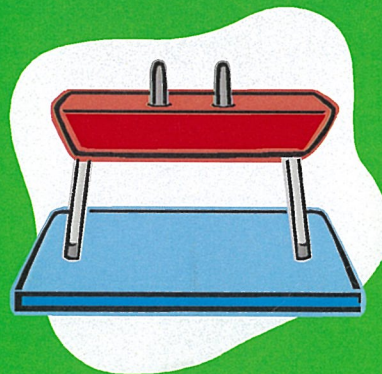
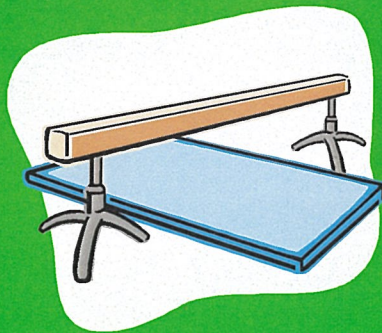


Gymnastics Apparatus layout plans KS1/2 - Guidance Examples



St. Helens
Council



GENERAL GUIDANCE FOR GOOD PRACTICE IN THE DELIVERY OF NATIONAL CURRICULUM GYMNASTICS

Apparatus plans

The apparatus included in these plans form the basic minimum requirements for delivery of that unit of work. They include:

Set of nesting tables
Climbing Frame (+ attachments)
8-10 mats
4-6 benches
Movement table
(Vaulting Box)

The amount of apparatus used will be dependant on the size of the hall and the number of pupils in the group.

All apparatus should be at least 1 metre away from obstacles stored around the edge of the hall.

Position of the teacher when delivering

DO keep moving around the edge of the hall.

DO speak to the pupils from a different part of the hall each time you stop them. By doing this it means there is no 'natural' front to the hall

DO start the lesson from a different place each time

AVOID having your back to pupils at any time

AVOID delivering from the middle of the hall

AVOID using a whistle

If you need to move into the working space during the lesson to help a pupil, move immediately out again afterwards

Lifting/moving and Carrying apparatus

See diagrams.

All pupils to help with apparatus.

Get out apparatus in size order ie. Large pieces first, mats last. (Reverse the order for putting away)

Encourage pupils to work co-operatively when lifting and carrying, to be aware of safety and space

Ensure all pupils are walking forwards when moving apparatus

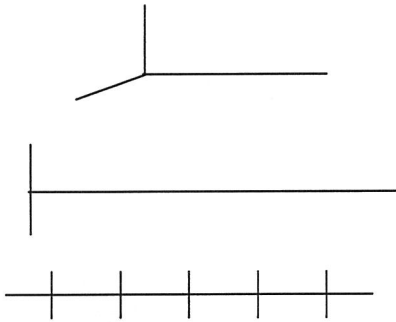
Introduction to apparatus

Always allow pupils to practice movement themes / ideas on the floor before transferring to apparatus

Ensure the warm up activities are linked to the apparatus tasks

Allow for differentiation by providing choice in apparatus to account for ability and confidence

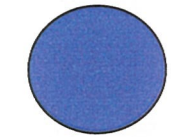
KEY TO APPARATUS



Climbing Frame



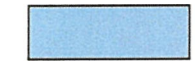
Advice on
good
practice



Movement table



Advice on what
NOT to do



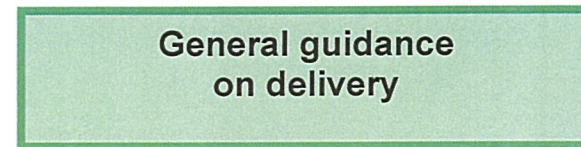
Mat



Vaulting box



} **Nesting Tables**



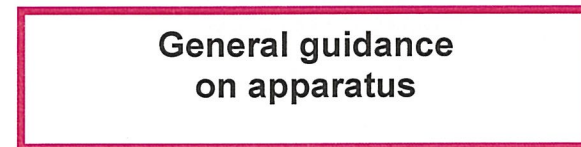
General guidance
on delivery



Bench



Padded Bench



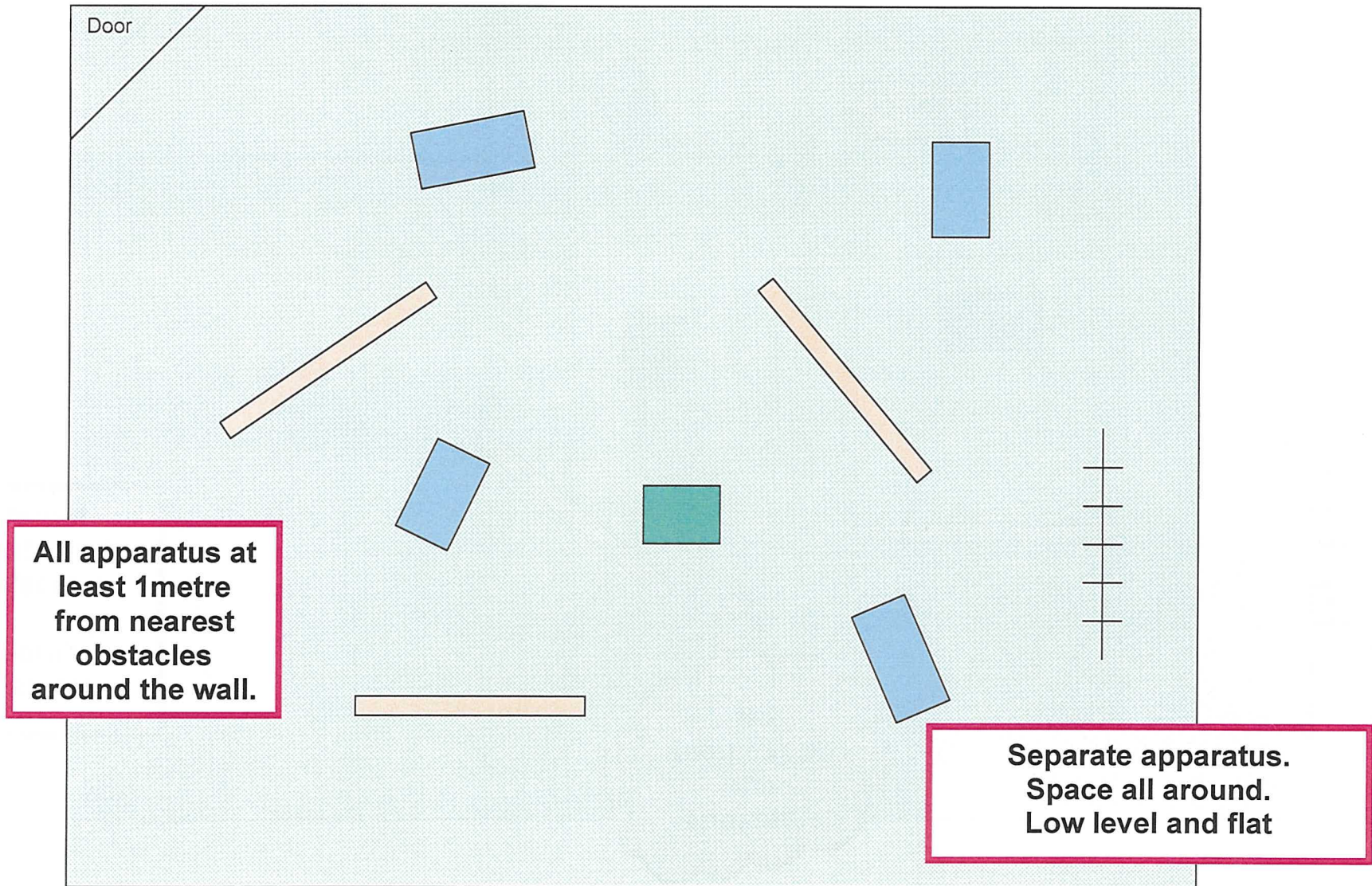
General guidance
on apparatus

Small Halls

Gymnastics – Reception.

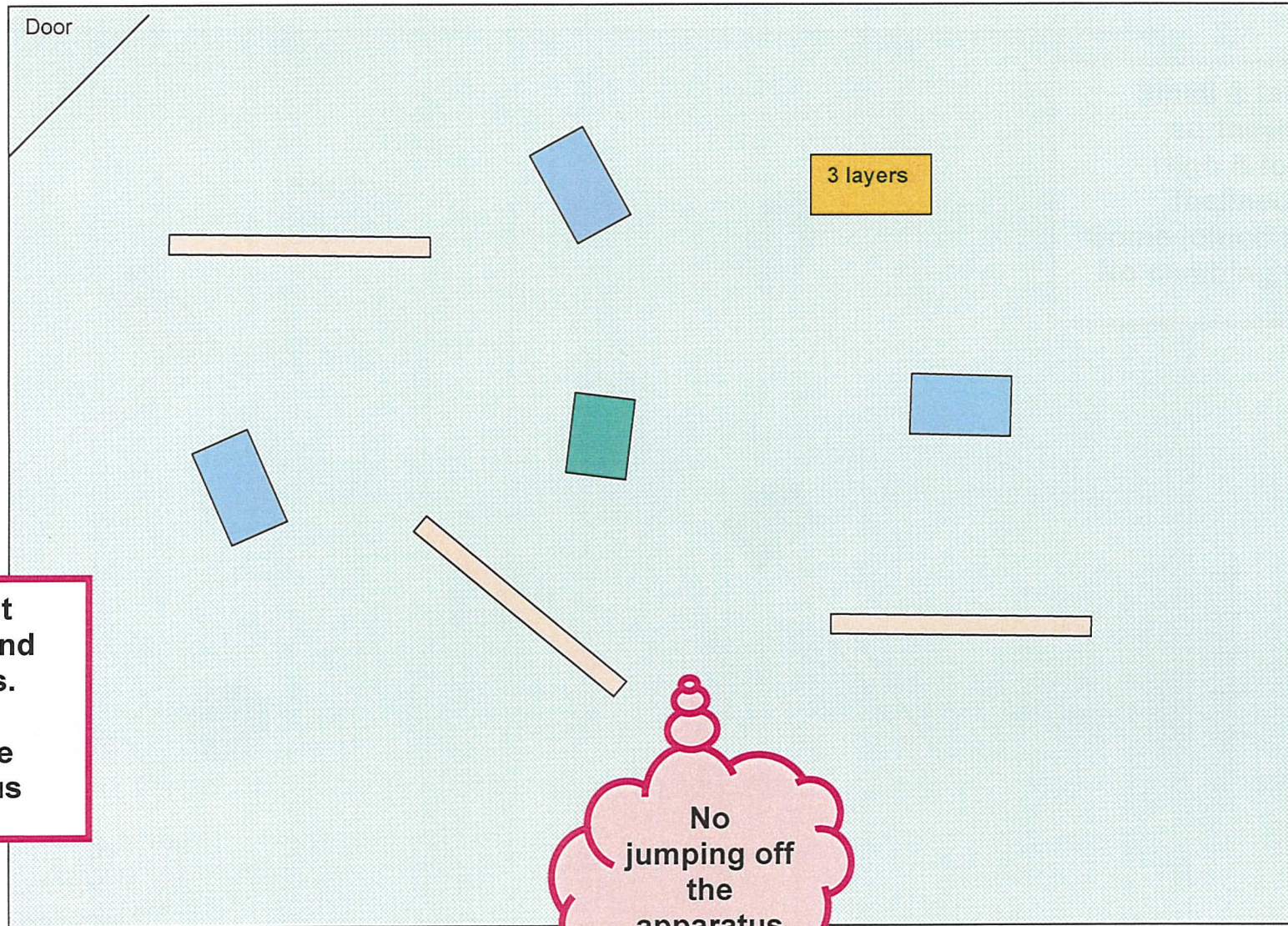
Unit of work – ‘Spatial awareness’ – personal and general
Can also be used for – ‘Taking weight on different body parts’

Adopt the whole area approach (not stations/groups) to encourage a good use of space. Discourage queuing.



Gymnastics – Reception.

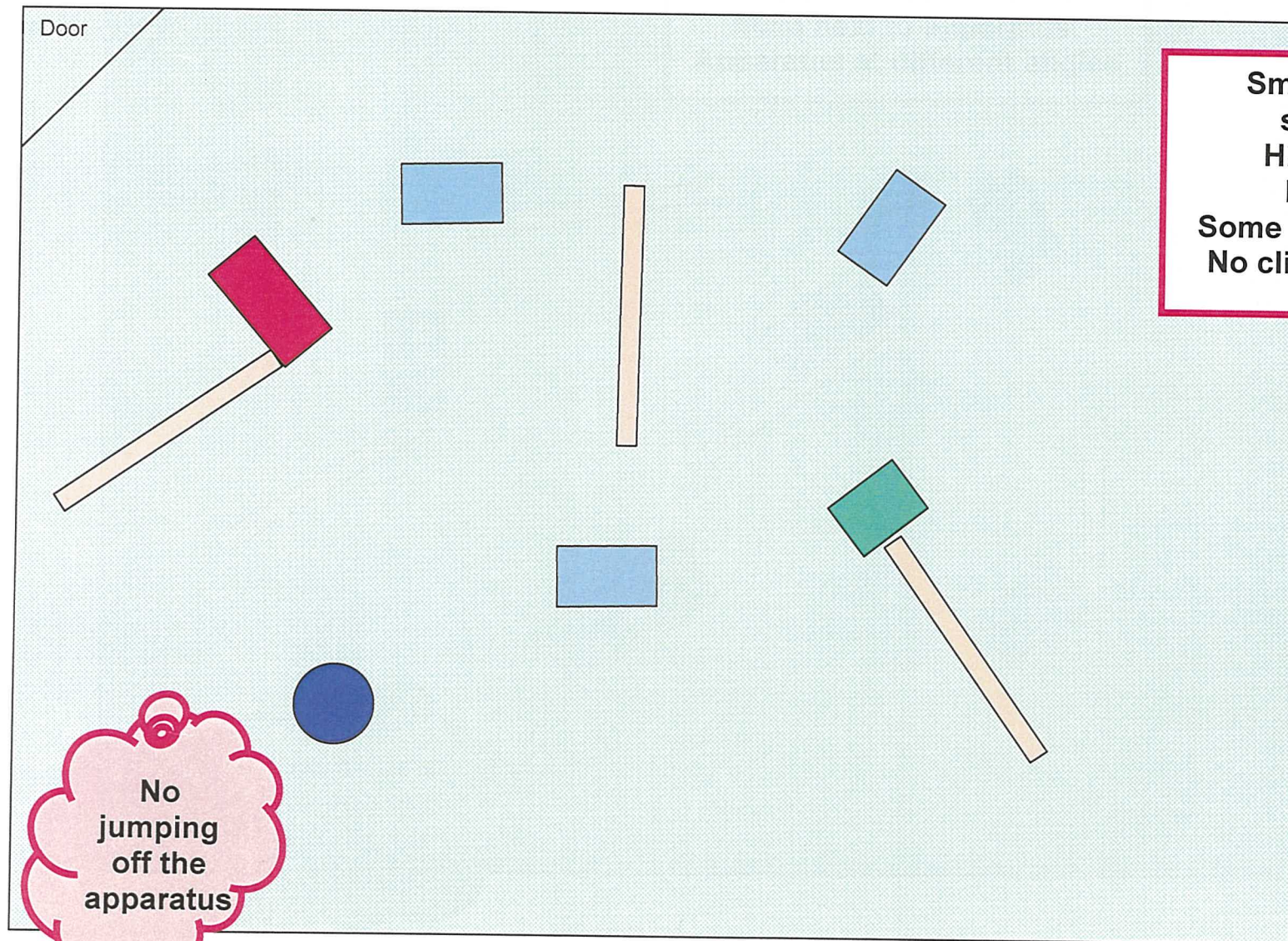
Unit of work – Stretching and Curling



Gymnastics – Year 1

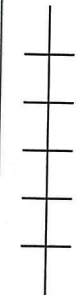
Unit of work – ‘Points and patches’

