

Prior Learning

Shown a range of recognised point balances. Can link turns, twists, rocks and rolls. Can perform unison, simple canon and unison techniques.

Unit Focus

Describe and explain how performers can transition and link elements. Perform basic actions with control at different speeds and levels. Develop flexibility in a range of shapes and balances.

We are learning...

1. to combine 4 elements into a floor sequence.
2. to create power in a variety of different jumps.
3. to take weight on our hands and move in different ways.
4. to use our flexibility in a bridge and japana gymnastic shape.
5. to perform the point balance arabesque.
6. to perform a teddy roll.

Key Questions

1. Why do we hold shapes for 3 seconds and try to move smoothly into and out of elements?
2. Why do you think taking weight on your hands rather than your feet is harder?
3. Why did we practice on the wall before attempting a bridge on the floor?

Equipment

Mats, hoops, cones, wall bars, bean bags, low apparatus, ropes.

Vocabulary

Balance, shape, bridge, jump power, weight-on, point, patch, teddy, dolly, front-straddle, cup, puck, v-sit, japana, arabesque.

Skill

Bunny Hop

- Feet and legs should be together, bent at the knee.
- Push up and away with your feet off your toes to transfer all body weight to your hands.
- Practice in place first, kicking up and returning feet to the same position.
- See if you can hold your weight on your hands for longer periods.
- Once confident, begin to travel forward, transferring weight from feet to hands.

Assessment Overview

Head - Explain the differences between types of balances, such as point and patch.

Hand - Demonstrate flexibility in movements.

Heart - Reflect on their own performances and identify their strongest skill/action.

