

PE, Gymnastics,

National Curriculum aims:
<ul style="list-style-type: none"> ✓ Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movements. ✓ They should enjoy communicating, collaborating and competing with each other. ✓ They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
National Curriculum key skills:
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> ✓ Use running, jumping, throwing, catching ✓ Play competitive games and apply principles of attacking and defending ✓ Develop flexibility, strength, technique, control, balance ✓ Compare performances with previous ones and demonstrate improvement to achieve their personal best

Y5 Key Vocabulary:
Tuck, pike, straddle, stretch, star, front support, back support, dish, arch, stretch jump, tuck jump, star jump, stretch jump half turn
Assessment opportunities:
<ul style="list-style-type: none"> • Performance as a group • In groups, watching one another, state what they are doing well and what they could do differently next time, or add to challenge themselves further
Adapting teaching:
<ul style="list-style-type: none"> • Differently sized equipment • Mixed groups for peer support • Challenge HA by adding further techniques
Prior learning
<ul style="list-style-type: none"> • Exploration of basic shapes, rolls, balances and develop these further using agility tables, benches and mat work

Sequence of Learning:					
Objectives (key knowledge):					
1. Basic skills, shapes and jumps	2. Vaulting and shape dismounts	3. Rolls	4. Bench work	5. Taking weight on hands	6. Balances
To understand the correct gymnastic shapes and jumps and develop a sequence through learning this. (9 shapes, 4 jumps)	To be able to adapt and perform jumps using height and control. (Jumps off bench and other heights using control.)	To understand the different gymnastic rolls and how to build this into a sequence.	To be able to recap on what we have learned and build a sequence from this using the bench, incorporating equipment.	To be able to perform weight bearing skills. (How to perform a cartwheel safely, transferring weight from one hand to the next.)	To be able to perform individual and group balances. (Demonstrating balances individually as well as in groups – merging shapes, jumps and rolls from previous lessons.)

Equipment	Key skills:
<ul style="list-style-type: none"> • Mats • Agility tables • Benches • Hoops • Cones 	<ul style="list-style-type: none"> • Learn 9 basic shapes and 4 jumps; use equipment to challenge themselves further; 5 gymnastic rolls; transfer technique onto bench; use weight on hands; balance techniques; build a sequence and perform; evaluate own and others' performance

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