Can also be used for – ‘Wide/narrow/curled’



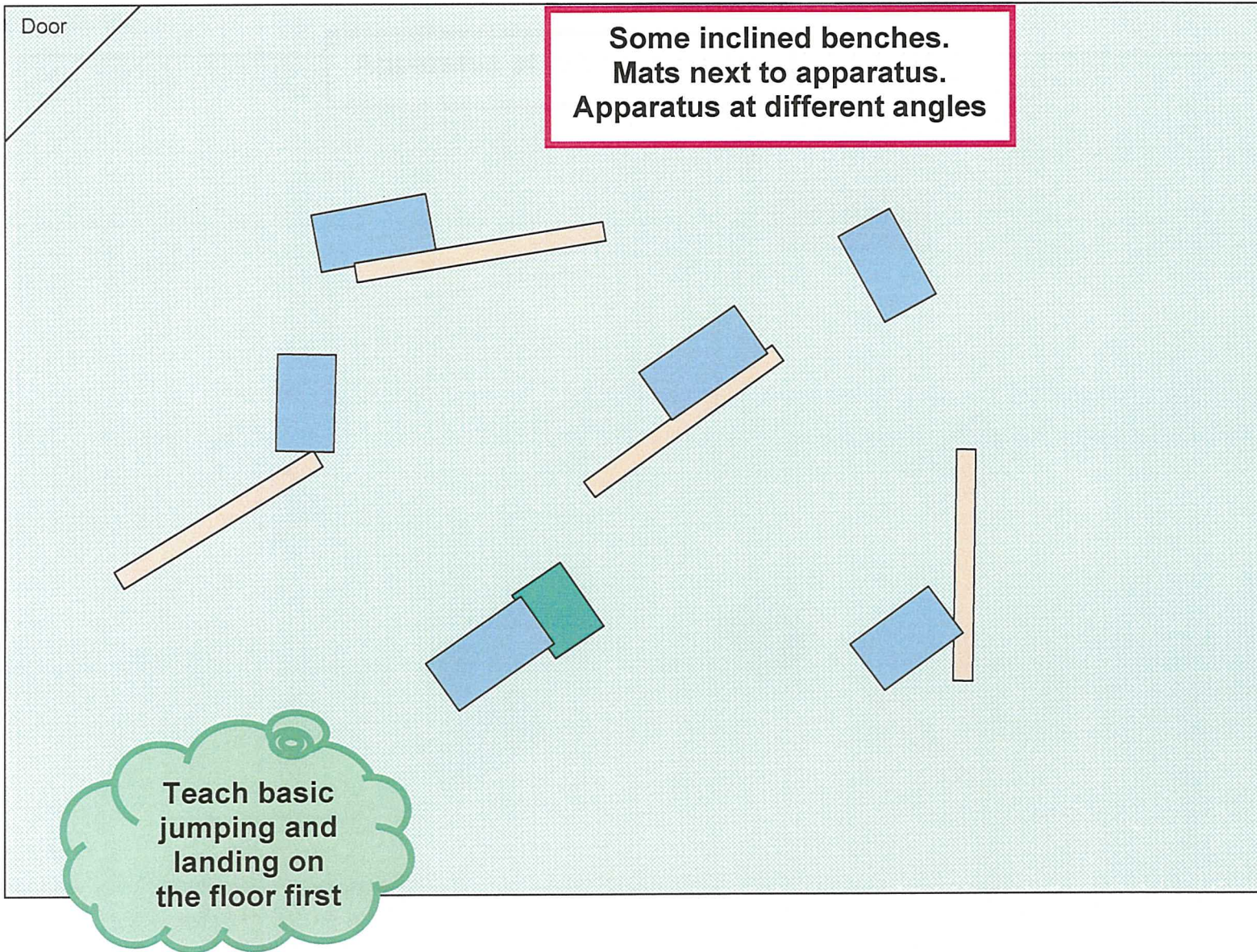
Small & large surfaces
High & low
Inclined
Some joined pieces
No climbing frame

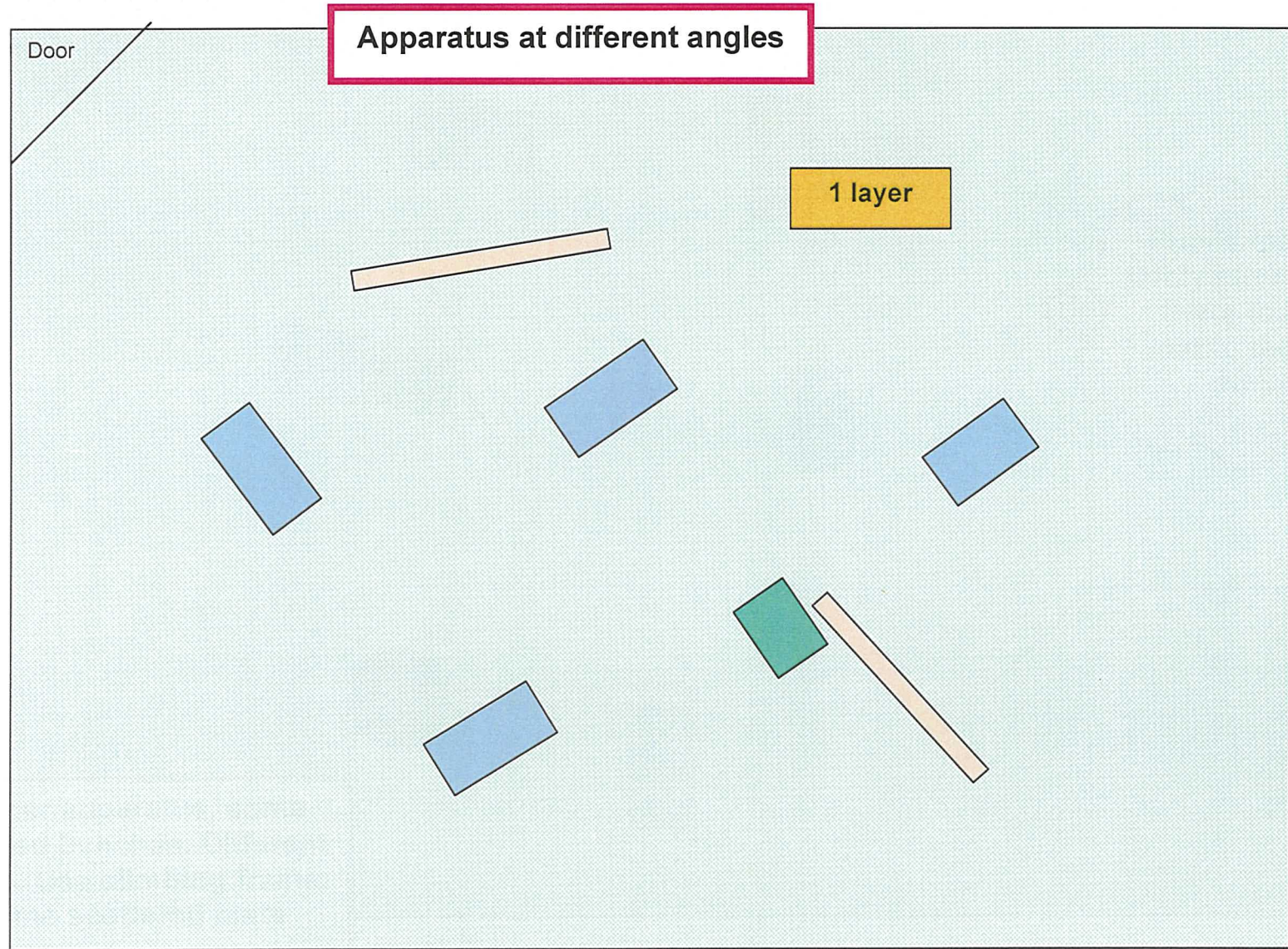
No jumping off the apparatus



Gymnastics – Year 1

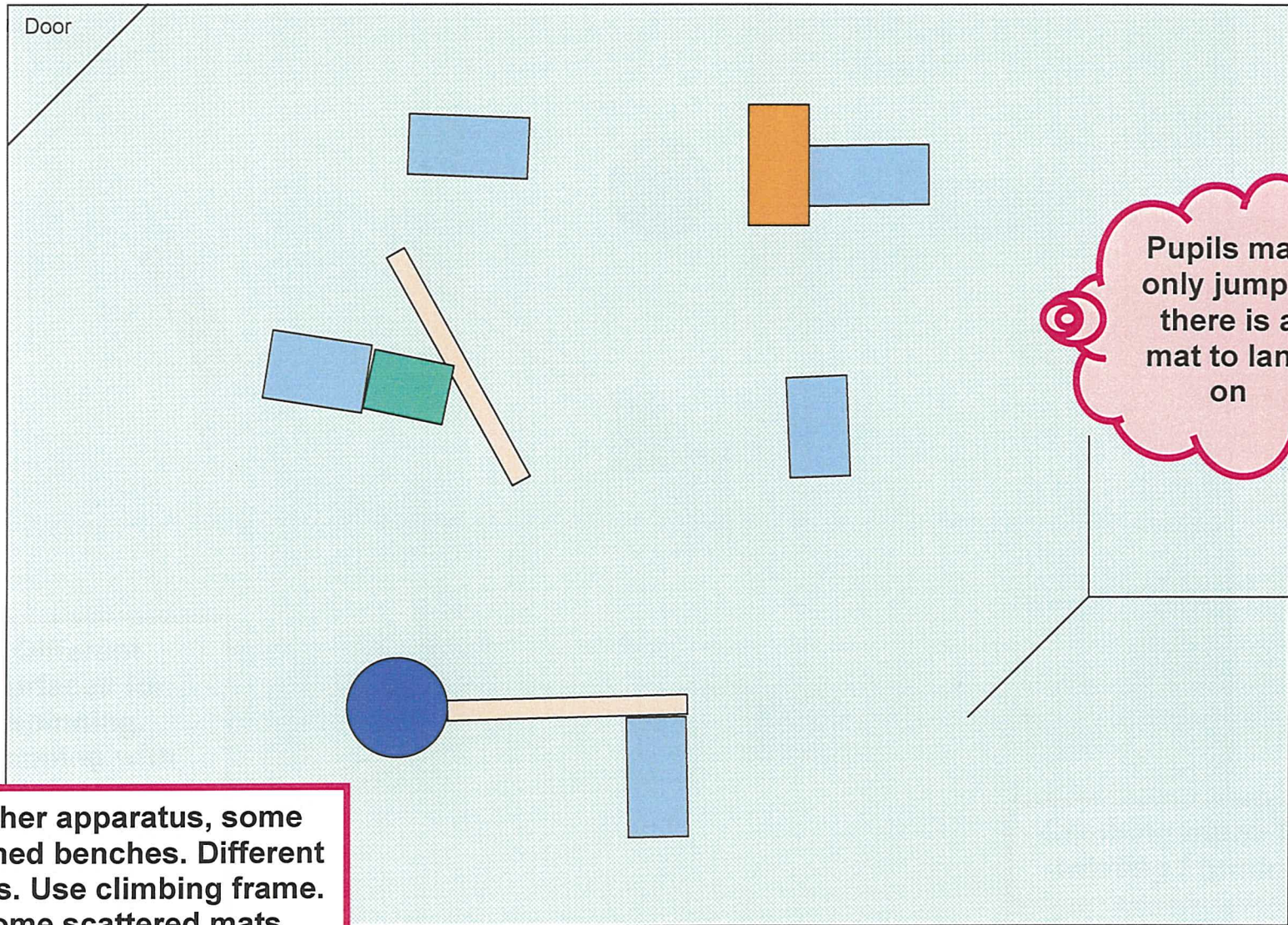
Unit of work – Elementary Flight

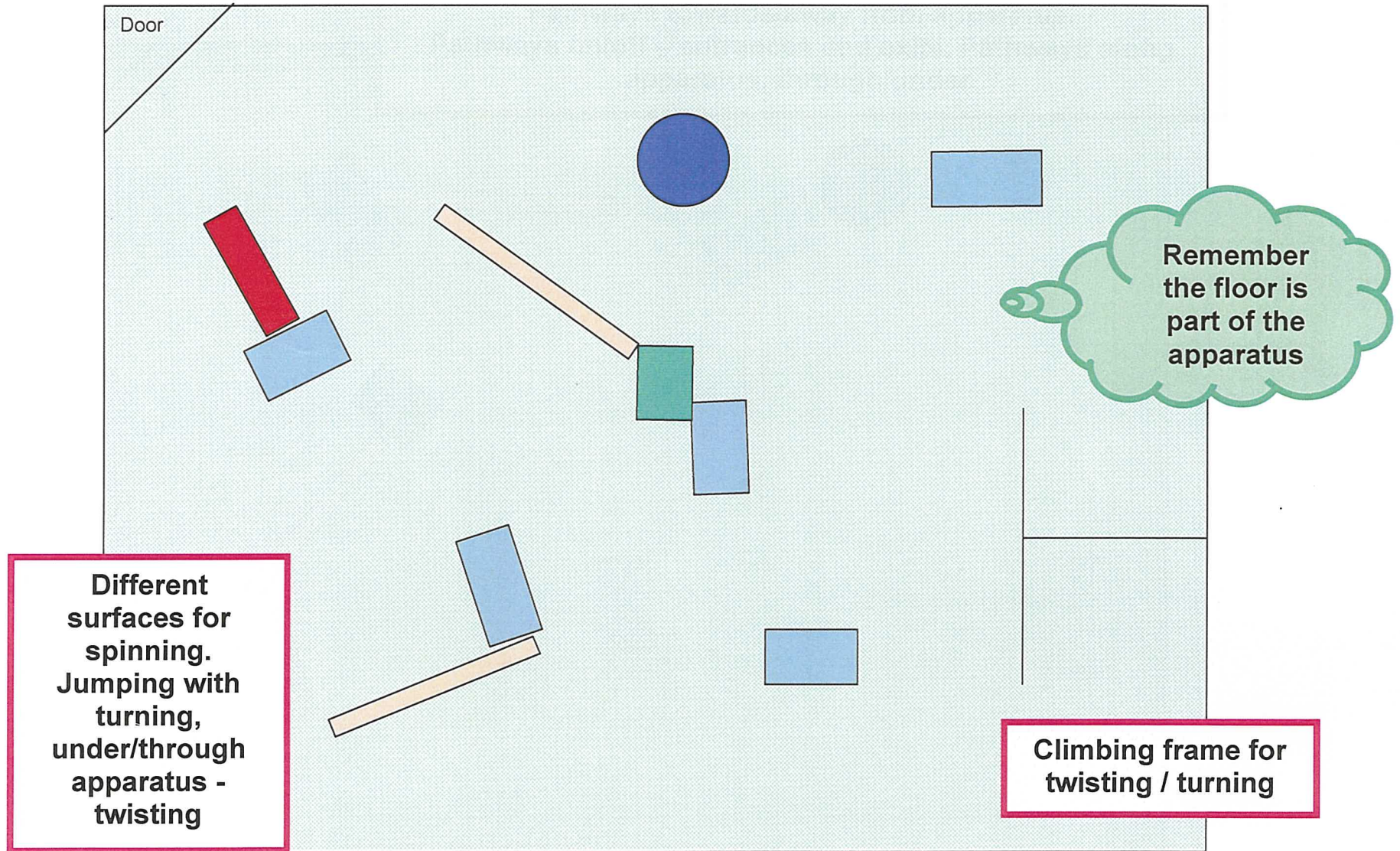




Gymnastics – Year 2

Unit of work – Parts High and low

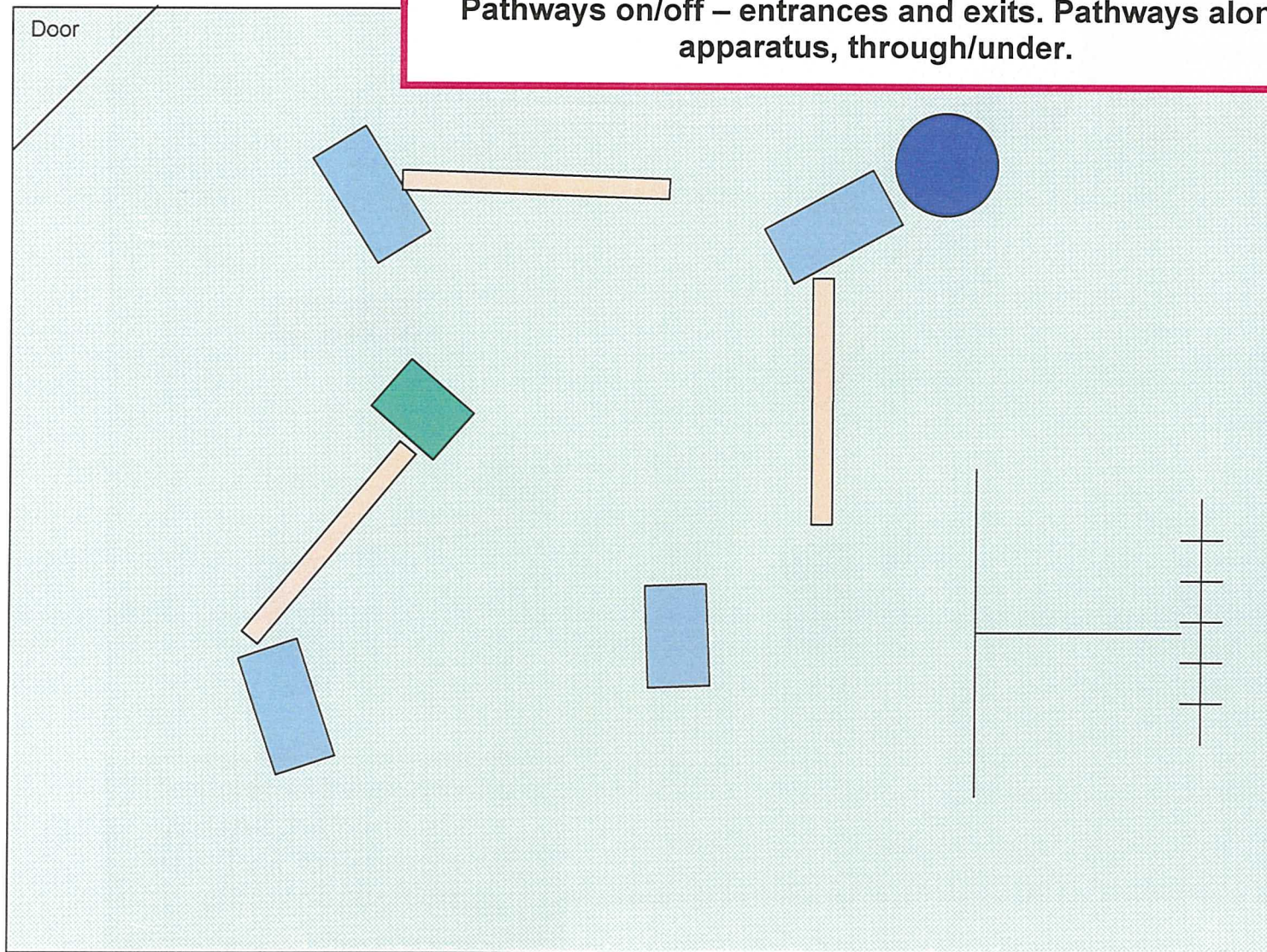


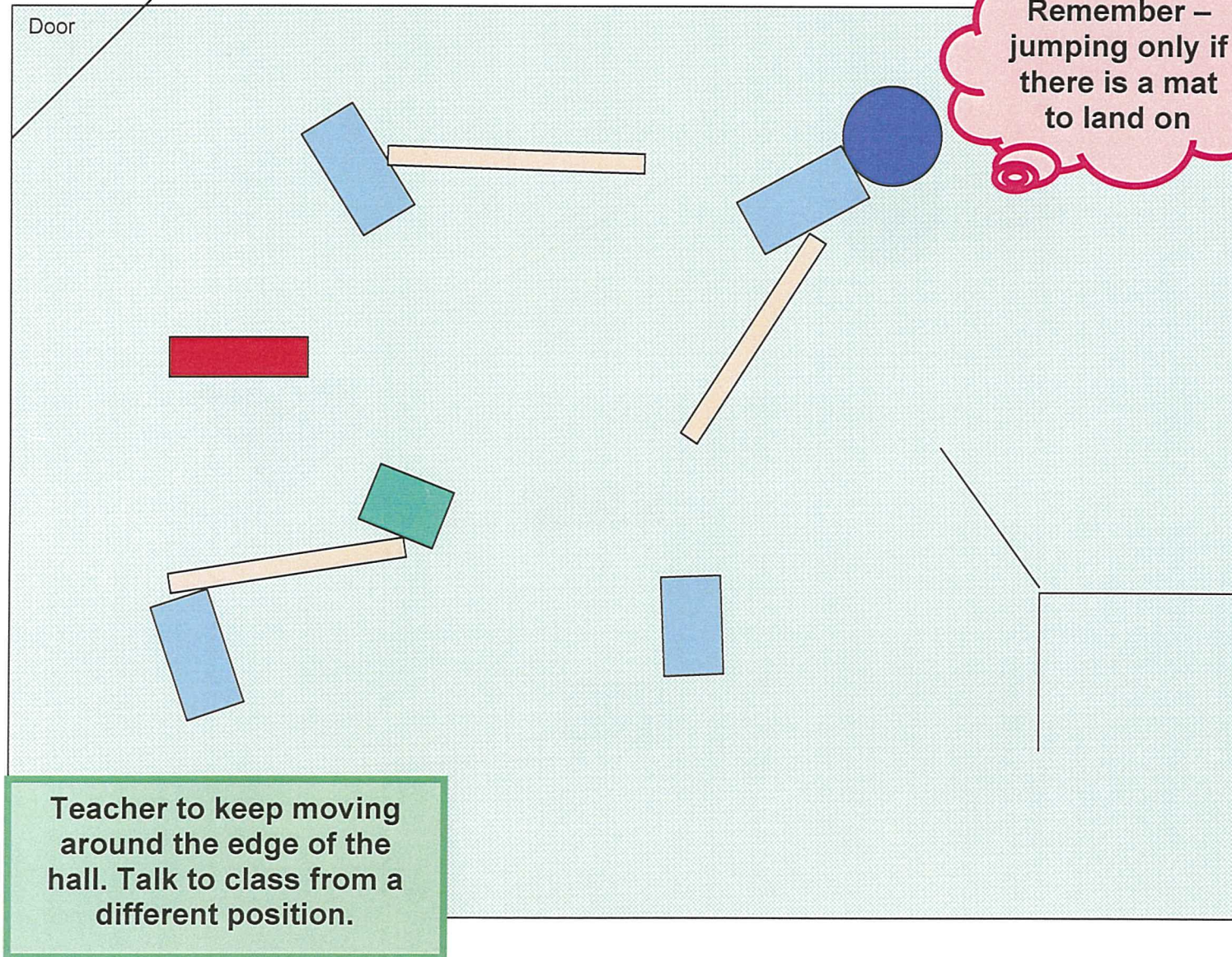


Gymnastics – Year 2

Unit of work – Straight, curved, zig-zag

Pathways towards/away from apparatus.
Pathways on/off – entrances and exits. Pathways along
apparatus, through/under.



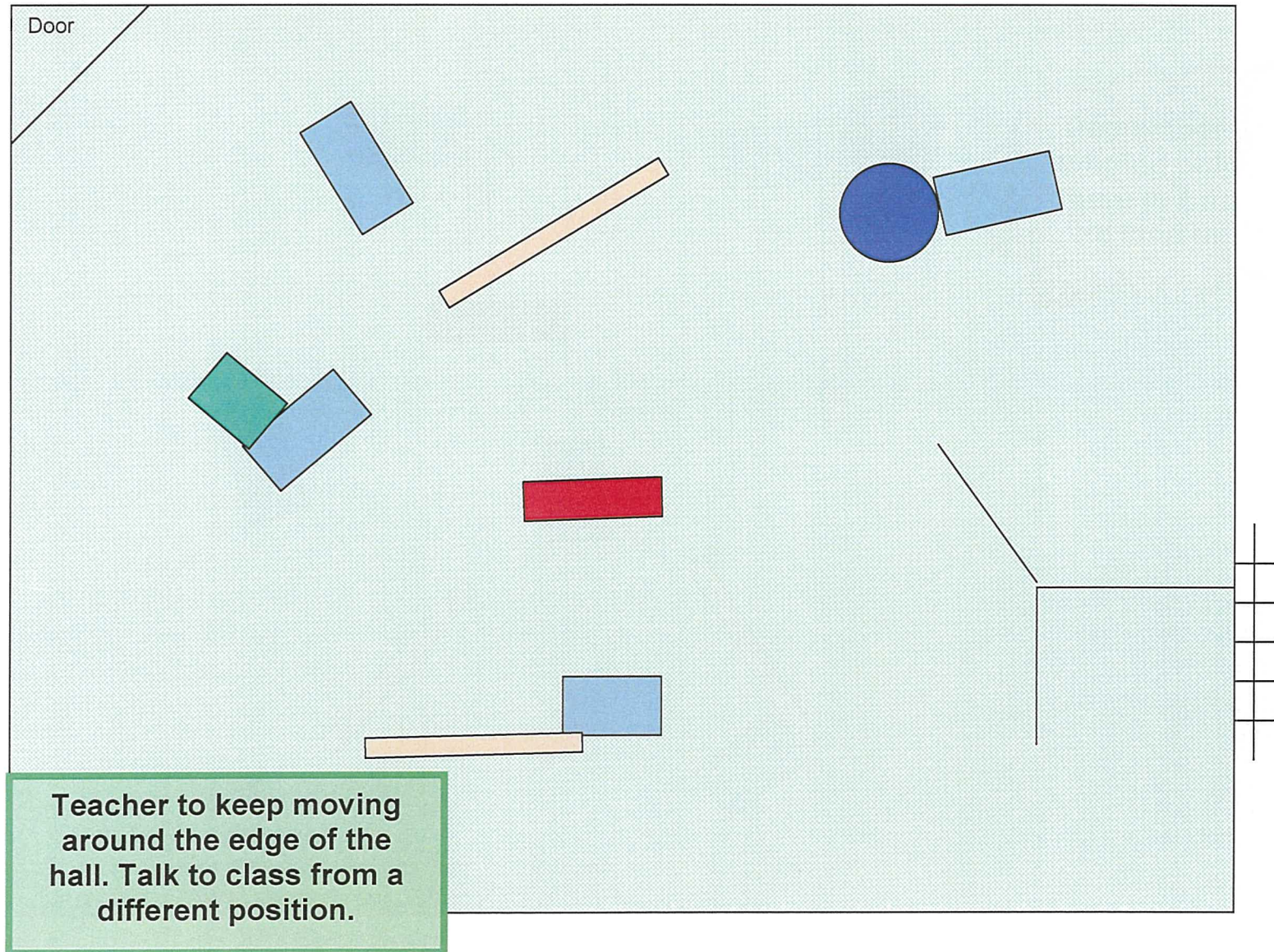


Teacher to keep moving around the edge of the hall. Talk to class from a different position.

