

# 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

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	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	