

NATIONAL CURRICULUM:

Pupils should be taught to: develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

PRIOR KNOWLEDGE:

pupils develop balancing, rolling and jumping. They use these skills individually and in combination. Pupils develop their sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. Pupils develop their confidence to perform, considering the quality and control of their actions.

KEY VOCABULARY:

Strength
Body
Balance
Control
Position
Landing
Tension
Finishing
Movements
Performance
Shapes
Levels
Pathways
Starting

PE – Autumn 2 Year 4, Gymnastics



Lesson Focus:

1. To develop individual and partner balances.
2. To develop control in performing and landing rotation jumps.
3. To develop the straight, barrel, forward and straddle roll.
4. To link actions that flow using the rolls I have learnt.
5. To develop strength in inverted movements.
6. To create a great partner sequence to include the skills I have learnt and apparatus.

CONTEXT:

In this unit pupils develop balancing, rolling, jumping and inverted movements and use these skills to create more complex sequences. Pupils are taught to demonstrate control in their behaviour to create a safe environment for themselves and others to work in. They work independently and in collaboration with others to create and develop sequences. Pupils are given opportunities to receive and provide feedback in order to make improvements on their performances. In gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.

STICKY KNOWLEDGE:

Strong body tension will help you to hold balances with increased control
Bend your knees when landing.
Land using a landing position with arms straight ahead.
Look forward to help maintain balance
Keep good body tension throughout your roll.
Make the performance interesting by using different shapes, levels and pathways.
Use a starting and finishing position
Use body tension to improve the control of your movements.
Make the performance interesting by using different shapes, levels and pathways.
Use a starting and finishing position

SKILLS:

Physical: individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand
Social: work safely, determination, collaboration, communication, respect
Emotional: confidence, perseverance
Thinking: observe and provide feedback, select and apply actions, creativity, evaluate and improve