Remember – jumping only if there is a mat to land on

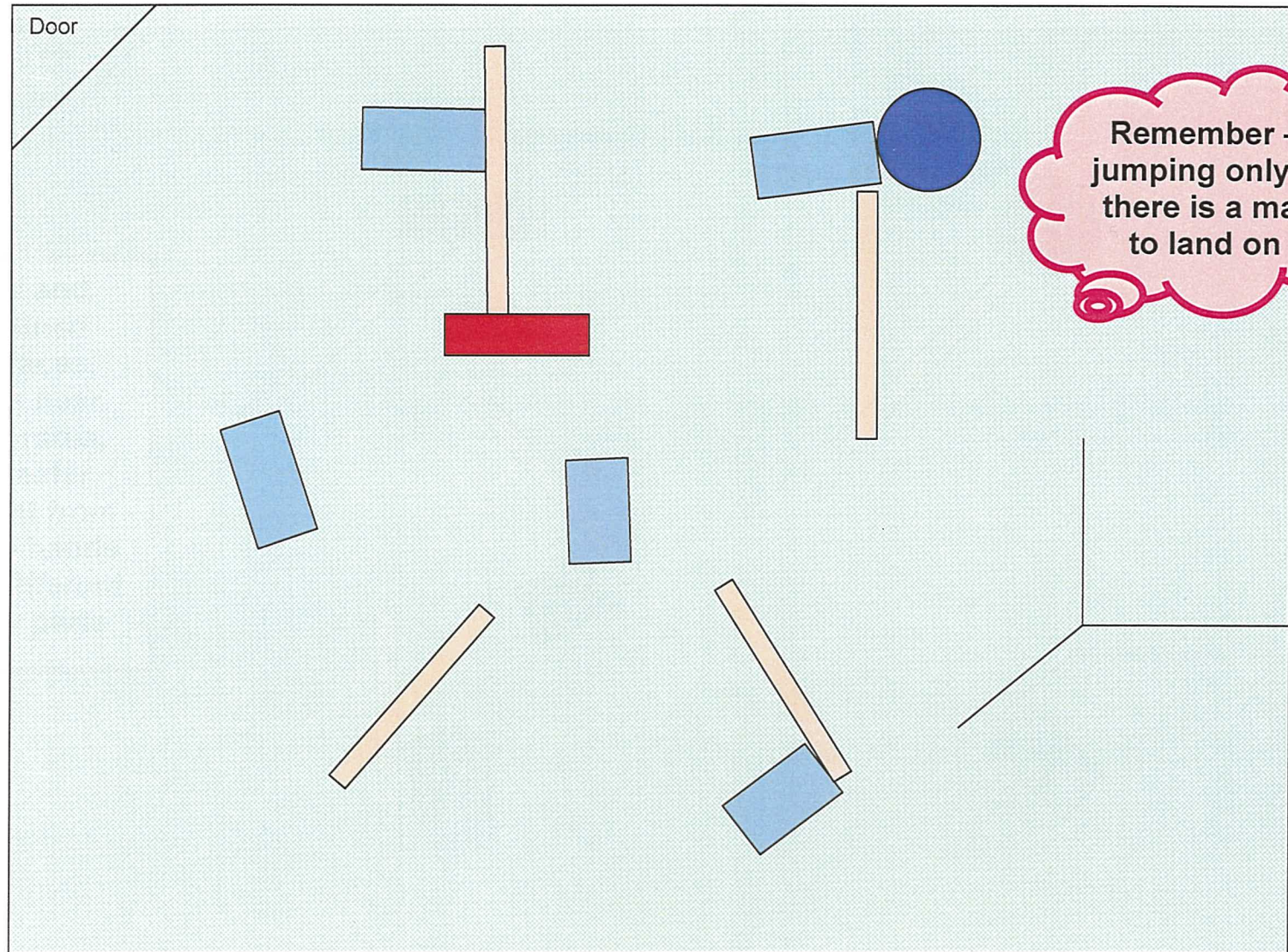
Gymnastics – Year 3

Unit of work – Stretching & Curling



Gymnastics – Year 3

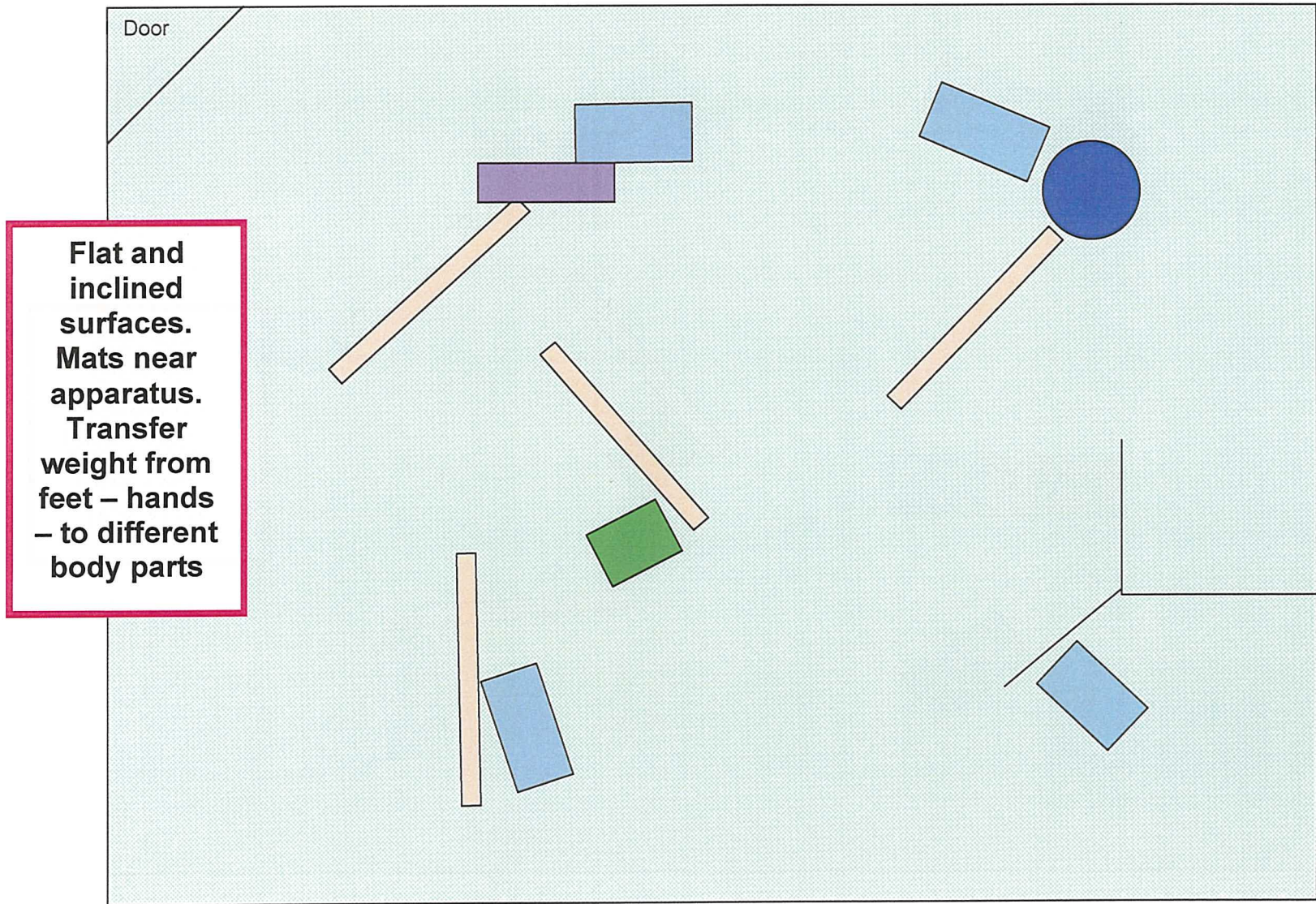
Unit of work – Symmetry and Asymmetry



Gymnastics – Year 4

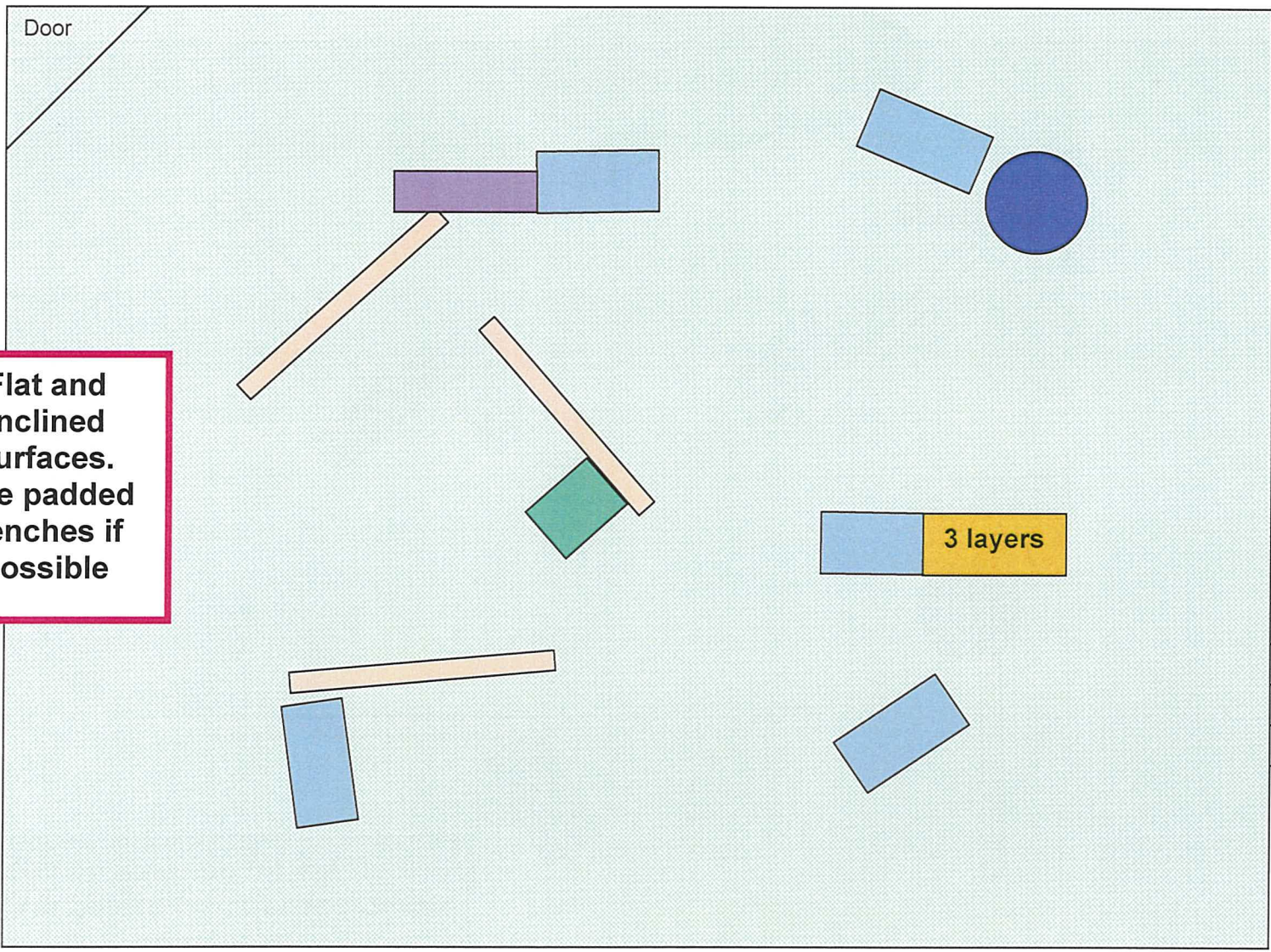
Unit of work – ‘Receiving body weight’

Can also be used for – ‘Balance’



Gymnastics – Year 4

Unit of work – ‘Rolling’



Gymnastics – Year 5

Unit of work – Flight – 5 basic jumps

Door

Remember – only jump onto mats

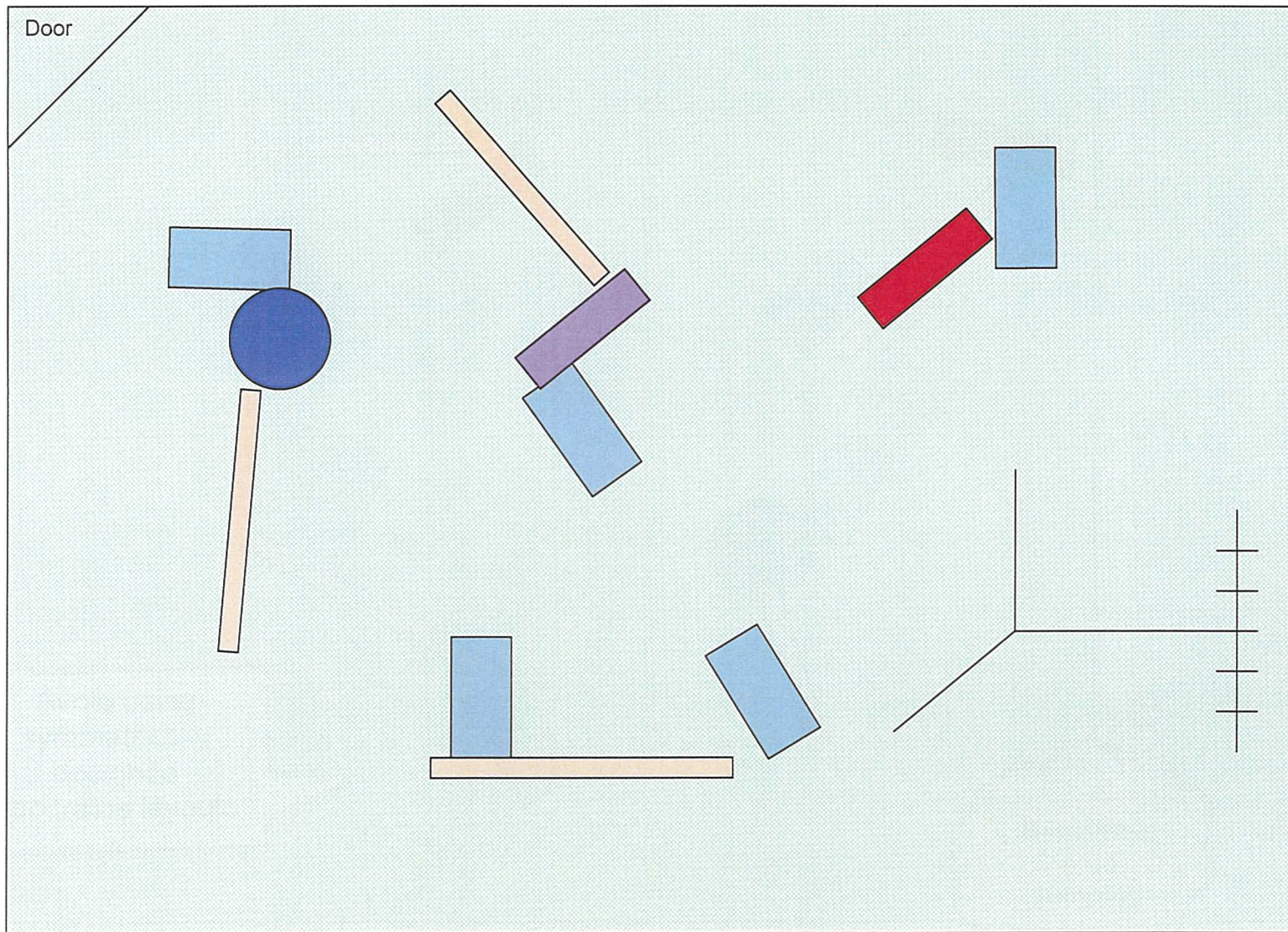
Recap jumping on the floor first before transferring onto apparatus.

