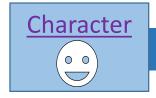
Aesthetic Activities at PHSG







Year 7 **Gymnastics**

Spring boards **Benches** Tuck Straddles

Individual **Balances** Partner Balances

Long sit Front Support **Back Support**

Flight/Routines

Star Twists Routines in small groups

Balances/Rolls

Forward Rolls Backward Rolls Log Rolls Side Rolls Teddy bear Roll

Prep skills

Arabesque Dish Arch

Half twists **Full twists**

Trampolining

Year 8

Year 9

Trampolining

Spotters

Health & Safety

Springs/end beds/mats

Height

Shapes/Bounces

Tuck Straddle Pike

Landings & Twists

Seat Landings Front Landings

Spring boards Benches Bucks

Counter Balances

Group Balances

Spring boards Benches

Balances

Straddle Squat through

Gate vault Head/Handspring

Wall Bars

Routines in small

groups

Straddle Pike

Twisting

Front somersaults

Shapes

Landings & Twists

Skill

Somersaults

Seat Landings Front Landings

Back somersaults

Year 10, 11 & GCSE Trampolining

Year 9 **Gymnastics**

Scoring & Judging

Performance

Height & Accuracy

Twisting Rotations

Routines

10 bounce routine

Recapping all KS3 Skills

Skills

Recapping health & safety

Counter Tension Vault Flight/Vaulting Apparatus/Routines **Partner Balances** Ropes

Tuck

Half twists **Full Twists**

rotations