

Prior Learning

Have become competent and confident in performing skills with consistency. Can perform in time with a partner and group. Used compositional ideas in sequences.

Unit Focus

Develop an increased range of body actions and shapes to include in a sequence. Define muscle groups needed to support the core of the body. Refine taking weight on small and large body parts.

We are learning...

1. to perform a weighted bunny hop showing control and balance.
2. an arabesque balance and over-the-shoulder roll.
3. to identify and engage core muscles for stability.
4. to smoothly transition from a front support to side support.
5. to perform a shoulder stand with control.
6. to combine all elements of this unit, showing smooth transitions.

Key Questions

1. How can you make transitions smooth?
2. What muscles will help me perform a candle rock?
3. How can I keep my legs straight in a shoulder stand?

Equipment

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

Vocabulary

Tension, travelling steps, muscles (abdominals, obliques), engage, core, stabilise.

Concepts

Taking weight on hands = Handstands, frog leaps, donkey kicks, walking on hands, front support, back support, bridge, side support.

Assessment Overview

Head - Identify 'core' muscles and use them to improve the quality of shapes and actions.

Hand - Develop an increased range of actions and shapes to use in more complex sequences.

Heart - Show maturity when watching others' sequences.

