat on with a jump off	Gymnastics Jumping Topic: Jumps/Jumping Skills 1 Straight jump, tuck jump, star jump, half turn jump, full turn jump, bunny hops, cat leap, chasse, squat on with a jump off	Gymnastics Jumping Topic: Jumps/Jumping Skills 1 Straight jump, tuck jump, star jump, half turn jump, full turn jump, bunny hops, cat leap, chasse, squat on with a jump off
Week 3	Gymnastics Balancing/Rolls opic: Balancing & Rolls 1 Forward roll to stand, teddy bear roll, backward roll to straddle stand, forward roll to straddle sit, front arabesque 90°, back arabesque 90°, straddle lever	Gymnastics Balancing/Rolls opic: Balancing & Rolls 1 Forward roll to stand, teddy bear roll, backward roll to straddle stand, forward roll to straddle sit, front arabesque 90°, back arabesque 90°, straddle lever	Gymnastics Balancing/Rolls opic: Balancing & Rolls 1 Forward roll to stand, teddy bear roll, backward roll to straddle stand, forward roll to straddle sit, front arabesque 90°, back arabesque 90°, straddle lever	Gymnastics Balancing/Rolls opic: Balancing & Rolls 1 Forward roll to stand, teddy bear roll, backward roll to straddle stand, forward roll to straddle sit, front arabesque 90°, back arabesque 90°, straddle lever	Gymnastics Balancing/Rolls opic: Balancing & Rolls 1 Forward roll to stand, teddy bear roll, backward roll to straddle stand, forward roll to straddle sit, front arabesque 90°, back arabesque 90°, straddle lever	Gymnastics Balancing/Rolls opic: Balancing & Rolls 1 Forward roll to stand, teddy bear roll, backward roll to straddle stand, forward roll to straddle sit, front arabesque 90°, back arabesque 90°, straddle lever
Week 4	Gymnastics Balancing/Rolls Topic: Balancing & Rolls 2 Forward roll to straddle sit, forward roll to straddle stand, backward roll to straddle stand, backward roll to front support, head/handstand	Gymnastics Balancing/Rolls Topic: Balancing & Rolls 2 Forward roll to straddle sit, forward roll to straddle stand, backward roll to straddle stand, backward roll to front support, head/handstand	Gymnastics Balancing/Rolls Topic: Balancing & Rolls 2 Forward roll to straddle sit, forward roll to straddle stand, backward roll to straddle stand, backward roll to front support, head/handstand	Gymnastics Balancing/Rolls Topic: Balancing & Rolls 2 Forward roll to straddle sit, forward roll to straddle stand, backward roll to straddle stand, backward roll to front support, head/handstand	Gymnastics Balancing/Rolls Topic: Balancing & Rolls 2 Forward roll to straddle sit, forward roll to straddle stand, backward roll to straddle stand, backward roll to front support, head/handstand	Gymnastics Balancing/Rolls Topic: Balancing & Rolls 2 Forward roll to straddle sit, forward roll to straddle stand, backward roll to straddle stand, backward roll to front support, head/handstand
Week 5	Gymnastics Routines Topic: Routines – Routine A is the standard routine, Routine B is for the more able in the class	Gymnastics Routines Topic: Routines – Routine A is the standard routine, Routine B is for the more able in the class	Gymnastics Routines Topic: Routines – Routine A is the standard routine, Routine B is for the more able in the class	Gymnastics Routines Topic: Routines – Routine A is the standard routine, Routine B is for the more able in the class	Gymnastics Routines Topic: Routines – Routine A is the standard routine, Routine B is for the more able in the class	Gymnastics Routines Topic: Routines – Routine A is the standard routine, Routine B is for the more able in the class
Week 6	Gymnastics Routines Topic: Routines – Routine A is the standard routine, Routine B is for the more able in the class	Gymnastics Routines Topic: Routines – Routine A is the standard routine, Routine B is for the more able in the class	Gymnastics Routines Topic: Routines – Routine A is the standard routine, Routine B is for the more able in the class	Gymnastics Routines Topic: Routines – Routine A is the standard routine, Routine B is for the more able in the class	Gymnastics Routines Topic: Routines – Routine A is the standard routine, Routine B is for the more able in the class	Gymnastics Routines Topic: Routines – Routine A is the standard routine, Routine B is for the more able in the class
	6 week assessment					