

BRUNSHAW PRIMARY SCHOOL



Inspiring children to be resilient and aspirational learners, within a positive and considerate community

Subject: PE		Year group: One Term: Summer 1	Title: Gymnastics (KS1 and KS2)																																
What should I already know? In KS1 you will have begun to use and develop the following fundamental movement skills: crawling hopping walking skipping jumping climbing	In KS2 you will have developed he basic fundamental movement skills and will have performed the different rolls and jumps. You will have begun to use sequencing. You will have learned how to move around a given space safely.	Facts I will learn ... Explain the importance moving with control and awareness of Space (EYFS and KS1) Move with some control and awareness of space (EYFS and KS1) Create a sequence using 3 or more linked actions combined with basic and intermediate balances (KS1 and KS2) Show contrasts on use of body and shape (such as small, tall, straight, curved) (KS1 and KS2) Balance on different points of the body, holding a still position Climb and travel safely on equipment (KS1 and KS2) Jump in a range of different of ways, showing control and balance on landing (KS1 and KS2)	Key questions Can I use all the space provided to perform a sequence or routine? Can I use the safe techniques I have been taught to perform a roll, balance or movement? Can I perform movements and balances with control? Can I move around the space in a safe manner? Can I use what I have learned and put it into a sequence.																																
Key Skills..... In KS1 you will focus on developing balance, jumping, rolling, fluency, body transformation. In KS2 you will use sequencing and using skills as part of a routine. You will design and deliver your own routines	Safety Remove all jewellery including earrings. Long hair must be tied back. Wear suitable footwear. Use correct techniques. Complete a warm-up and cool-down.	Experiences that school will provide: Outside coaching, after school clubs, competition	<table><tr><th>Key vocab</th><th>Definition</th></tr><tr><td>Sequence</td><td>The order of movements within a routine.</td></tr><tr><td>Routine</td><td>When lots of shapes and movements join together to make a dance.</td></tr><tr><td>Balance</td><td>To stay still and steady in a position or shape.</td></tr><tr><td>Control</td><td>To dance without losing your balance, change the speed and direction you move.</td></tr><tr><td>Direction</td><td>The way you move: Forwards, backwards, sideways, up and down.</td></tr><tr><td>Body Shape</td><td>Shapes created through the position of the body.</td></tr><tr><td>Technique</td><td>The safe method performers have been taught to perform a skill such as a forward roll.</td></tr><tr><td>Travelling</td><td>How the performer decides to move within a routine on hands and feet.</td></tr><tr><td>Fluency</td><td>To be able to move with ease and gracefulness.</td></tr><tr><td>Element</td><td>A gymnastic skills such as a forward roll or balance.</td></tr><tr><td>Point balances</td><td>When a balance is performed on a number of points of the body.</td></tr><tr><td>Canon</td><td>Performing the same movements and physical actions at the same time.</td></tr><tr><td>Body tension</td><td>Tensing muscles to create a stable shape.</td></tr><tr><td>Safety</td><td>Making sure the environment around and techniques are performed properly.</td></tr><tr><td>Counter balance</td><td>A balance where two performers take each others weight by pushing against each other.</td></tr></table>	Key vocab	Definition	Sequence	The order of movements within a routine.	Routine	When lots of shapes and movements join together to make a dance.	Balance	To stay still and steady in a position or shape.	Control	To dance without losing your balance, change the speed and direction you move.	Direction	The way you move: Forwards, backwards, sideways, up and down.	Body Shape	Shapes created through the position of the body.	Technique	The safe method performers have been taught to perform a skill such as a forward roll.	Travelling	How the performer decides to move within a routine on hands and feet.	Fluency	To be able to move with ease and gracefulness.	Element	A gymnastic skills such as a forward roll or balance.	Point balances	When a balance is performed on a number of points of the body.	Canon	Performing the same movements and physical actions at the same time.	Body tension	Tensing muscles to create a stable shape.	Safety	Making sure the environment around and techniques are performed properly.	Counter balance	A balance where two performers take each others weight by pushing against each other.
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Web links https://www.british-gymnastics.org/	Inspiring Athlete  Max Whitlock – Olympic Gold medalist	Experiences that could be provided at home... Children should be kept active and work on fundamental movement skills at home. Children should be given the opportunity to attend clubs and sessions to encourage enjoyment and challenge																																	