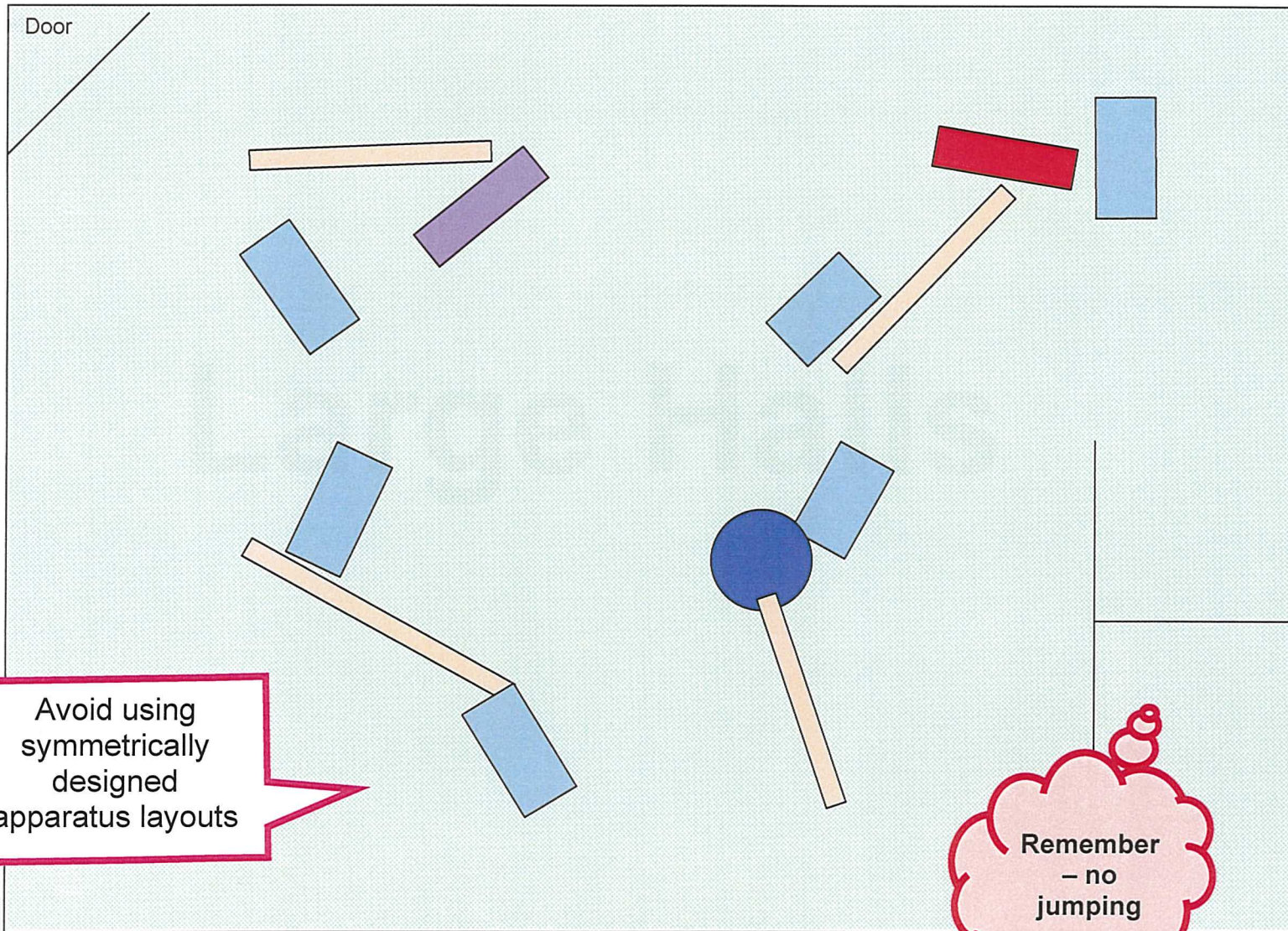
The diagram illustrates a gymnastics apparatus layout on a light green background. In the top left corner, there is a diagonal line labeled "Door". A thought bubble in the upper middle contains the text "Remember – only jump onto mats". A green rectangular box in the bottom left contains the text "Recap jumping on the floor first before transferring onto apparatus." The apparatus consists of several wooden beams and mats. On the left, a purple beam is angled downwards, with a blue mat attached to its end. Below this, a blue mat is on the floor, connected to a horizontal wooden beam. To the right, a red beam is angled upwards, with a blue mat attached to its end. Below the red beam, another blue mat is on the floor. Further down on the right, a blue circle is mounted on a vertical wooden post, with a blue mat attached to its top. On the far right edge, there are five horizontal tick marks.

Gymnastics – Year 5

Unit of work – ‘Bridges’

Can also be used for – ‘Turning & Spinning’



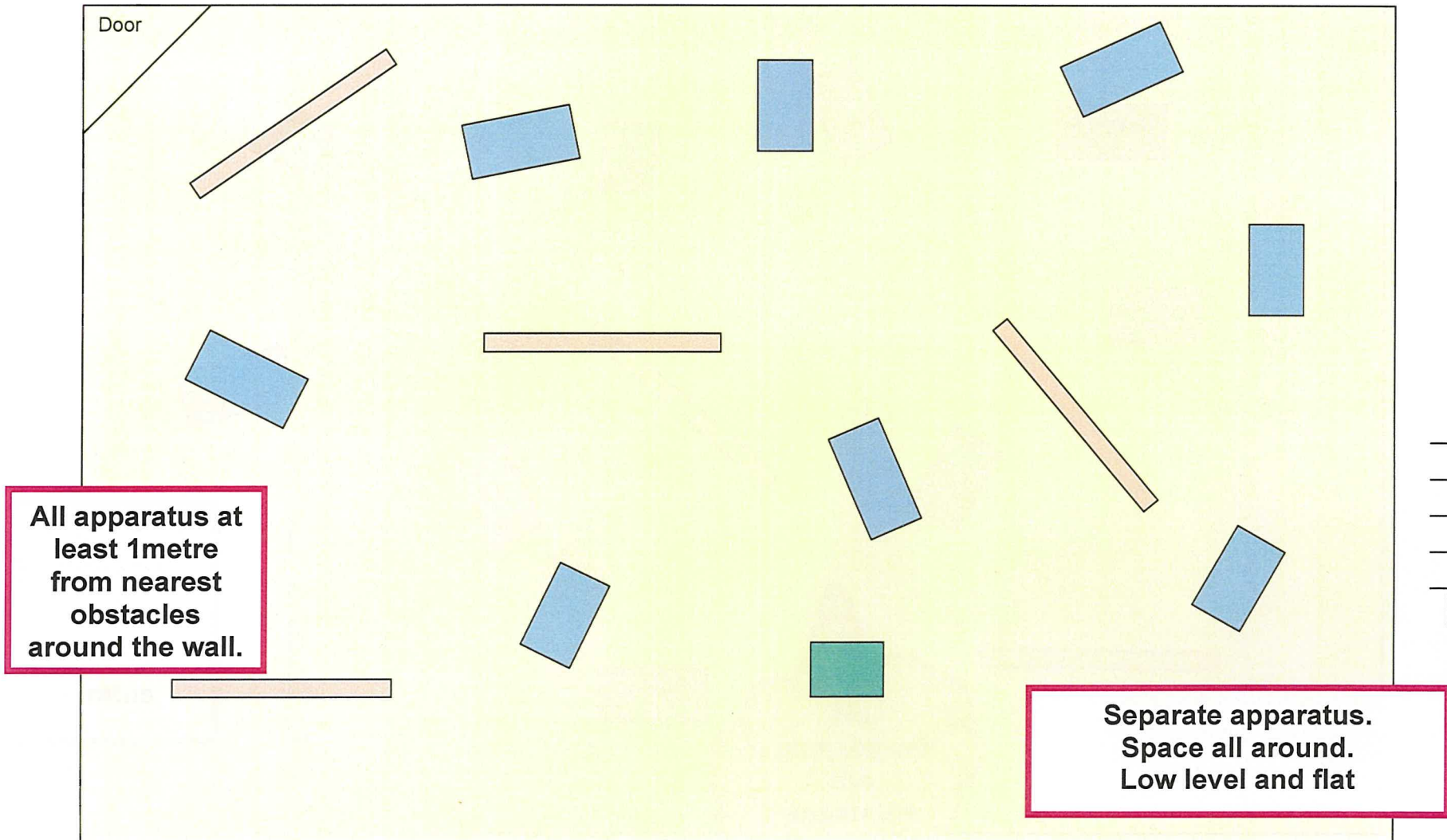


Large Halls

Gymnastics – Reception.

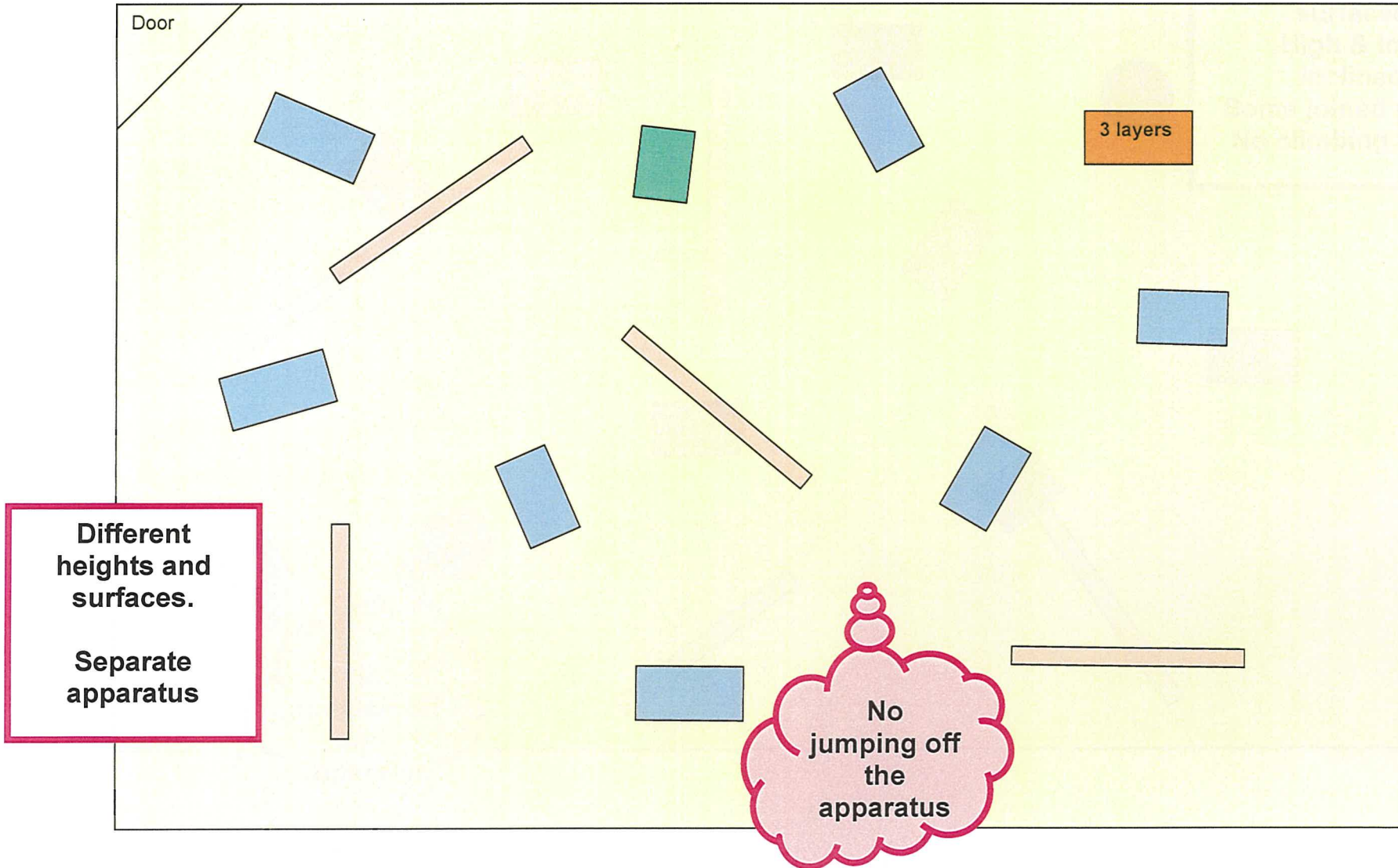
Unit of work – ‘Spatial awareness’ – personal and general
Can also be used for – ‘Taking weight on different body parts’

Adopt the whole area approach (not stations/groups) to encourage a good use of space. Discourage queuing.



Gymnastics – Reception.

