



Physical Education – Spring 1 - Cycle A 2022/23 – Class 1 – Year 1 Gymnastics 1

<p>Knowledge (NC) Gymnastics & FMS To 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</p> <p>Self-belief To focus on what I can do to improve. To know that I can learn new things and improve if I try.</p> <p>Concentration To focus on the task of creating a sequence of a travel, roll and jump with a shape. To focus on the task of creating a sequence of a travel, roll and jumps with two different shapes. To focus on the task of creating and performing a sequence with control.</p>	<p>Markers for Assessment To apply the skills of travelling, rolling, jumping into a sequence.</p> <p>To apply the skills of travelling, rolling, and jumping into a sequence with two different shapes.</p> <p>To show the skills of travelling, rolling, and jumping into a sequence with two different shapes using apparatus.</p>	<p>Below</p>	<p>Above</p>
<p>Skills To demonstrate a travel and pencil roll. To show a jump 2 feet to 2 feet with a straight shape. To demonstrate travelling actions i.e. frog & bunny hop. To show an egg roll. To show a jump 2 feet to 2 feet with a tuck shape. To show a travel and roll with a shape. To jump 2 feet to 2 feet with a wide shape.</p>	<p>Markers for Assessment</p> <p>Straight Shape</p> <ul style="list-style-type: none"> • Extended arms and legs <p>Walking</p> <ul style="list-style-type: none"> • Show rhythm of toe, ball, heel, ball, toe, heel. <p>Landing</p> <ul style="list-style-type: none"> • Land on the balls of the feet, bend knees • Arms forward for balance <p>Pencil roll</p> <ul style="list-style-type: none"> • Keep legs straight and together • Keep body tight • Roll turning from hips <p>Travelling on hands and feet</p> <ul style="list-style-type: none"> • Hands on floor with flat palms thumb pointing forward • Flat palms and good extension of arms and legs when in caterpillar <p>Tuck Shape</p> <ul style="list-style-type: none"> • Curl up tight • Tuck your chin on your chest 	<p>Below</p>	<p>Above</p>

	<ul style="list-style-type: none"> • Round back <p>Egg Roll</p> <ul style="list-style-type: none"> • Curl up tight • Tuck your chin on your chest • Round back • Roll sideways <p>Star Shape</p> <ul style="list-style-type: none"> • Good extension of arms and legs <p>Star Shape Standing</p> <ul style="list-style-type: none"> • Legs at least shoulder width apart <p>Star Shape Sitting</p> <ul style="list-style-type: none"> • Legs turn out, feet pointed <p>Travelling on hands and feet</p> <ul style="list-style-type: none"> • Hands on floor with flat palms thumb pointing forward • Flat palms and good extension of arms and legs when in caterpillar <p>Rock and Roll</p> <ul style="list-style-type: none"> • Curl up tight • Tuck your chin on your chest • Rock from bottom to shoulders 		
<p>Prior Knowledge</p> <ul style="list-style-type: none"> • FMS from EYFS (5) 	<p>Vocabulary</p> <p>Travel, link, jump, turn, roll, shape. travel, sequence, space, combine, Success, demonstrate, self-belief, concentration, egg roll, pencil roll, straddle, tuck. Star, wide, narrow, self- belief, improve</p>		
<p>Prior Skills</p> <ul style="list-style-type: none"> • FMS from EYFS (5) 			
<p>Questions (potential 'hook' questions for lessons)</p> <ul style="list-style-type: none"> • What do you think I mean by self-belief? <p>Self-belief is about having confidence in our ability and be willing to practice to improve.</p> <ul style="list-style-type: none"> • How did you feel last week when you improved? <p>It is really important to believe that we can get better when we try new skills and when we practice skills we know.</p> <ul style="list-style-type: none"> • What shapes can you make with your body? • What do I mean by concentration? <p>When you concentrate I will see you listening carefully and focusing on the tasks.</p>	<p>Cross-Curricular/Enrichment</p> <p>SCIENCE/PSHE</p> <ul style="list-style-type: none"> • Healthy bodies – exercise for health 		