**Unit 1 -** In this unit, children will develop their basic gymnastic skills through the topic of 'animals and their habitats'. Children explore basic movements, creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. The pupils copy, create, remember and repeat short sequences. They begin to understand using levels and directions when traveling and balancing.

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| Lesson | Learning Objective | Emerging | Exceeding |
| Lesson 1 | Theme: Rainforest animals - To copy and create shapes with your body |  |  |
| Lesson 2 | Theme: Woodland animals - To be able to create shapes whilst on apparatus |  |  |
| Lesson 3 | Theme: Lakeland animals - To develop balancing and taking weight on different body parts |  |  |
| Lesson 4 | Theme: Desert animals - To develop jumping and landing safely |  |  |
| Lesson 5 | Theme: Sea animals - To develop rocking and rolling |  |  |
| Lesson 6 | Theme: Pet animals - To copy and create short sequences linking actions together |  |  |
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**Unit 2 -** In this unit, children will develop their basic gymnastic skills through the topic of 'traditional tales', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore basic movements, creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when travelling and balancing.

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| Lesson | Learning Objective | Emerging | Exceeding |
| Lesson 1 | Theme: Jack and the Beanstalk - To create short sequences using shapes, balances and travelling actions. |  |  |
| Lesson 2 | Theme: Jack and the Beanstalk - To develop balancing and safely using apparatus. |  |  |
| Lesson 3 | Theme: Jack and the Beanstalk - To develop jumping and landing safely from a height. |  |  |
| Lesson 4 | Theme: Goldilocks and the Three Bears - To develop rocking and rolling. |  |  |
| Lesson 5 | Theme: Goldilocks and the Three Bears - To explore travelling around, over and through apparatus. |  |  |
| Lesson 6 | Theme: Goldilocks and the Three Bears - To create short sequences linking actions together and including apparatus. |  |  |