

PE, Gymnastics,

National Curriculum aims:
<ul style="list-style-type: none"> ✓ Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive and cooperative physical activities, in a range of increasingly challenging situations.
National Curriculum key skills:
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> ✓ Master basic movements including running, jumping, throwing, catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. ✓ Participate in team games, developing simple tactics for attacking and defending. ✓ Perform dances using simple movement patterns.

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Key Vocabulary:
Shapes, animal shapes, travelling, jumps, landing, supports, balances, points, patches, rolls, sequences, tuck, pike, straddle, star, stretch, bunny hop, straddle bunny, bear, caterpillar, duck walks, stretch jump, shaped jumps, tuck jump, star jump, stretch jump half turn, bench work, front support, back support, dish, arch, log rolls, dish and arch rolls, tuck rolls, pike roll
Assessment opportunities:
<ul style="list-style-type: none"> • Perform as a group. • Perform in pairs. • In both scenarios, ask for peer feedback, looking at what they did well and how they can improve.
Adapting teaching:
<ul style="list-style-type: none"> • Different equipment or more or less equipment for different abilities. • Mixed groups for peer support. • Challenge higher abilities by adding further techniques.
Prior learning
<ul style="list-style-type: none"> • Exploration of basic shapes, rolls, jumps, balances, and adding animal shapes as a way of travel to ensure movements involve flow.

Sequence of Learning:					
Objectives (key knowledge):					
1. Basic shapes and body tension To be able to learn the 5 basic gymnastic shapes and understand the importance of body tension.	2. Basic shapes (travelling) To be able to demonstrate the 5 basic animal shapes using travel and build a short sequence from this.	3. Shaped jumps and landing To be able to understand how we jump and land safely and how to perform.	4. Supports/balances points and patches To be able to explore different body parts they can balance on and create a sequence using individual and partner balances.	5. Rolls To be able to learn the gymnastics rolls and 2 further shapes, and how to perform them safely.	6. Gymnastics sequences To be able to create a gymnastics sequence using all the gymnastic elements learned. (Create a sequence involving all gymnastic elements.)

Equipment <ul style="list-style-type: none"> • Mats, cones, benches, beanbags, skipping ropes, hoops. 	Key skills: <ul style="list-style-type: none"> • Learn the 5 basic shapes and 2 supports; understand the 5 animal shapes; demonstrate the 5 gymnastic jumps; perform the 4 gymnastic rolls; use bench work as a way of building skills through use of equipment.
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