



## Physical Education – Spring 1 - Cycle B 2023/24 – Class 2 – Gymnastics 1

<p><b>Knowledge (NC) Gymnastics</b> To develop balance, agility and co-ordination.</p> <p><b>Character</b> Courage – To overcome the challenge of jumping high with a shape. To control my fears when trying a new roll. Concentration - To focus on keeping still in my balances. Concentration - To focus on the task of creating a sequence of a travel, roll and jumps and large body part balance. Self-belief - To recognise that I can improve my sequence if I try.</p>	<p><b>Markers for Assessment</b></p> <p>Can perform movements including a travel, roll and jump, using a piece of apparatus.</p> <p>Can perform a sequence using rolling, jumping and travelling using apparatus.</p>	<p><b>Below</b></p>	<p><b>Above</b></p>
<p><b>Skills</b> To begin to demonstrate jumping actions with different shapes in the air. To begin to show travelling actions using hands and feet. To begin to demonstrate balancing on large body parts. To begin to show an egg roll, pencil and teddy bear roll. To begin to create and demonstrate a sequence using rolling, jumping and travelling.</p> <p>Y1 Assessment Markers Y2 ALL Assessment Markers</p>	<p><b>Markers for Assessment</b></p> <p>Can jump 2 feet to 2 feet. Can perform a pencil and an egg roll. Can demonstrate travelling actions. Can perform sequence using apparatus. Can demonstrate jumping actions with different shapes in the air. Can perform a pencil, egg and teddy bear roll. Can demonstrate travelling actions, including hands and feet.</p>	<p><b>Below</b></p>	<p><b>Above</b></p>
<p><b>Prior Knowledge</b> Can travel, jump, and perform a pencil/egg roll. Can travel using caterpillar walk, crab walk &amp; a bear walk. Can jump with a straight, wide or tuck shape.</p>	<p><b>Vocabulary</b> Benches, table, mats, travel, dish shape, arch shape, tuck, straight, wide, straddle, egg roll, pencil roll, teddy bear roll, Travel, jump, roll, caterpillar walk, crab walk, bear walk, forward, backward, walking, straight shape, wide shape, mat, bench, table, direction, sideways, balance</p>		
<p><b>Prior Skills</b> Can jump 2 feet to 2 feet. Can perform a pencil and an egg roll. Can demonstrate travelling actions. Can perform sequence, using apparatus.</p>			
<p><b>Questions (potential 'hook' questions for lessons)</b> Can you name the different jumps? Can you travel in a straight line? Change direction? Can you travel backwards/sideways? Which large body parts can you balance on? What can help you keep a balance? Can you make your sequence include 2 balances?</p>	<p><b>Cross-Curricular/Enrichment</b> SCIENCE/PSHE/MATHS Healthy bodies – exercise for health Cooperation &amp; Teamwork – Diamond 9 Sequencing and Patterns</p>		