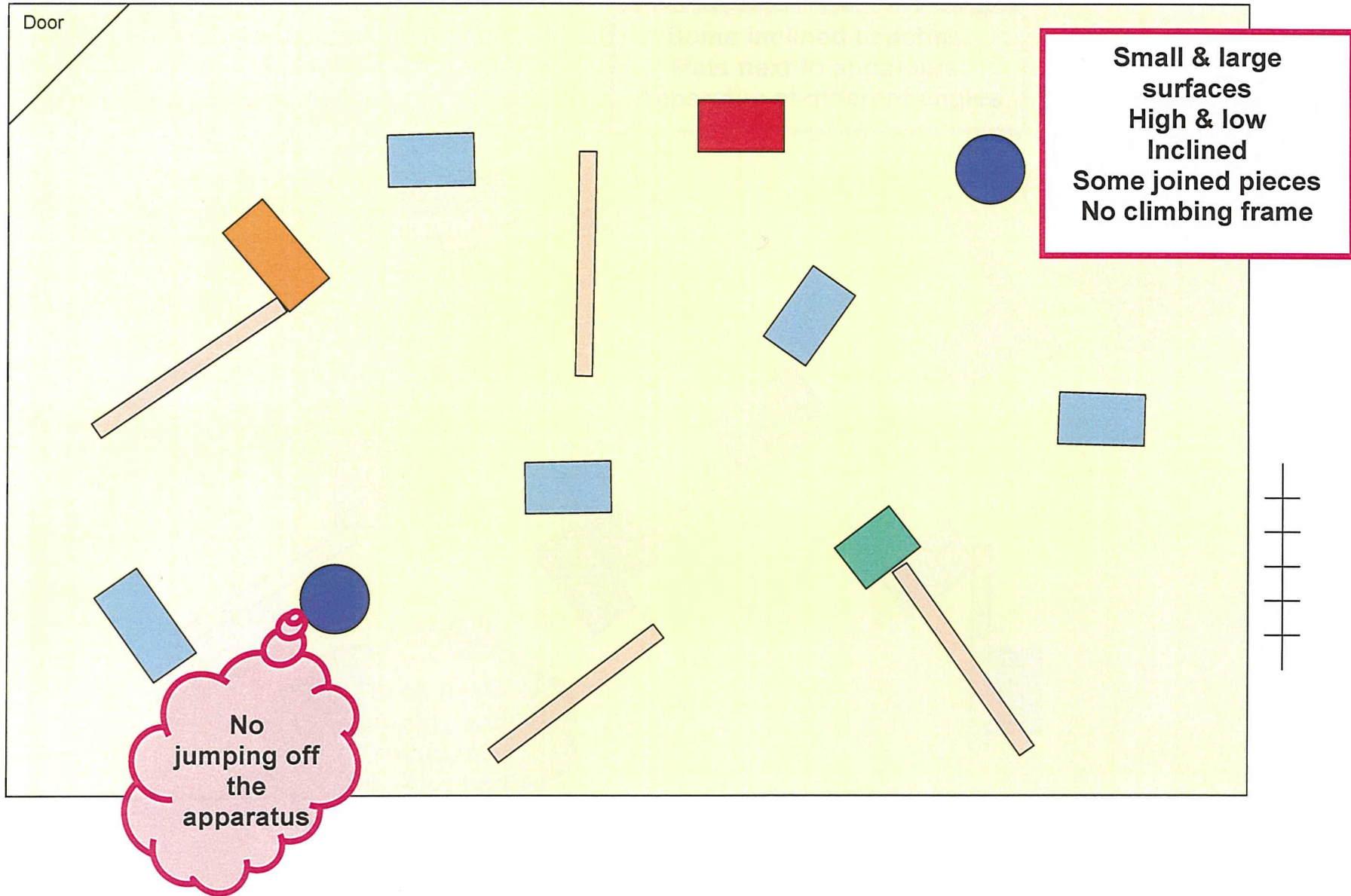
Unit of work – Stretching and Curling

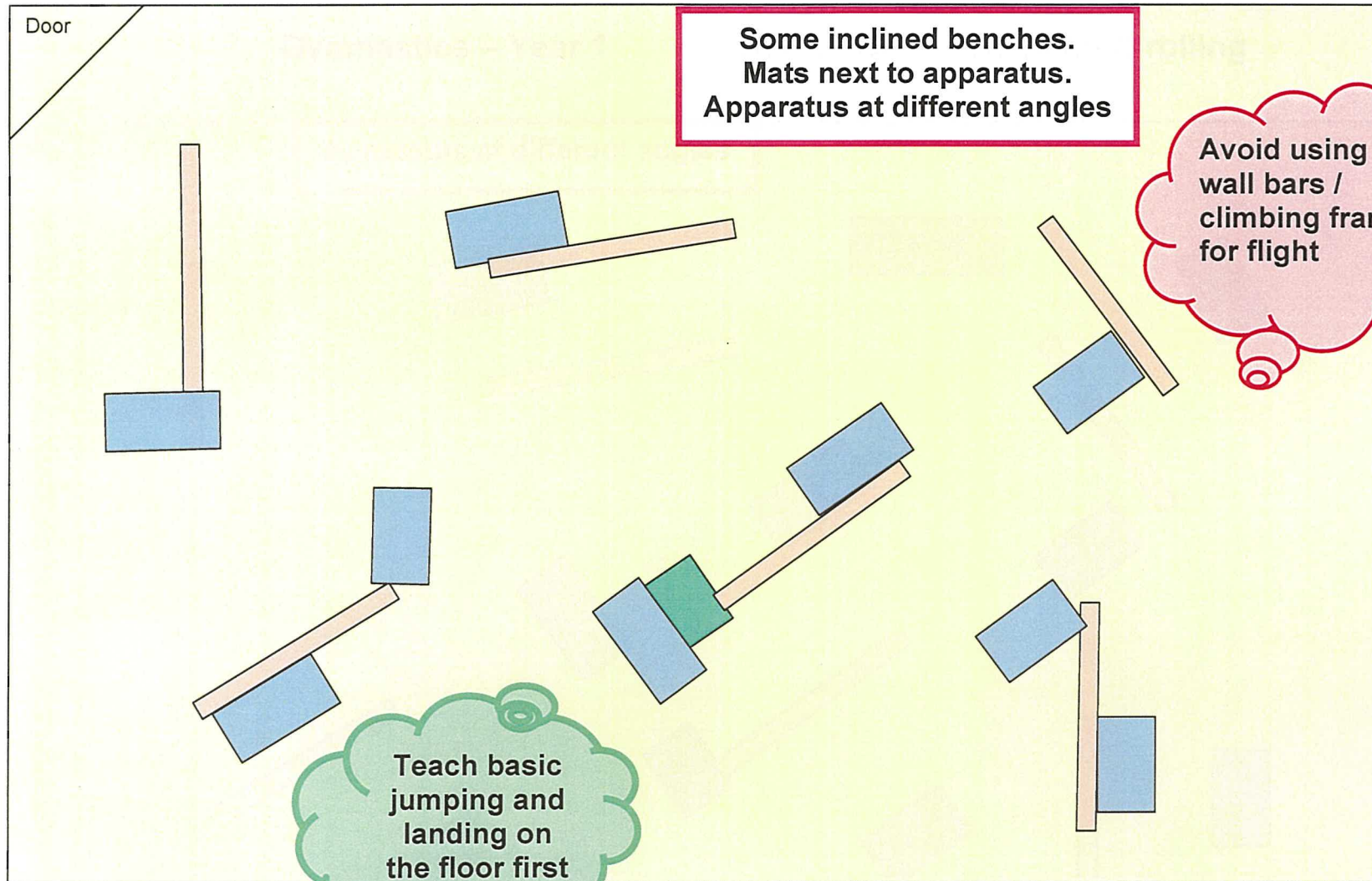


Gymnastics – Year 1

Unit of work – ‘Points and patches’

Can also be used for – ‘Wide/narrow/curled’



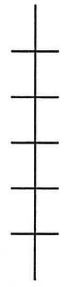


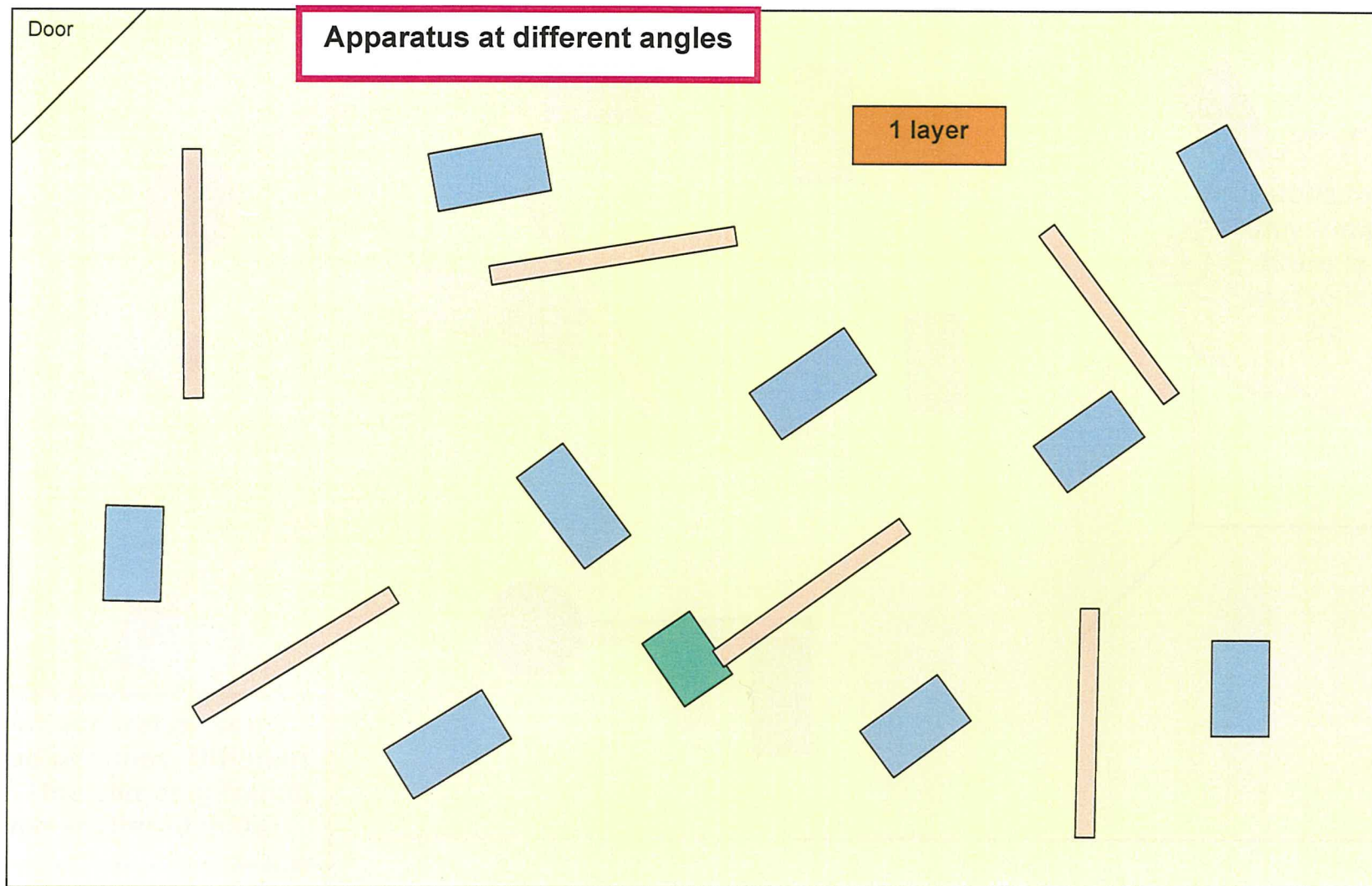
Door

Some inclined benches.
Mats next to apparatus.
Apparatus at different angles

Avoid using wall bars / climbing frame for flight

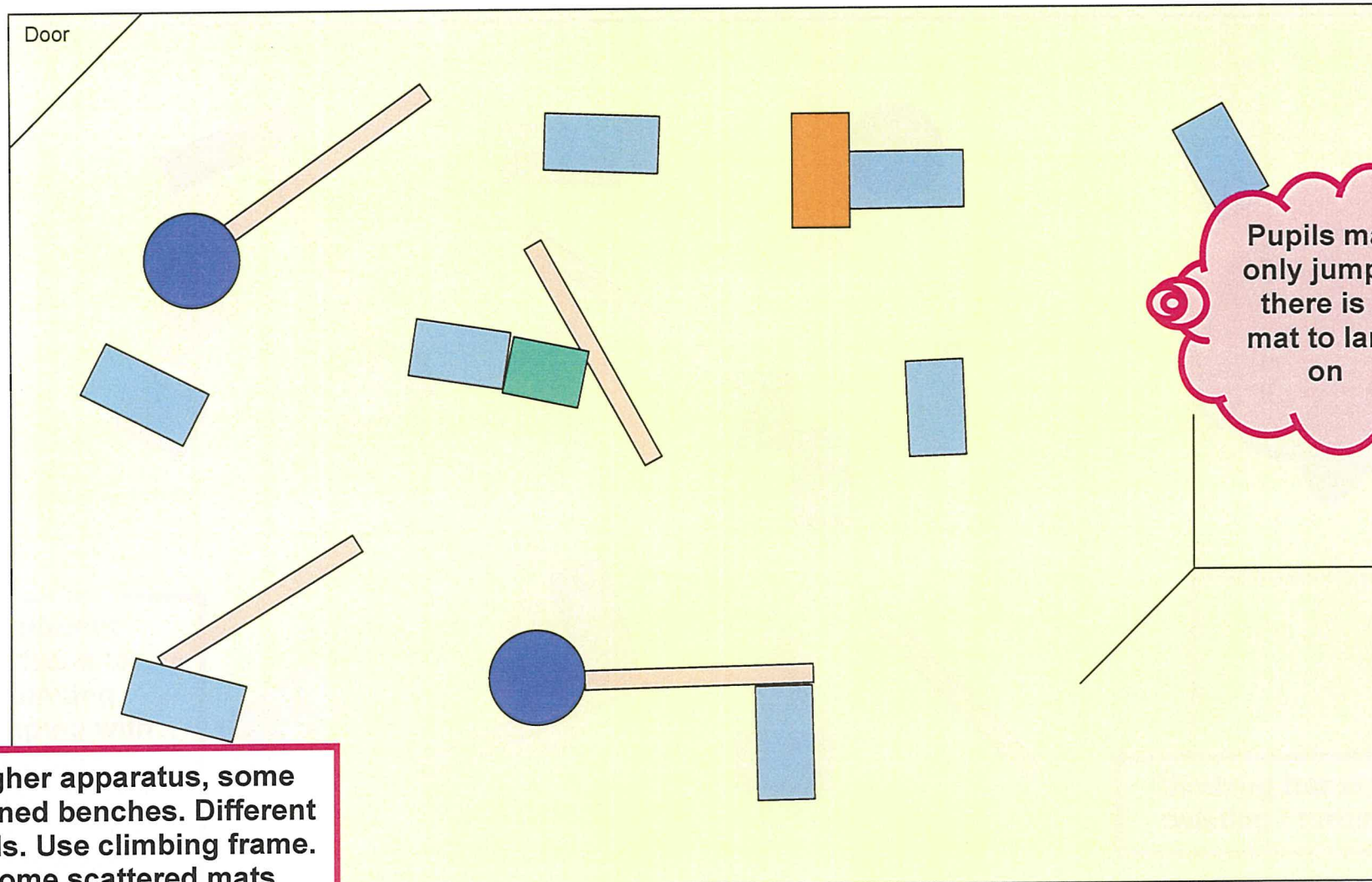
Teach basic jumping and landing on the floor first





