

# AUTUUMN TERM THEMES & SKILLS

Week	Theme	Skill set	Circuit / Skill 1	Circuit / Skill 2	Circuit / Skill 3
1	Wheels On The Bus	Shapes & Jumps	Tuck. Pike & Straddle shape on floor	Tuck & Star shape on bar.	Tuck and star jumps on tramp/FT
2	Farm	Balance	Walk along beam with bean bag on head	Balance on 1 leg / Arabesque	Balance on single/floor bar
3	Being Healthy	Forward Rotations	Forward roll on beam or bench	Forward roll unaided	Forwards roll down on low bar
4	Toy Box	Co-ordination	Hop scotch on hoops or spots	Stretch jump star jump link on FT/tramp	Throw and catch an object
5	Space	Weight Bearing	Front support between red blocks	Monkey walks on P-bars	Bunny hops along fast track
6	Bear Hunt	Vault	Squat onto Vault	Straight jump off block to landing hold	Straddle hops along floor
7	Halloween	Flexibility	Back support along red beams	Pike and straddle fold holding object above head	Splits with hands on blocks
8	Bonfire Night	Cartwheels/ side rotation	Bunny hops sideways over block	Log rolls down incline	Supported cartwheel attempt
9	Autumn Walk	Bars & Rings	Swings to land back in a hoop	Front support hold	Chin back circle
10	Around the world	Rebounds	Two footed jumps along beam	Step onto mini tramp rebound to mat	Jumps forwards. backwards & sideways
11	Dinosaur scavenger hunt	Backwards	Backward roll down wedge	Walking backwards along beam	Standing Roll back to egg roll stand
12	Alice in wonderland	Beam	Bunny hops along beam	Walk along beam turn in middle and leg kicks to end	Forward roll on red beam
13	Polar express	Handstands	Front support with feet high as possible	Lift to Handstand with support	Step lunge to touch block and kick
14	Christmas Party	Review Week	Favourite Fun Skills		