

Gymnastics | Foundation Stage | Autumn 2 Term 2021

Learning Objectives

Perform seated balances making body tense, stretched and curled
Learn and improve a range of recognised shapes with body.
Learn and improve various rolls
Learn and improve various jumps
Develop control in performing and landing jumps off low apparatus
Recognise a 'Good balance'
Describe their own and others' work.
Demonstrate Funs Framework – Skills 1-1 leg static Balance, 2 -Seated Static Balance, 3-Floorwork Static Balance, 4-Stance Static Balance, 6-Jumping and Landing Dynamic Balance

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



FUNS Framework

Personal	Stay on task with help Stay on Task Keep trying
	Play with others with help Understand others Help and encourage
Applying Physical	Travel in different ways Perform single skills Perform simple sequences
Cognitive	Follow instructions Observe and describe Recognise and order
Creative	Observe and copy Explore and describe Compare and develop
Health & Fitness	Describe simple changes Explain benefits of exercise Practice safely



Basic Skills needed

1	Social	Take turns and share with help
		Work sensibly with others taking turns and sharing
		Help, praise and encourage other in their learning
		Show patience and support others, listening carefully to them about our work. Happy to show and tell them about my ideas
2	Listen	Listen to instructions carefully and apply to the lesson
3	Explore	Be willing to try and develop new gymnastic and social skills

Vocabulary

1	Warm up	Preparing your body before strenuous exercise to avoid straining muscles: Stretching, Pulse raiser, Mobility of joints
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.
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
6	Jump	Bend knees, push off of the ground into the air with your feet. Return to the ground on your feet with your knees bent.
7	Safety Rules	Follow adults instructions to keep you safe

Gymnastics | PE | Foundation Stage | Autumn Term | Year 2021-22

	Lesson Progression	
1	Explore basic body shapes - straight, tuck, straddle, pike	
2	Perform balances making their body tense, stretched and curled.	
3	Explore pencil, egg and dish roll progressions.	
4	Explore shape jumps including jumping off low apparatus and landing safely	
5	YELLOW FUNS CHALLENGE 2 - Static Balance - seated	
6	GREEN FUNS CHALLENGE 2 - Static Balance - seated	
7	RED FUNS CHALLENGE 2 - Static Balance - seated	

Gymnastics | KS1 | Autumn 2 Term 2021

Learning Objectives

- Perform 1,2 & 3 part balances making body tense, stretched and curled
- Learn and improve a range of recognised shapes with body.
- Learn and improve various rolls
- Learn and improve various jumps
- Develop control in performing and landing rotation jumps.
- Link shapes, rolls, jumps and turns to create a simple sequence
- Describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved
- Demonstrate Funs Framework – Skills 1-7:
1-1 log static Balance, 2 -Seated Static Balance, 3-Floorwork Static Balance, 4-Stance Static Balance, 5-On a line Dynamic Balance, 6-Jumping and Landing Dynamic Balance, 7-In pairs Counter Balance



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



FUNS Framework

Personal	TAKE CONTROL Know where you are with you learning and begin to challenge yourself
Social	WORK WELL WITH OTHERS Show patience and support others, listen carefully to them about your work. Be happy to show and tell others about your ideas
Applying Physical	PERFORM WITH CONTROL Perform and repeat longer sequences with clear shapes and controlled movement. Select and apply a range of skills with good control and consistency
Cognitive	EXPLAIN WHY Be able to explain what you are doing well and begin to identify areas for improvement
Creative	RECOGNISE AND RESPOND Respond differently to a variety of tasks or music and recognise similarities and differences in movement and expression
Health & Fitness	EXPLAIN WHY Describe how and why your body changes during and after exercise. Explain why we need to warm up and cool down

Basic Skills needed

1	Instructions	Listen and follow set instruction to perform a gymnastics sequence or follow instructions how to perform various tasks within the PE lesson to stay safe.
2	Criteria	Follow a list of balances, jumps, rolls, direction, levels to be included in the sequence
3	Handling	Handle and use all equipment safely and correctly.
4	Rules	Understand and abide to the rules appropriately.
6	Group & partner work	Synchronised and contrasting movements displayed in the gymnastics sequence performed.

Vocabulary

1	Warm up	Preparing your body before strenuous exercise to avoid straining muscles: Stretching, Pulse raiser, Mobility of joints
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.
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
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 Rules	Follow adults instructions to keep you safe

Gymnastics | PE | KS1 | Autumn Term | Year 2021-22

	Lesson Progression	
1	Explore using shapes in different gymnastic balances.	
2	Remember, repeat and link combinations of gymnastic balances.	
3	Explore egg, pencil and dish roll and put into sequence work.	
4	Explore shape jumps and take off combinations.	
5	Lift, move and place equipment safely	
6	Improve their work using information they have gained by watching, listening and investigating	