



Physical Education

GYM

YR

Unit Focus:

Develop confidence in fundamental movements. Experience jumping, sliding rolling moving over and under apparatus. Develop coordination and gross motor skills.

Prior Learning:

- Follow simple instructions.
- Has basic movements such as walking, running rolling crawling.
- Replicate basic demonstrations.

Activity example:

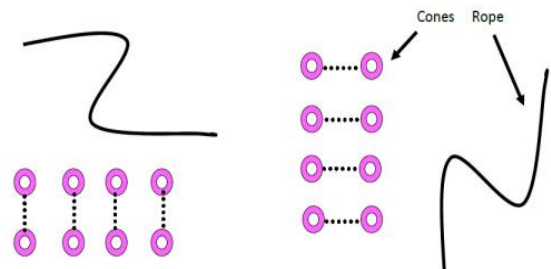
- Each station should have 2 or 3 task cards (attached in lesson plan) as stimuli for the pupils.
- These task cards should be ways of travelling that the children can experiment with, as well as thinking of their own.

Concepts:

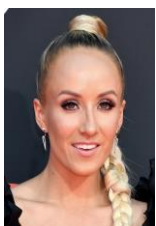
- Travel in gymnastics is moving from one area to another in ways such as jumping, rolling, crawling, leaping, turning etc.

Key Vocabulary/Skills:

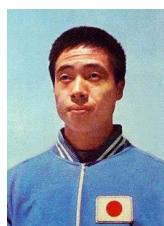
Adapt instruction to physical actions.	Balance, control, fast, high, jump, link, low, stretch, pattern.
Take off positions.	
Landing positions.	
Moving over and under apparatus.	
Shapes and balances.	



Inspiring Individuals



Anastasia Liukin
(1989 - present)



Sawao Kato
(1946 - present)

Equipment

Mats, hoops, music, cones, wall bars, beanbags, low apparatus, balls, ropes, throw down spots, balloons.

Key Questions

1. How can you help yourself to balance?
2. Describe some ways you can travel.
3. How can you tell if someone is balancing?
4. What does a good, safe landing look like?