

Prior Learning

Developed body management. Used core strength to link elements. Attempted to use rhythm while performing a sequence.

Unit Focus

Modify actions independently using different pathways, directions and shapes. Consolidate and improve movements and gymnastics actions. Relate strength and flexibility to actions. To use basic compositional ideas.

We are learning...

1. to show full extension during a balance.
2. to move in and out of contrasting shapes with fluency.
3. to perform a sequence using different types of rolls.
4. to perform powerful jumps from low apparatus.
5. to perform in unison with a partner.
6. to create a group performance using contrasting actions.

Key Questions

1. How do you perform a sequence in unison?
2. How can you adapt a sequence to include contrasting shapes?
3. Where are you showing strength in your sequence?

Equipment

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

Vocabulary

Fluency, contrasting, unison, low, combinations, full turn, half- turn, flexibility, compositional ideas, healthy active lifestyle.

Concepts

Unison is the simultaneous performance by two or more people to complete a gymnastics action such as a roll at the same time or hold a balance.

Assessment Overview

Head - Identify similarities and differences in sequences.

Hand – Perform sequences with contrasting actions.

Heart – Explain why strength and flexibility are important in maintaining a healthy, active lifestyle.

