

PE – Gymnastics part 2

CLASS PLYM

AUTUMN 2 2023

Can you help get apparatus out safely?

Can you travel along apparatus neatly and with control?



You have to travel across benches.



1,2,3 up,
1,2,3 down.
Don't drop
it on your
toes.



Can you jump safely from the floor and apparatus with control?



I can jump even higher when I bend my legs.

I landed on my feet!

Can you balance neatly on the apparatus?



I can hold it for three seconds, look.

I can take off my arm and my leg and not fall off.



Can you use the apparatus in different ways? Can you describe your actions



I am balancing by lifting off my leg.



I am travelling backwards by pulling myself.



Can you put floor and apparatus movements together to produce a sequence?



We used the mats on the floor and the apparatus to produce a sequence that had two balances and a travel. Some children chose to travel along the benches on their hands and knees or even pull themselves backwards! The children used their confidence; lots were able to hold a balance with a body part off the apparatus.

**What I have learnt before:**

- We must warm up before exercise to help us prevent injury.
- We have learnt some rolls such as a pencil and a dish roll.
- Holding our arms out can help us to balance.

Forever Facts

I need to look forwards when I am moving.

If I move on the balls of my feet, I will move faster and have more control.

Being still and tense whilst holding a pose will show control and look neater.

I know I need others to help me safely get out apparatus such as benches and mats.

I know to bend my knees when landing a jump to protect myself.

I know not to go on a mat that someone may be using to land on.

Exciting Books**Personal Development**

- To know that exercise is important for our body to keep us healthy.
- To work alongside others effectively to get out apparatus and/or give feedback.

Subject Specific Vocabulary

Balance

Being able to stay still and not falling.

Warm up

Moving your body before exercise to warm it up and increase your heart rate and blood flow.

Performance

Presenting to others.

Landing

Coming back to land after being in the air.

Skills

I can listen to and follow instructions.

I can demonstrate control over my own body.

I can move in a variety of ways.

Endpoint:

I can create a sequence using a variety of shapes and actions on the floor and apparatus.