Gymnastics – Year 2

Unit of work – Parts High and low

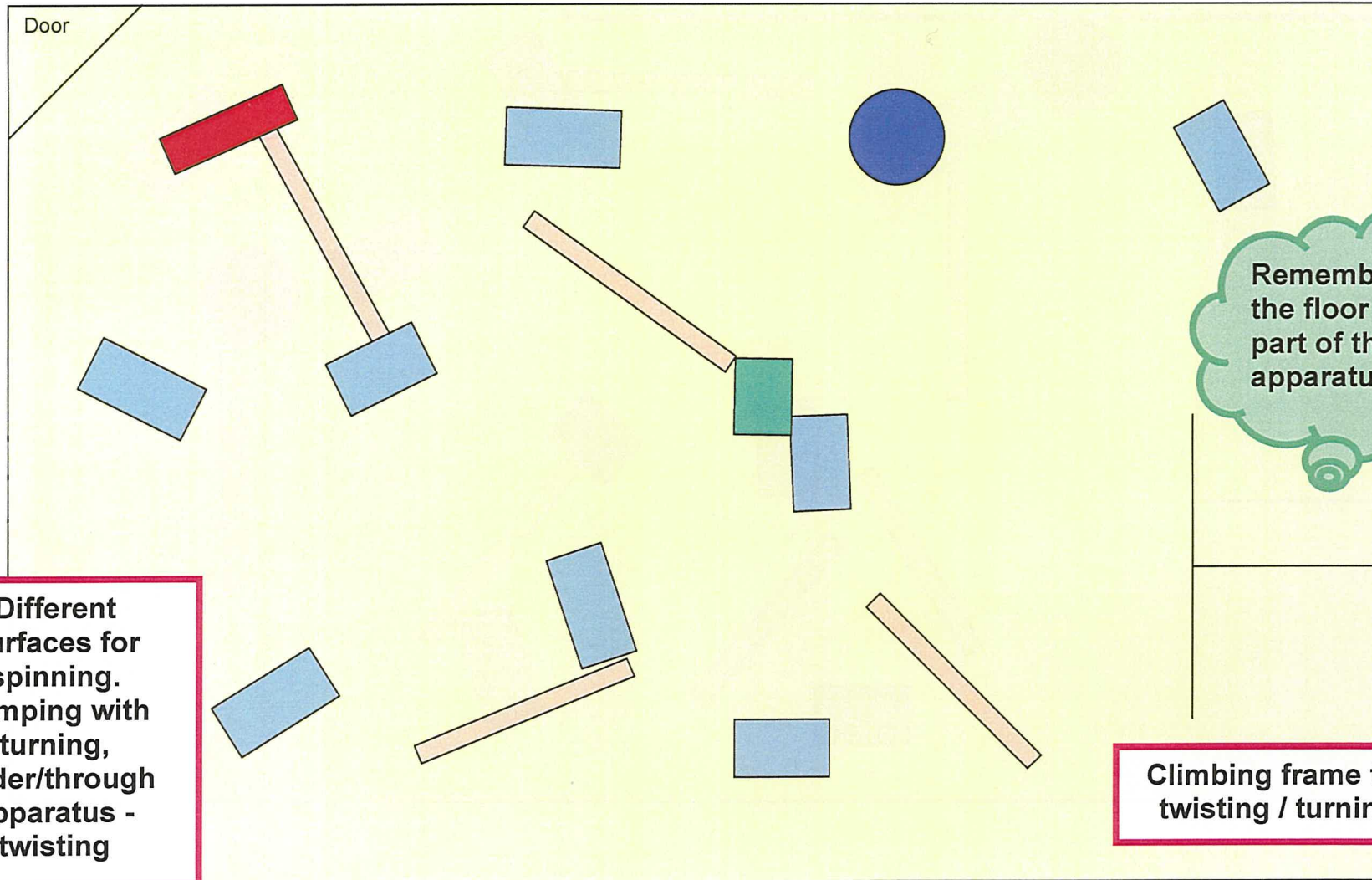


Higher apparatus, some inclined benches. Different levels. Use climbing frame. Some scattered mats

Pupils may only jump if there is a mat to land on

Gymnastics – Year 2

Unit of work – Turning, Spinning, Twisting



Different surfaces for spinning. Jumping with turning, under/through apparatus - twisting

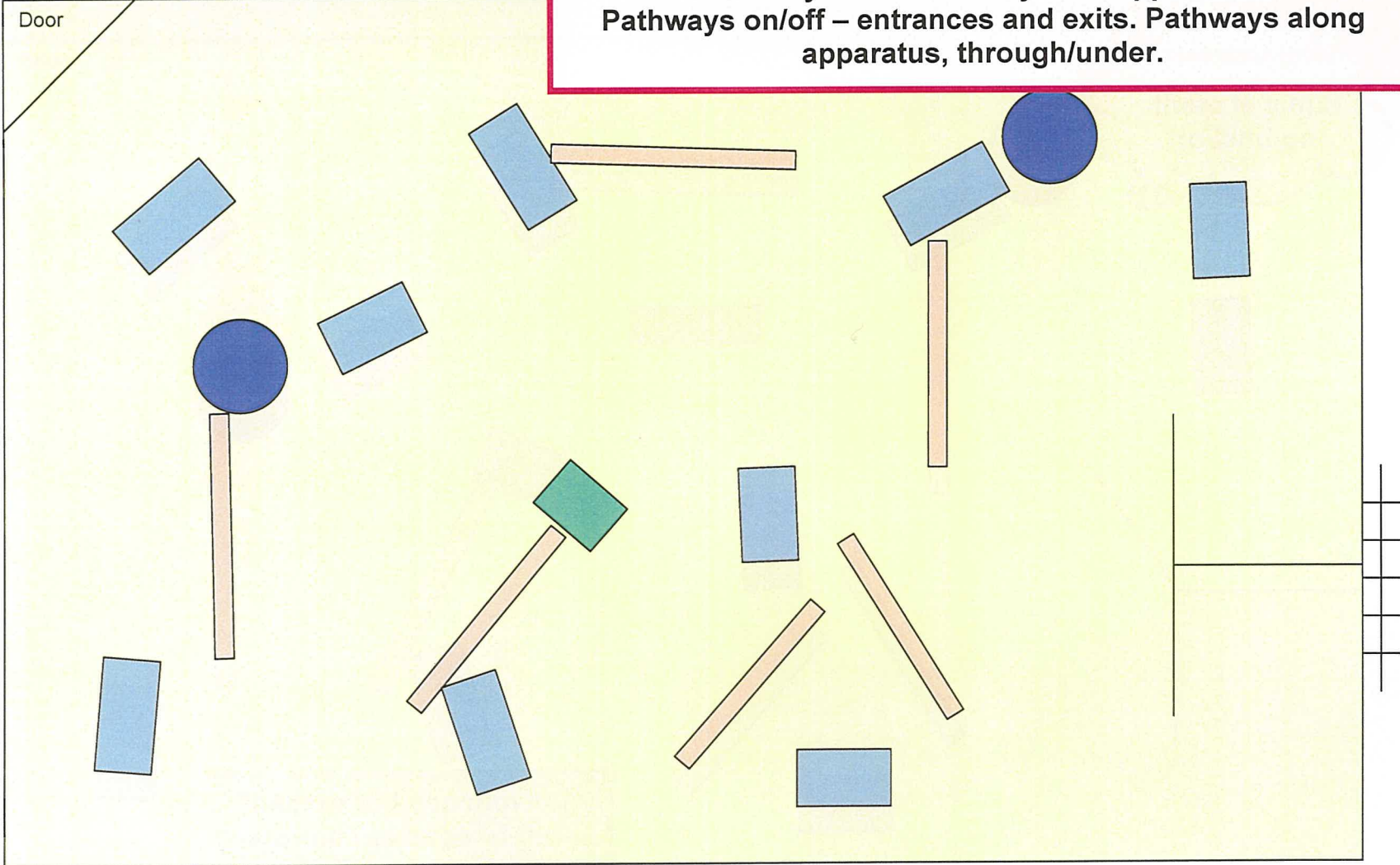
Climbing frame for twisting / turning

Remember – the floor is part of the apparatus

Gymnastics – Year 2

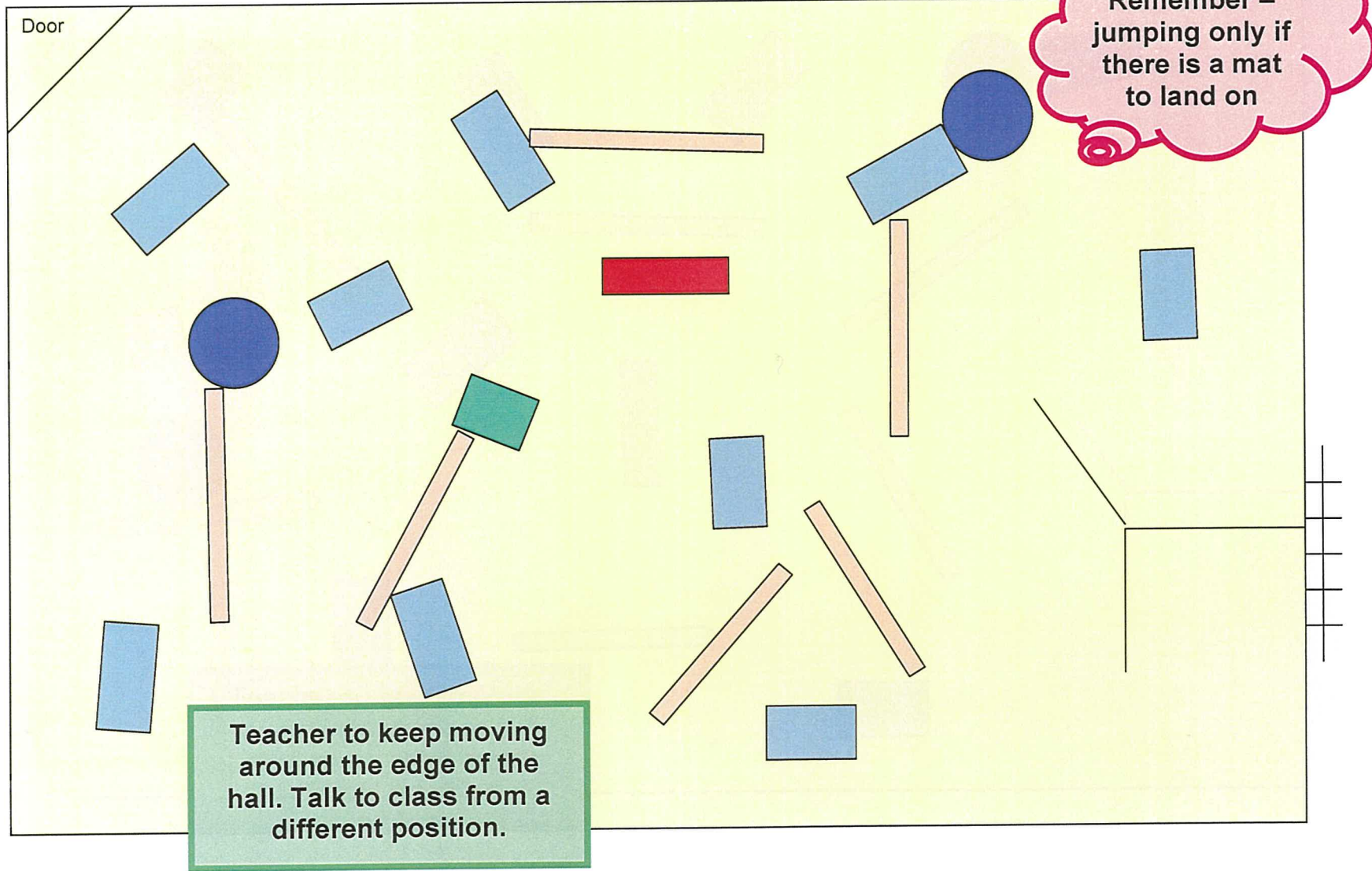
Unit of work – Straight, curved, zig-zag

Pathways towards/away from apparatus.
Pathways on/off – entrances and exits. Pathways along apparatus, through/under.



