



Physical Education – Autumn 2 - Cycle B 23/24 – Class 4 – Y5 Gymnastics



Knowledge (NC) Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Character A willingness to try out different partner balances with a partner. A willingness to accept help from their partner. Evaluation - To identify strengths and areas for improvement through using the success criteria. Evaluation - To recognise strengths and areas for improvement in their performance.	Markers for Assessment Can compare and improve their performance. Improved flexibility, control and balance. Can work with a partner to perform a balance. Can work with a partner to perform balances.	Below	Above
Skills To begin to know the difference between counter balance and counter tension. To perform a counter-tension action with a partner. To perform a range of counter-tension actions with a partner. To create a simple gymnastic sequence with counter balances and counter tension with a partner. To evaluate and recognise their own success. Y4 ALL Assessment markers Y5 plus ALL Y4 Assessment markers	Markers for Assessment Can explain counter balance and counter tension. Can perform a counter-tension action. Can perform a range of counter-tension actions. Can plan and perform a sequence including a counter balance and a counter tension action. Can plan and perform a sequence with counter balance and counter tension actions.	Below	Above
Prior Knowledge Work with a partner to create a simple gymnastic sequence.	Vocabulary Counter balance, tension, extension, create, meet, part, unison, matched, mirrored		
Prior Skills To show a matched balance with a partner. To create a sequence of gymnastic actions including matched shapes and mirrored shapes with a partner. To create a sequence of gymnastic actions including matched shapes and mirrored shapes with a partner using apparatus.			
Questions (potential 'hook' questions for lessons) Can you explain the difference between a counter balance and counter tension? Can you hold your balance and ensure the equipment doesn't fall for three seconds? What will help you to improve moving in unison with your partner? What happened to your technique after you had been practising and why? Did you praise each other? What effect do you think it had?	Cross-Curricular/Enrichment SCIENCE/PSHE Maintaining a Healthy body through exercise. Effects of exercise on the body system. ENGLISH Speaking & Listening – communication skills Diamond 9 - collaboration, challenge, resilient		