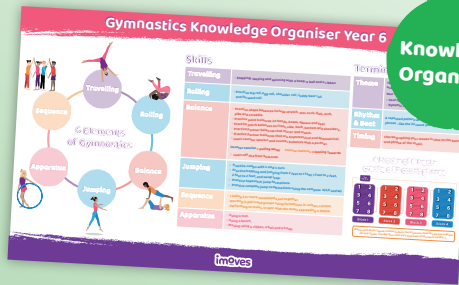
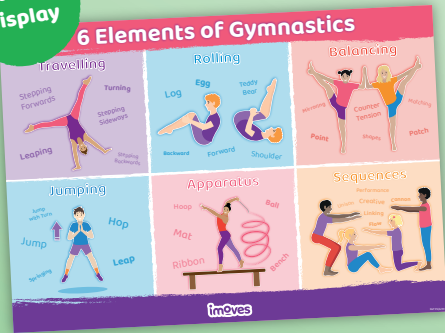


imoves Primary Gymnastics at a glance!

Wall Display



Knowledge Organisers



Demo Movies



Flashcards



CPD support and guides



Music



Skills Covered



Travelling (lessons 1 and 2)



Rolling

Jumping



Sequence

Equipment

Balancing



FREE TRIAL Resources

Our brilliant programme has everything you need to teach Gymnastics with confidence.

Use our demo movies and flashcards with the kids, and use the music to add some creative flare to the skills learned.

Week	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
1 & 2 Travelling	Travel on different body parts.	Stepping forwards and sideways with straight and bent legs.	Stepping forwards, sideways and backwards with straight and bent legs.	Learn and perform a leap.	Perform a scissor and stag leap.	Spin on point and with travel. Cartwheel leaps.	Travel using hand apparatus.
3 & 4 Rolling	Perform a log roll.	Perform a log roll and an egg roll.	Perform shapes and rolls in a sequence.	Perform a log roll, an egg roll and shoulder roll.	Perform a log roll, an egg roll, shoulder roll and a teddy bear roll.	Perform a log roll, an egg roll, shoulder roll, a teddy bear roll and a forward roll.	Perform a log roll, an egg roll, shoulder roll, a teddy bear roll and a forward roll.
5 & 6 Balancing	Perform a range of gymnastics shapes.	Balance on large body parts and link it with travelling.	Balancing on large and small body parts.	Perform a range of balances including stork stand and arabesque.	Patch, point, symmetrical and asymmetrical balances.	Patch, point, symmetrical and asymmetrical balances, counter balance and counter tension.	Patch, point, Symmetrical and asymmetrical balances, counter balance and counter tension and partner balances.
7 & 8 Jumping	Jump safely from 2 feet to 2 feet.	Jump safely from 2 feet to 2 feet.	Perform a jump with a turn.	1 to 1 hop 1 to 2 hop 2 to 1 jump 1 to 1 swap leap 2 to 2 jump	Perform a range of jumps off the equipment.	Perform a range of jumps off the equipment.	Perform a range of jumps off the equipment.
9 & 10 Equipment	Equipment is not taught in Early Years. Use our creative lessons that practise skills learned during the scheme.	Work creatively with a ribbon.	Roll and bounce a ball with control.	Roll a hoop with control.	Roll and bounce a ball with control while travelling.	Techniques using a ribbon.	Apply different techniques using a range of hand apparatus.



I can't recommend imoves highly enough!

TrustPilot review by Emma Winder

★ Trustpilot