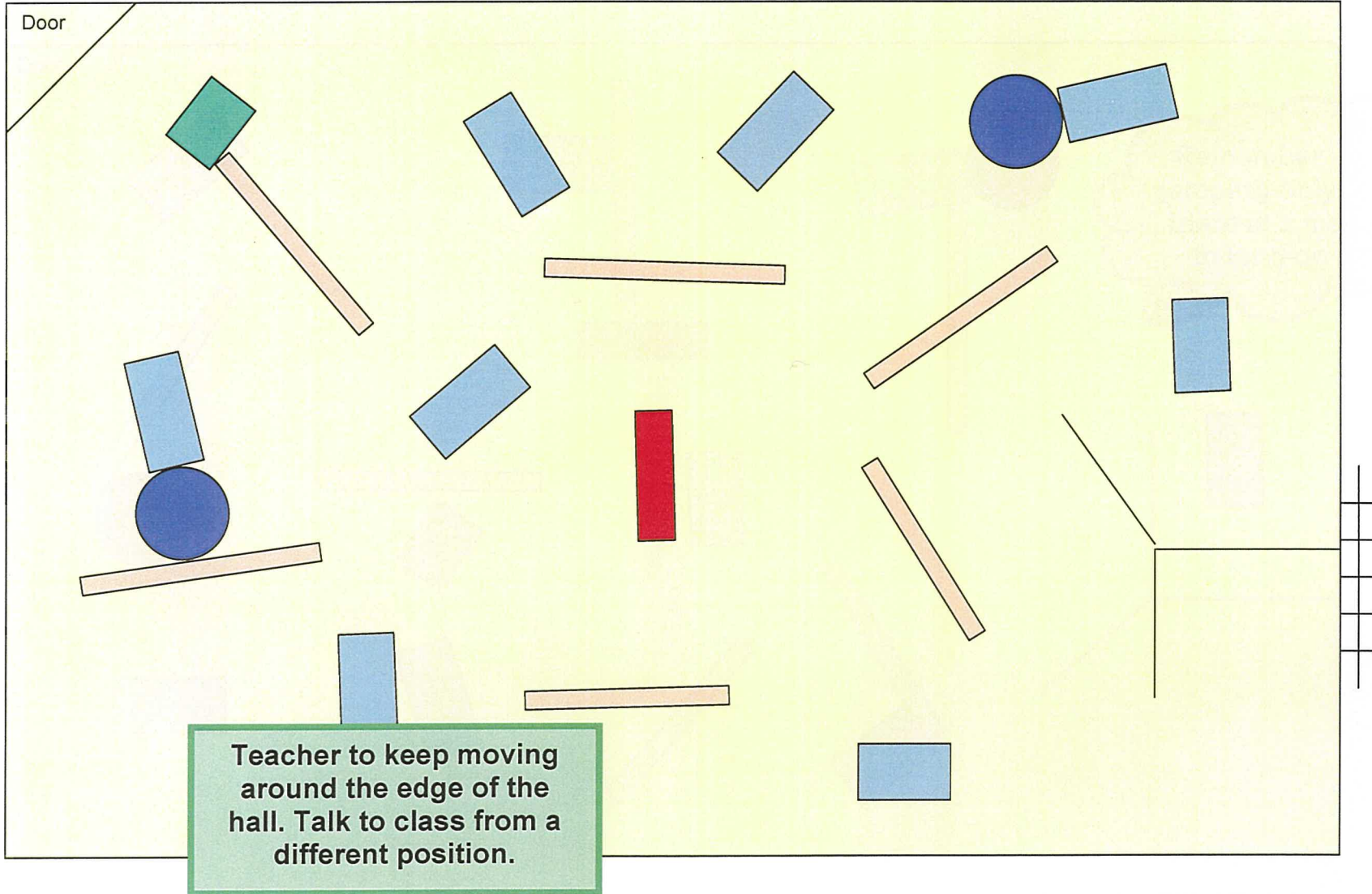
Gymnastics – Year 3

Unit of work – Pathways – change of front



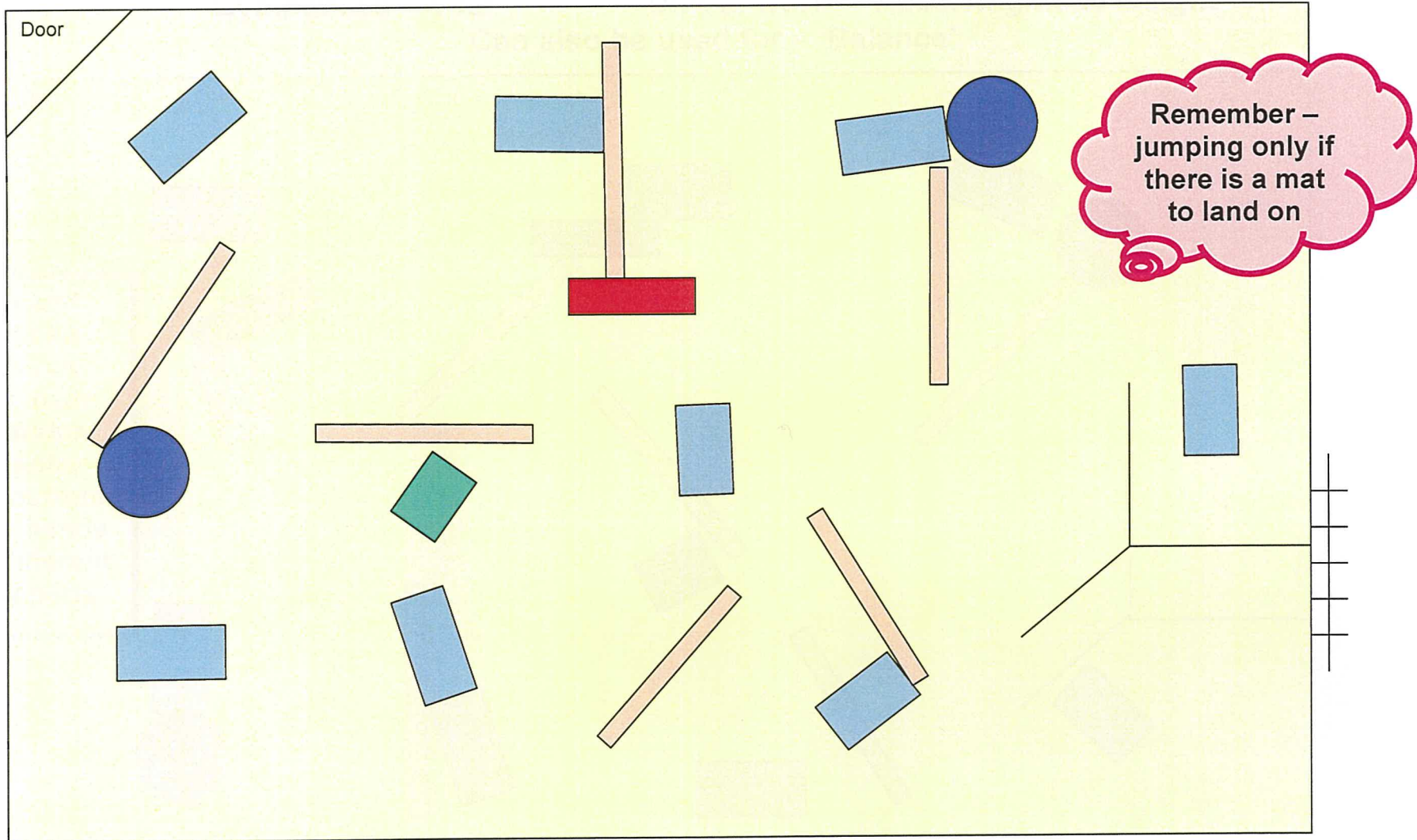
Remember – jumping only if there is a mat to land on

Teacher to keep moving around the edge of the hall. Talk to class from a different position.



Gymnastics – Year 3

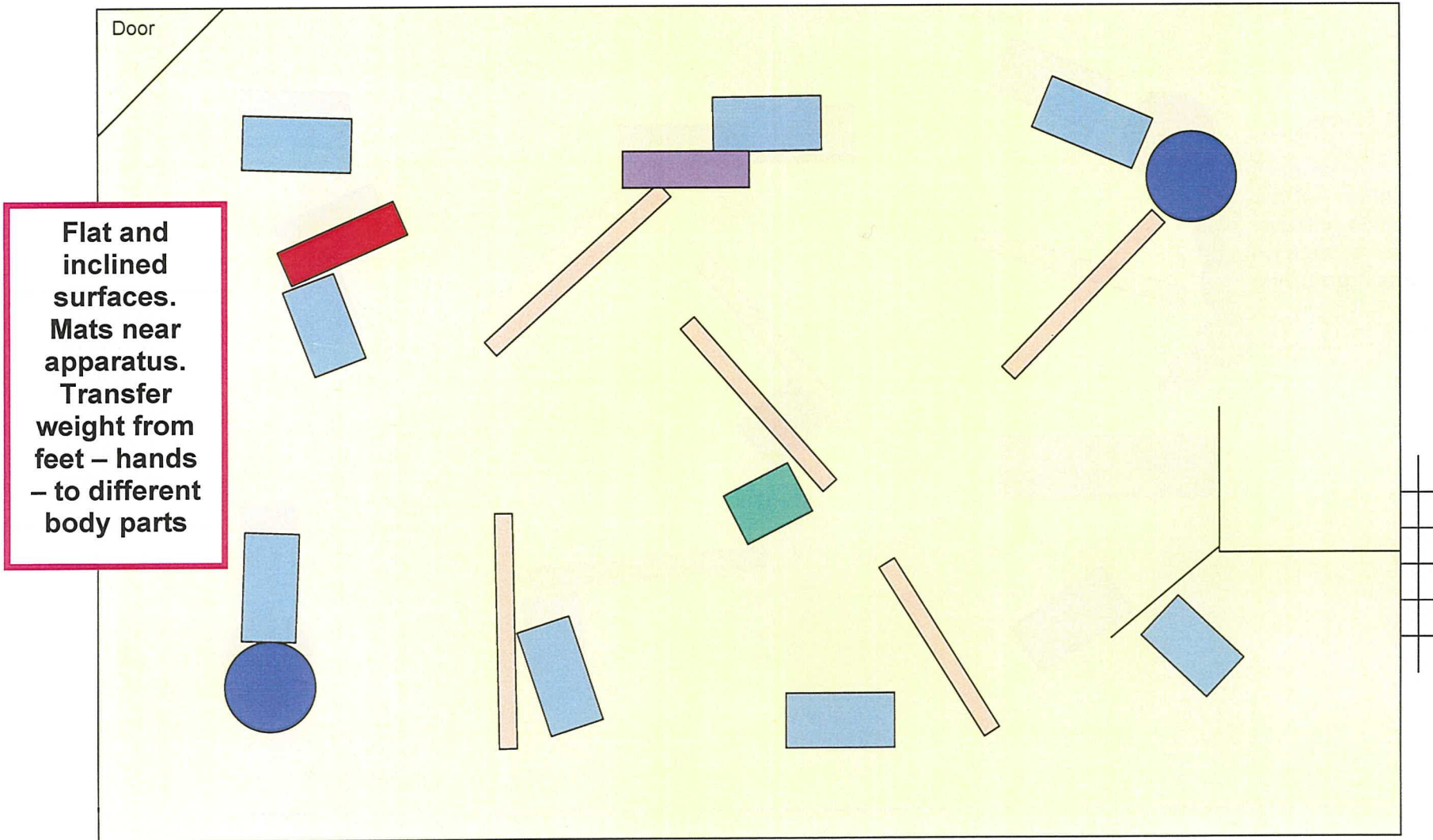
Unit of work – Symmetry and Asymmetry



Gymnastics – Year 4

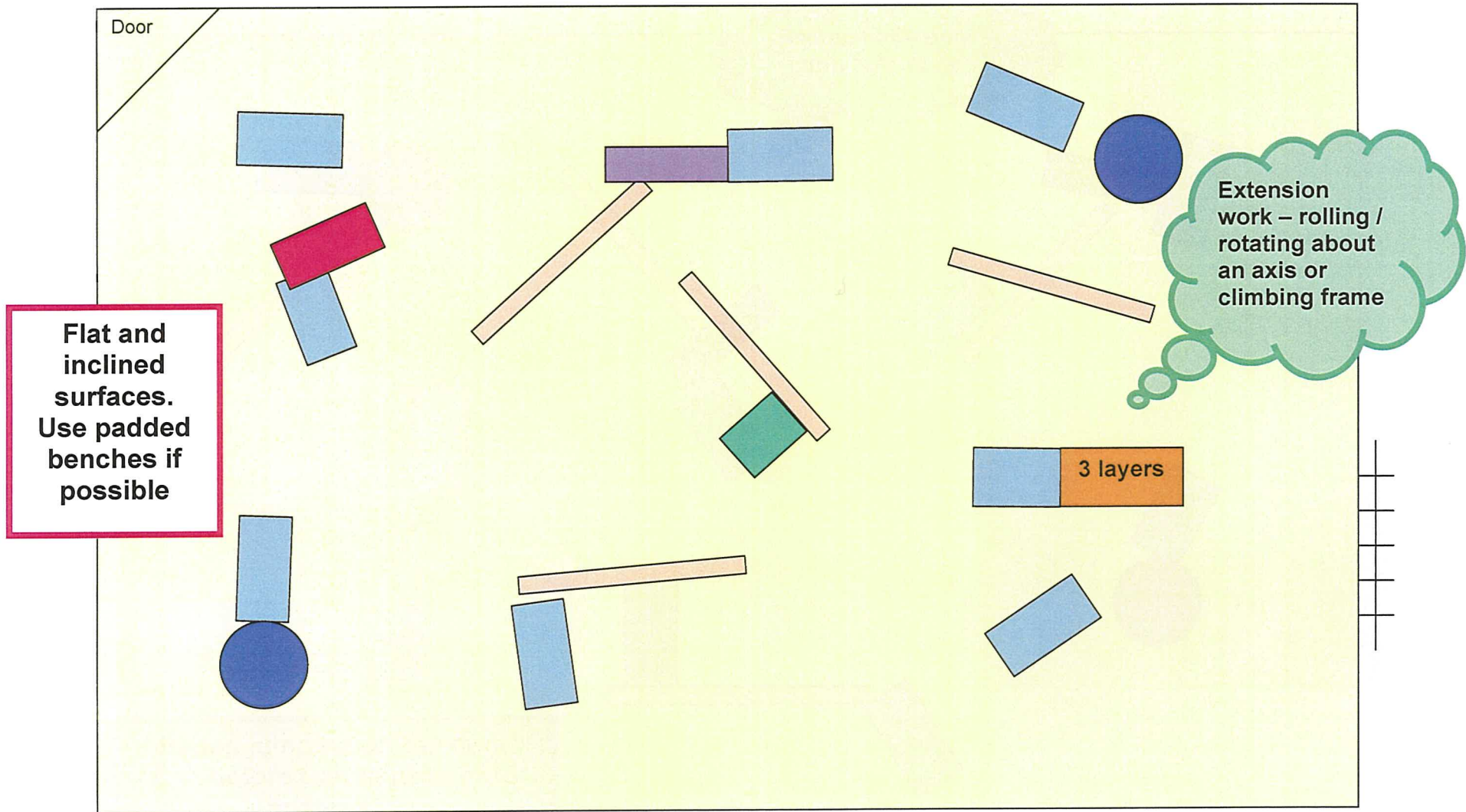
Unit of work – ‘Receiving body weight’

Can also be used for – ‘Balance’



Gymnastics – Year 4

Unit of work – ‘Rolling’



Gymnastics – Year 5

Unit of work – ‘Bridges’

Can also be used for – ‘Turning & Spinning’

