

Prior Learning

Use simple gymnastics actions and shapes. Apply basic strength to gymnastic actions. Begin to carry apparatus. Recognise like actions and link them.

Unit Focus

To show a range of recognised point balances. To introduce turn, twist, rock, roll and to link these. To perform unison simple canon and unison techniques.

We are learning...

1. to move on, off and over apparatus and use the 'Magic Chair' landing.
2. to rock on different parts of our body and rock using shape.
3. to perform specific point balances such as 'h' and 'y' balance.
4. to perform actions at the same time as others (unison)
5. to perform actions one person after the other (canon).
6. to turn and jump and quarter and half turn.

Key Questions

1. Why is a magic chair landing necessary as we jump from higher levels?
2. Why do we call them h and y balances?
3. Can you think of any other activities when people perform in unison?

Equipment

Mats, hoops, cones, bean bags, low apparatus, floor spots.

Vocabulary

Balance, body tension, tensed, rock, roll, link, quarter, half, turn, spin, twist, unison, canon

Skill

Magic chair landing

- Land on two feet and bend your knees to absorb impact (as if sitting on an imaginary chair)
- Keep your head up, looking forward, not at the floor
- Arms forward about shoulder height
- Straighten your legs and finish in a good position with arms extended above the head.

Assessment Overview

Head – Decide which supporting concepts and actions to add to sequence.

Hand – Show spinning and rocking isolation and short sequences.

Heart – Move on, off and over an object with confidence.

