

Gymnastics Spinning, Turning & Twisting

Know, Show and Grow Progression

Year 2



This document shows the progression of knowledge (Know), skills (Show) and the development of a child's characteristics (Grow) each week throughout the unit.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Know	Recognise what success looks like: self and others	What a twist is Ways of twisting with different body parts	How to perform a fluent routine where work is controlled and varied How to work with others to put out the apparatus in absolute silence	What the difference between a turn and a twist is. How to counter balance using the apparatus	How to coordinate movements at the same time as my partner. What the difference between counter balance and counter tension is	How to up-level my work How to use transitional movements to link my ideas
Show	Demonstrate agility, balance and coordination	Perform a twist and then roll Change my pathway after each roll by spinning	Change the point of contact in balances by leading into the next balance by twisting Twist my body, whilst firstly in motion and then in balance	Twist whilst in inversion Perform counter balances against the apparatus	Work in synchronisation with a partner to perform different balances and twists Work with a partner in counter balance and counter tension	Mirror the moves of my partner Create a sequence of work with a clear start and controlled twists, spins and turns
Grow	Children will know how important cooperation is in and beyond PE	Children will consider how coordination can help them in PE, sport and physical activity	Children will work in small groups to create a routine demonstrating various dynamic balances	Children will know how important cooperation is in and beyond PE	Children will consider how coordination can help them in PE, sport and physical activity	Children will work in small groups to create a routine demonstrating various dynamic balances