

Prior Learning

Can describe and explain how performers can transition and link elements. Performed basic actions with control at different speeds and levels. Developed flexibility in a range of shapes and balances.

Unit Focus

Develop body management through a range of floor exercises. Use core strength to link recognised gymnastics elements. Attempt to use rhythm while performing a sequence.

We are learning...

1. to use a relevé walk in a sequence.
2. to perform a dish and arch shape moving smoothly from one to the other.
3. to develop our strength in back support and crab.
4. to frog jump and leap frog.
5. to hold an L-sit with a straight back.
6. to bring rhythm and flow to our sequence.

Key Questions

1. How would rhythm be shown in a sequence?
2. Is the transition smooth and continuous?
3. Say something you liked about someone else's performance.

Equipment

Mats, hoops, cones, bean bags, low apparatus, music player and music.

Vocabulary

Body tension, carry, control, extension, fast, hang, timing, travel, turn, transition, smooth, relevé, core muscles.

Skill

Core muscles are like the superheroes of our body! They are a group of strong and important muscles that live in the middle part of our body. Imagine your core as a powerful team that works together to keep you stable, balanced, and able to do lots of fun activities!

Assessment Overview

Head - Work safely on own and with others in body management sequences.
Hand - Use core strength to link gymnastic elements, e.g., back support and L-sit.
Heart - Work with a partner to copy, create and join sequences.

