



Physical Education – Spring 1 - Cycle B 2023/24 – Class 5 – Gymnastics Activities

<p>Knowledge (NC) KS2</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance (through gymnastics). <p>Character</p> <p>Resourcefulness - To make positive suggestions to my partner and experiment with different shapes and balances.</p> <p>Responsibility - To plan and organise so that as a group we complete the group balance to the best of our ability.</p> <p>Evaluation - To recognise strengths and areas for improvement in their performance.</p>	<p>Markers for Assessment</p> <p>Can make positive suggestions to others.</p> <p>Can experiment with shapes and balances.</p> <p>Can recognise strengths in their performances.</p>	<p>Below</p>	<p>Above</p>
<p>Skills</p> <p>To perform shapes and balances with a partner.</p> <p>To demonstrate counter balance and counter tension paired balances using apparatus.</p> <p>To create a gymnastic sequence with counter balances and counter tension with a partner.</p> <p>To demonstrate paired and group counter balances in unison.</p> <p>To create a sequence of gymnastic actions, paired and group balances.</p> <p>Y6 – ALL Assessment markers.</p>	<p>Markers for Assessment</p> <p>Can create a sequence including a counter balance and a counter-tension balance.</p> <p>Can create a sequence including a counter balance and a counter-tension balance in unison with a partner.</p> <p>Can create a sequence of gymnastics actions with a group balance.</p>	<p>Below</p>	<p>Above</p>
<p>Prior Knowledge</p> <p>Can compare and improve their performance.</p> <p>Can work with a partner to perform balances and counter balances.</p> <p>Prior Skills</p> <p>Knows the difference between counter balance and counter tension.</p> <p>Can perform a counter-tension action with a partner.</p> <p>Can perform a range of counter-tension actions with a partner.</p>	<p>Vocabulary</p> <p>Counter balance, counter tension, extension, create, meet, part, transition, unison, fluent</p>		
<p>Questions (potential 'hook' questions for lessons)</p> <p>What is the difference between a counter balance and a counter-tension balance?</p> <p>What do we mean by being responsible in the context of gymnastics?</p> <p>Do you think you will need to adapt your group balance? What might you have to do?</p> <p>What do we mean by 'fluent' when talking about the movement or sequence?</p>	<p>Cross-Curricular/Enrichment</p> <p>SCIENCE/PSHE</p> <p>Effects of exercise on the heart and other body systems</p> <p>Talk to others in a positive way to help them improve their skills and performance.</p> <p>Diamond 9</p> <p>Collaboration Resilient Challenge Independent</p> <p>ENGLISH</p> <p>Speaking and Listening skills</p>		