**Delivering the session plans**

All of our lesson plans and resources are based around skills to achieve, the framework set out by

the YST and AfPE and bring it in line with what OFSTED are looking for;

* LEARNING (Physical Literacy)
* DOING (Exercising, Engaging, Enjoying)
* HEALTHY (Social, Healthy, Wellness)
* ACHIEVING (Skills, Knowledge)

Gymnastics in school, may be delivered as a half term or full term group of lessons, it is important to note that children should have an experience of working all the various skills identified on the Skills Assessment document by the end of year 2.

The session plans may be delivered as a standalone lesson

Lessons from the different activity groups should be delivered each week. E.g.

 Week 1. Travel

 Week 2. Rolling

 Week 3. Balance

 Week 4. Jump/Flight

 Week 5. Sequence Building/Hand apparatus

 Week 6. Apparatus

Travel should always be the first lesson in each year group, as it gives opportunity to create short action phases or sequence in future lessons, travel ‘towards’ and ‘away from’ an activity or skill.

In a 12 week Gymnastic program, sessions may be repeated to ensure understanding and consolidation of the selection of skills and/or activity.

Session plans may be combined in order to create a new session plan, for example; adding Hand Apparatus into a leaping session.

The lesson may be delivered by creating a circuit of activities, using a variety of previous session plans. A variety of example can be found under ‘Creating a circuit of activity’.