

What prior knowledge should students have?

- Pupils begin to copy basic movements and sequences.
- Pupils have explored different ways of stretching, balancing, rolling and travelling safely.
- Pupils have explored ways to safely jump off small apparatus.

What skills will students learn? (Disciplinary Knowledge)

- Children will learn how to make a sequence of movements to showcase as a performance.
- To be able to travel along a bench and use the bench to support them with simple balance and to perform a pencil jump.
- To be able to Create a sequence using leaps, jumps and twists with ribbons.
- To know how to create a range of balances and shapes from a range of photographs.

What key knowledge will be taught? (Substantive Knowledge)

- Children will know how to create a small performance to music while concentrating on a variety of skills and techniques learnt.
- Children will understand how to work collaboratively to create a routine as a group.
- Children will be able to Reflect on how different activities affect heart rate and pulse.

Key Vocabulary

Definition

Pencil jump	A gymnastics skill in which the jumper takes off from both feet and lands with one foot in front of the other, with the back leg straight and the front leg bent at a 90-degree angle. The jumper should aim to land with their feet pointing in the same direction and their arms extended overhead.
Precision	In gymnastics refers to the accuracy and control with which a gymnast executes a skill. It is a crucial aspect of gymnastics performance, as it allows gymnasts to perform complex skills with consistency and finesse.
Balance	In gymnastics refers to the ability to maintain equilibrium and control of the body's position in both stationary and moving postures
Pencil roll	A gymnastics skill in which the gymnast rolls forward or backward while keeping their body in a straight line, similar to a pencil.

Key areas to think about in gymnastics

Keeping Safe: Children to follow the correct movements and always use the apparatus safely.

Building confidence: Some gymnastic moves can be difficult or dangerous. It is important to build children's confidence when performing the moves and to not rush them.

Planning: Plan how to transition from one part of the lesson to the next. Where you're going to stand to watch them perform and to keep them safe.