

# Gymnastics | Lower KS2 | Autumn 2 Term 2021

Learning Objectives		Basic Skills needed		FUNS Framework	
Practice and improve balance with various parts of the body- solo and with a partner	1	Instructions	Follow and understand instructions set to make a safe working environment to enable the whole class to create, develop, improve, and perform gymnastic sequences	Personal	<b>CONSISTENTLY TRY TO IMPROVE</b> Cope well and positively when things become difficult. Persevere with a task and improve performance through regular practice
Create letter shapes with body – solo and with partner	2	Criteria	Follow a list of balances, jumps rolls, pathways, levels to be included in the sequence		
Revisit and improve a variety of rolls, rotation jumps and body shapes.	3	Handling	Handle and use all equipment safely, correctly and respectfully	Social	<b>ORGANISE AND GUIDE OTHERS</b> Cooperate well with others and give helpful feedback. Help organise roles and responsibilities and guide a small group through a task
Create a sequence introducing pathways, mirroring and variable levels, solo and with a partner (canon and unison)	4	Rules	Understand and interpret the rules appropriately.		
Create a simple sequence using low level apparatus and props	5	Precision movements	To demonstrate clear and distinctive movements within the gymnastics routine.	Applying Physical	<b>LINK WITH QUALITY</b> Perform a variety of movements and skills with good body tension. Link actions together so that they flow.
Develop strength in bridge and shoulder stands	6	Team work	Synchronised and contrasting movements displayed in the gymnastics sequence performed.		
Explore straddle, forward and back rolls					
Lift, move and place equipment safely					
Use FUNS cards No's 1-7 Blue, Pink and Black					
		Vocabulary			
	1	Warm up	Preparing your body before strenuous exercise to avoid straining muscles: Stretching, Pulse raiser, Mobility of joints	Cognitive	<b>DESCRIBE HOW TO IMPROVE</b> Understand ways (criteria) to judge performance and identify specific parts to continue to work upon. Use awareness of space and others to make good decisions
	2	Cool down	Low-impact or slower exercise to help your body return to normal after strenuous exercise		
	3	Balance	Keep muscles and body tense, stretched and curled. Remain still for 10 seconds.	Creative	<b>REFINE AND CHANGE</b> Link actions and develop sequences of movements that express own ideas. Change tactics, rules or task to make activity more fun or challenging
	4	Rolls	move in a particular direction by turning over and over		
	5	Body shape	Creating various shapes with your body. Holding the shape for 2-5 seconds	Health & Fitness	<b>EXPLAIN HOW TO EXERCISE</b> Describe the basic fitness components and explain how often and how long you should exercise to be healthy. Record and monitor how hard you are working
	6	Jump	Bend knees, push off of the ground into the air with your feet. Return to the ground on your feet with you knees bent.		
	7	Sequence	Link various balances together using simple movement patterns		
	8	Safety	Follow adults instructions to keep you safe and be aware of your surroundings		



## SPORTSMANSHIP - definitions

1	Treating the people that you work with as you'd like to be treated yourself.
2	Behaviour and <u>attitudes</u> that show <u>respect</u> for the rules.
3	To show fairness and respect for one another.
4	Give and receive positive criticism to help learn and improve own and others work

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	Lesson Progression	
1	Develop the range of shapes they use in their sequences.	
2	Develop strength in bridge and shoulder stand.	
3	Develop the egg, pencil and dish roll and perform with increased control. Explore straddle, forward and back rolls.	
4	Develop control in performing and landing rotation jumps. Select a range of jumps to include in sequence work.	
5	Create gymnastic sequences that meet a theme or set of conditions/criteria	
6	Describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved	