

SUMMER TERM THEMES & SKILLS

Week	Theme	Skill Set	Circuit / skill 2	Circuit / Skill 3	Circuit / Skill 1
1	Nursery Rhymes	JUMPS	Tuck & Star Jump off block to land	Half turn & full turn on fast track	Jumps along bench or floor beam
2	Camping	FORWARD ROTATIONS	Forwards roll down an incline	Forward roll on bench or floor beam	Front support - forward roll down on bar
3	Jack and the Beanstalk	BALANCES	Balancing beanbag on head	1 leg balance on beam	Arabesque on floor
4	Seaside	Handstands	Hold front support shape	From Lunge. lean forward & kick towards HSD/HSD with support	Wall Handstand
5	Wild West	BACKWARDS	Rock back and press hands to floor/ backwards roll	Backwards jumping along fast track	Walk backwards along beam
6	Jubilee	VAULT	Squat on to 2 stack block	Straddle on 1 block stack	Run hurdle and landing in a hoop
7	Dear Zoo	Strength	Hold front walks between blocks	Bunny hops along bench	Front support with feet on wall
8	Pirates	BEAM	Tip toe walks along beam	Walk along high beam unaided	Arabesque on
9	Around The World	CARTWHEELS	Cartwheel action over block. from one leg to the other	Cartwheel with support on floor	Bunny hop over beam
10	Sports Day	SMALL EQUIPMENT	Throw and catch beanbag	Hold front support shape with soft ball balanced on back	Shoulder stand with bean bag between feet
11	Fairytales	BARS	Hold front support hold	Assisted chin back circle (to held front support if able)	Swings under bars to land in hoop
12	Going to School	Co-Ordination	Hop scotch on hoops or spots	stretch jump/ star jump on FT/Tramp	Throw and catch an object
13	Summer Fun Week	FUN / REVIEW WEEK	Favourite fun skills		