

Aesthetic Activities at PHSG

Skills



Knowledge



Character



Year 7
Gymnastics

Spring boards
Benches
Tuck
Straddles

Individual
Balances
Partner Balances

Long sit
Front Support
Back Support

Flight/Routines

Balances/Rolls

Prep skills

Star Twists
Routines in small
groups

Forward Rolls
Backward Rolls
Log Rolls
Side Rolls
Teddy bear Roll

Arabesque
Dish
Arch

Year 8
Trampolining

Spotters

Height

Half twists
Full twists

Health & Safety

Shapes/Bounces

Landings & Twists

Springs/end beds/mats

Tuck
Straddle
Pike

Seat Landings
Front Landings

Year 9
Gymnastics

Counter Balances
Counter Tension

Spring boards
Benches

Spring boards
Benches
Bucks
Vault

Balances

Flight/Vaulting

Apparatus/Routines

Partner Balances
Group Balances

Straddle
Squat through
Gate vault
Head/Handspring

Ropes
Wall Bars
Routines in small
groups

Year 9
Trampolining

Tuck
Straddle
Pike

Half twists
Full Twists

Twisting
rotations

Front somersaults

Shapes

Landings & Twists

Skill

Somersaults

Seat Landings
Front Landings

Back somersaults

Year 10, 11
& GCSE
Trampolining

Scoring & Judging

Twisting Rotations

Recapping all KS3 Skills

Performance

Routines

Skills

Height & Accuracy

10 bounce routine

Recapping health &
safety