

Prior Learning

Have created longer and more complex sequences and adapted performances. Taken the lead in a group. Developed symmetry. Compared performances and judged strengths and areas for improvement. Selected a component for improvement.

Unit Focus

Take responsibility for your own warm-up. Perform more complex actions, shapes and balances with consistency. Use information given by others to improve performance. Remember and repeat longer sequences with more difficult actions.

We are learning...

1. to use space creatively along an L-shaped pathway.
2. to refine our round-off technique.
3. To refine the over-the-shoulder roll and attempt an alternative action to finish
4. to smoothly link two cartwheels to perform a double cartwheel.
5. to transition into a bridge with control.
6. to develop a 6-element partner sequence incorporating asymmetry.

Key Questions

1. Describe an asymmetrical balance you saw in someone else work.
2. Why is it important to warm-up before performing specific actions?
3. What are some of the things you must do when linking two cartwheels together?

Equipment

Mats, bench, low box top, throw down markers, chalk.

Vocabulary

Speed, partner, asymmetrical, elements, control, balance, strength, bridge, warmup, injury, core temperature.

Concepts

Warmups prevent injury by increasing the body's core temperature. Warm muscles increase reflexes. A good warm-up should also increase the range of motion and prepare the mind for activity. The need to warm up increases in importance as we age.

Assessment Overview

Head - Explain the significance of a warm-up and how it relates to gymnastics activity.

Hand - Work within/on set pathways.

Heart - Lead others in a warmup with confidence in their own preparation.

