

Gymnastics | Upper 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	EMBRACE CHALLENGE See all challenges as opportunities to learn and develop. Recognise your strengths and weaknesses and set your own appropriate targets				
Create letter shapes with body – solo and with partner					TAKE RESPONSIBILITY FOR MY LEARNING Create my own learning plan and revise that plan whenever necessary. Accept critical feedback and make changes				
Revisit and improve a variety of rolls, rotation jumps and body shapes.				Social	IMPROVE OTHERS Give and receive sensitive feedback to improve yourself and others. Negotiate and collaborate appropriately.				
Create a sequence introducing pathways, mirroring and variable levels, solo and with a partner (canon and unison)					LEAD OTHERS Involve others and motivate those around you to perform better.				
Create a simple sequence using low level apparatus and props				Applying Physical	COMBINE WITH FLUENCY Use combinations of skills confidently in sport specific contexts. Perform a range of skills fluently and accurately in practice situations.				
Develop strength in bridge and shoulder stands					APPLY WITH CONSISTENCY Effectively transfer skills and movements across a range of activities and sports. Perform a variety of skills consistently and effectively in challenging or competitive situations				
Explore straddle, forward and back rolls	1	Warm up	Preparing your body before strenuous exercise to avoid straining muscles: Stretching, Pulse raiser, Mobility of joints	Cognitive	MAKE GOOD DECISIONS Have a clear idea of how to develop your own and others' work.				
Lift, move and place equipment safely					ANALYSE PERFORMANCE Review, analyse and evaluate you own and others' strengths and weaknesses				
Use FUNS cards No's 1-7 Blue, Pink and Black				Creative	EXPRESS, ADAPT AND ADJUST Respond imaginatively to different situations, adapting and adjusting your skill, movements or tactics so they are different from or in contrast to others.				
					VARIETY AND DISGUISE Use variety and creativity to engage an audience.				
				Health & Fitness	PREPARE FOR ACTIVITY Self-select and perform appropriate warm up and cool down activities. Identify possible dangers when planning a sequence				
					PLAN YOUR OWN FITNESS Explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. Plan and follow your own basic fitness programme				
				2	Criteria	Follow a list of balances, jumps rolls, pathways, levels to be included in the sequence	3	Handling	Handle and use all equipment safely, correctly and respectfully
	5	Precision movements	To demonstrate clear and distinctive movements within the gymnastics routine.						
				6	Team work	Synchronised and contrasting movements displayed in the gymnastics sequence performed.			
	Vocabulary								
	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	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	Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions	
2	Explore symmetrical and asymmetrical balances and counter balances	
3	Develop control and fluency in egg, pencil, forward, straddle and backward roll.	
4	Select a range of jumps to include in sequence work (including rotation jumps)	
5	Develop their own gymnastic sequences incorporating speed, shape, level and direction. Demonstrate consistent precision control and fluency.	
6	Develop their own gymnastic sequences by understanding, choosing and applying a range of compositional principles, and suggest ways of improving.	