

Prior Learning

Modified actions independently using different pathways, directions and shapes. Consolidated and improved movements and gymnastics actions. Related strength and flexibility to actions. Used basic compositional ideas.

Unit Focus

Identify similarities and differences in sequences. Develop body management over a range of floor exercises. Attempt to bring explosive moves into floor work. Show increasing flexibility in shapes and balances.

We are learning...

1. to perform Japan
2. to use bounces and broad jumps in a sequence.
3. to attempt a half-lever.
4. to transition from a Japan to another shape with control.
5. stretches while moving and when we are still to increase our flexibility.
6. to show strength, flexibility and control in our sequence.

Key Questions

1. What is a dynamic and static stretch?
2. How can you make transitions smooth and fluent?
3. How can you improve body tension?
4. Can you suggest other actions to include in your sequence?

Equipment

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

Vocabulary

Sustained, explosive, power, control, group, similar, different, bounce, box splits, fluency, dynamic, static, half lever, extension.

Concepts

Dynamic stretching improves mobility while moving through a range of motion, often in a manner that looks like the activity that is going to be performed. Static stretching is holding a stretch without movement.

Assessment Overview

Head - Able to identify some primary muscles.

Hand - Develop body management over a range of floor exercises.

Heart - Comment on a peer's gymnastic sequence, describing what they did well.

