

# Gymnastics Rocking and Rolling

Know, Show and Grow Progression

Reception



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	<p>That rocking involves moving forward or back, or side to side, on the same body part</p> <p>How to share apparatus with others in my group</p>	<p>To alternate legs when I am climbing</p> <p>To use the floor as part of my gym work</p>	<p>How to perform rolls safely</p> <p>The importance of preparing my body before I do rolls</p>	<p>To be aware of the position of other before rolling</p> <p>To forward roll on the back of my shoulders</p> <p>To land by bending my legs</p>	<p>To start and finish my sequences in interesting strong positions</p> <p>What canon is and how to time its use effectively</p>	<p>How to roll safely</p> <p>How to start to link my moves more effectively</p> <p>How to support my partner with positive praise</p>
Show	<p>Rock on different body parts</p> <p>Perform a sequence of moves where I transfer the weight from one part of my body to another</p>	<p>Travel from a rock into a roll</p> <p>Perform a log and egg roll with control and as part of a sequence</p>	<p>Roll sideways and forwards with control</p> <p>Leap</p> <p>Scissor kick</p>	<p>Perform varieties of pencil rolls</p> <p>Jump from low apparatus in different ways</p>	<p>Rock and roll</p> <p>Perform in canon with a partner</p>	<p>Demonstrate 3 different ways of rolling with good control</p> <p>Move from one roll to another by rocking</p> <p>Give good feedback to a partner</p>
Grow	<p>Grow by demonstrating ways of being safe</p>	<p>Grow by showing creativity and understanding how to be creative in PE</p>	<p>Grow by working together in a team</p>	<p>Grow by demonstrating ways of being safe</p>	<p>Grow by showing creativity and understanding how to be creative in PE</p>	<p>Grow by working together in a team</p>