



Term 4
Unit Overview: KS2 PE
Creative: Gymnastics

<p><u>National Curriculum Objectives</u></p> <ul style="list-style-type: none"> ❖ Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movements. ❖ Enjoy communicating, collaborating and competing with each other. ❖ Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognize their own success. ❖ Develop flexibility, strength, technique, control and balance. 	<p><u>Declarative knowledge</u></p> <ul style="list-style-type: none"> ❖ I can perform individual movements accurately. ❖ I can maintain good body tensions and extension throughout. ❖ I can keep apparatus in motion throughout (where appropriate). ❖ I can balance with control (minimum wobble). ❖ I can perform accurate shapes. ❖ I can move with good posture. ❖ I can perform an accurate movement pattern and preparation phase. ❖ I can create a clear shape during flight. ❖ I can perform repeatable movements. ❖ I can balance with the supporting body part still. ❖ I can hold balance for at least 3 seconds. ❖ I can land quietly and in balance. 	<p><u>Vocabulary</u></p> <p>in isolation, coils, replicating, rhythmic, synchronised, canon, void, sequences, express, tactics.</p>
<p><u>Fundamental Movement Skills</u></p> <p>Rotation, balance, shape, travel, flight</p> <p><u>Progression of Creative Skills and Support</u></p> <ul style="list-style-type: none"> ❖ I can change tactics, rules or tasks to make activities more fun or more challenging. ❖ I can respond imaginatively to different situations. ❖ I can use variety and creativity to engage an audience. 	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> ❖ Use spotting to aid balance. ❖ Tighten muscles to enable controlled movements. ❖ Hold apparatus away from body to allow free movement. ❖ Focus eyes on a fixed point. ❖ Use whole body to create the shape. ❖ Tighten stomach to maintain shape. ❖ Concentrate on coordination of apparatus with body movements. ❖ Decide on footwork pattern and jump before starting. ❖ Land through balls of feet with soft knees to absorb impact. ❖ Keep at least one body part in contact with apparatus. ❖ Keep tummy tight and back straight. ❖ Focus on quality of shape each time. ❖ Squeeze body muscles during flight phase. ❖ Choose type of rotation before starting. 	<p><u>Pillars of Progression</u></p> <p><u>Pillar 1: Motor Competence</u></p> <ul style="list-style-type: none"> ❖ Apply balance skills in a variety of modified games to improve dynamic balance and counterbalance. <p><u>Pillar 2: Rules, Strategies and Tactics</u></p> <ul style="list-style-type: none"> ❖ Prepare traditional invasion games that use feints, change of speed and direction to outwit opponents. ❖ Learn about attacking and defending strategies to help make effective decisions. <p><u>Pillar 3: Healthy Participation</u></p> <ul style="list-style-type: none"> ❖ Develop social skills to learn to cooperate by listening to others and being supportive. ❖ Be prepared to lead a small group through a task and give helpful feedback when appropriate.



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	<p><u>British Values</u></p> <ul style="list-style-type: none"> ❖ Democracy – Have your opinions heard when discussing topics and tactics. ❖ Rule of law – learn about rules for different sports, sporting behaviour, etiquette and fair play. ❖ Mutual respect and tolerance – celebrate sporting achievements together. 	
<p><u>Prior learning (KS1)</u></p> <ul style="list-style-type: none"> ❖ Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. ❖ Participate in team games, developing simple tactics for attacking and defending. <p><u>Future learning: KS3</u></p> <ul style="list-style-type: none"> ❖ Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. ❖ Develop their technique and improve their performance in other competitive sports. ❖ Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Christian Values</u></p> <ul style="list-style-type: none"> ❖ <u>Courage</u> If you don't succeed after several attempts, ask for help from others. ❖ <u>Respect</u> Following instructions. ❖ <u>Trust</u> Supporting others in achieving their goals. 	<p><u>Key Sportsmen/women</u> Jessica Gardirova – Female GB gymnast. Max Whitlock- Male GB gymnast.</p>