

# PE

# Rock and Roll

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Autumn 1 2022

Class Plym



# Learning how to jump safely – star, tuck and straight jump.



Bend your legs to land safely.



I can jump really high when I bend my legs.





# Re-visiting the jumps, learning the half-turn jump and creating a mini sequence with linking movements.



I'm going to hop on one leg to join my jumps together.





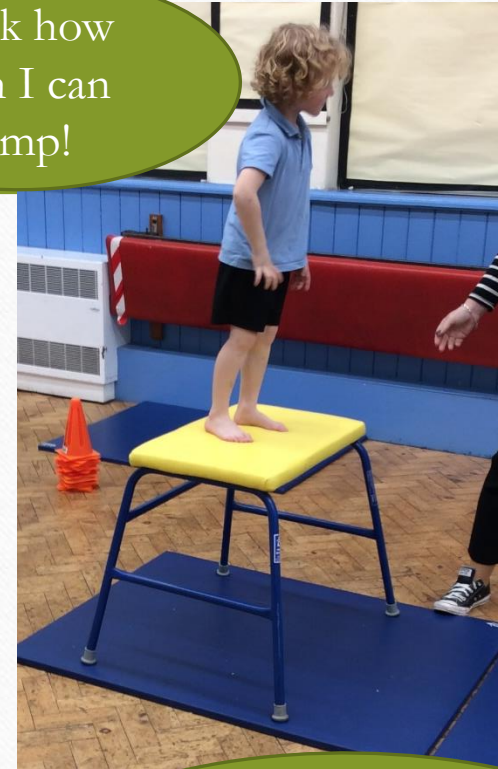
# Jumping on, over and off apparatus.



I landed on my feet that time!



Look how high I can jump!



We re-viewed our jumps from the last two weeks and then thought about how we could use these to help us jump onto, over and off of things. The tuck jump was good for jumping off of benches.

The star jump is tricky to jump over things but the straight jump is good for going over the cones.





# Rolls – dish roll, an egg roll, pencil roll and a rock on your back roll.



The egg roll is a bit tricky, I keep moving my arms.

The pencil roll is easy peasy!

Look, I am doing a dish roll.

I do a dish roll at ballet.



# Creating a sequence using our jumps and rolls.



I think we did a good job doing all of those jumps and rolls.





**What I have learnt before:**

-We need to warm up before exercise to protect our body.

**Forever Facts**

I know that I need to bend my knees when I jump to protect my body.

**Skills**

I can hold a balance for a count of three.

I can climb on and off equipment, safely.

I can perform a variety of rolls.

**Endpoint:**

A sequence joining at least three rolls together.

**Exciting Books****Personal Development**

-To know that exercise is important for our body to keep us healthy.

**Subject Specific Vocabulary**

Balance

Distributing your weight evenly so you don't fall over.

Exercise

An activity requiring physical effort to improve health and fitness.

Gymnast

Someone who takes part in gymnastics; exercises that help balance and strength.

performance

Presenting to others.