

# SPRING TERM THEMES & SKILLS

Week	Theme	Skill Set	Circuit / Skill 1	Circuit / Skill 2	Circuit / Skill 3
1	Under the Sea	ROLLS	Log Roll down incline	Forward roll down incline	Forward roll down bench
2	Winter	SHAPES	Tuck, pike & straddle	Tuck & star shape on bar (3 second hold)	Tuck & star jumps on fast track
3	Gingerbread Man	VAULT	Squat onto vault from standing	Jump off block to landing	Run and jump into hoop
4	Culture	FORWARDS, BACKWARDS, SIDEWAYS	Cast push away into hoop	Sideways bunny hops over blocks	Forward roll unaided on floor
5	Robots	SMALL EQUIPMENT	Balancing quiet on head round circuit	Forward roll with quiet between feet	Step over animals on beam
6	Magic Carpet	BARS	Swings under bar	chin back circle	Front support hold on bar
7	Jungle	UP HIGH	Walk forward along high beam/backwards	straight jump from block to trampette	Straight jump from block to trampette to matt
8	World Book Day	WEIGHT BEARING	Handstand against wall/block	Front and back support between blocks	Monkey walks on P-bars
9	Celebrations	BALANCES	Arabesque on beam	Tip toe half turn on beam or floor	Balance standing on single bar
10	Farm	FLEXIBILITY	Pike and straddle fold	Seal and cat shape on bench	Splits with hands on blocks
11	Spring Garden	REBOUNDS	Run, hurdle step off spring board into hoop	Jump up onto a block then off	Hopping
12	Easter Party	FUN / REVIEW WEEK	Favourite Fun Skills		