



Medium Term Unit Planning

Topic Name: Gymnastics	
Learning outcome: Children will be able to demonstrate a range of travelling steps, rolls, jumps and balances. They will be able to safely explore different apparatus and create and perform sequences in partners and small groups.	
Hook Watch some videos of famous Gymnasts and learn about their hard work and determination to get to where they are!	Topic Showcase (e.g. display, museum, performance, presentation) Children will perform their routines to the other Year 1 class at the end of the topic.
Oracy: Children will actively participate in discussions and share their ideas and listen to the ideas of others.	Key Vocabulary: Travel, running, skipping, tip toeing, stomping, bunny hopping, sliding, hopping, shapes, tall, narrow, wide, small, thin, straight, pike, dish, arch, tuck, straddle, front support, back support, lunge, bridge, rolls, forward roll, egg roll, teddy bear roll, log roll, balance, points, patches, counter balance, apparatus, wall bars.
Key Texts (whole class reading/end of the day book/Talk for Writing Texts etc.): Under Review	
Citizenship/Community Opportunities: Children will tell a partner something they are good at! They will coach a partner, pointing out what has been done well and what might be tweaked to improve. Children will be able to explain why it is important to lead a healthy lifestyle and participate in physical activities.	
Experiences/Visits/Visitors N/A	



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Main Subjects covered:

Physical Education (PE)

Physical Education Threshold Concepts

- Develop practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.

Notes:

Useful Links:

Weekly Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
1. Shapes LI: I can make different shapes with my body.	Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.	<ul style="list-style-type: none"> • Copy and remember actions. • Move with some control and awareness of space. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Stretch and curl to develop flexibility. 	<p>In this lesson, children will learn lots of different shapes to make with their bodies. They will show contrasts with their bodies by making small/tall, straight/curved and wide/narrow shapes. They will work with a partner to make a short sequence of shapes.</p> <p>Some of the shapes will include: straight, pike, dish, arch, tuck, straddle, front support, back support, lunge, bridge etc,</p>



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<p>2. Rolling and Travelling</p> <p>L1: I can perform and name different rolls.</p> <p>L1: I can travel in different ways with control.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Copy and remember actions. • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Travel by rolling forwards, backwards and sideways. • Stretch and curl to develop flexibility. 	<p>In this lesson, children will travel around the space and on benches in different ways and by rolling forwards, backwards and sideways. Some of the ways of travelling will include: running, skipping, tip toeing, stomping, bunny hopping, sliding, hopping. They will learn a variety of different rolls including: forward roll, egg roll, teddy bear roll, log roll etc.</p> <p>Children will work with a partner to make a short sequence of shapes from last lesson, and rolls.</p>
<p>3. Jumping</p> <p>L1: I can perform different jumps and land with control and balance.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Copy and remember actions. • Link two or more actions to make a sequence. • Climb safely on equipment. • Jump in a variety of ways and land with increasing control and balance. 	<p>In this lesson children will learn different jumps and will learn to land 'softly' and the importance of bending your knees when you land. Children will learn the following jumps: star, tuck, pike, straddle, leap, hop, half turn.</p> <p>Children will also practice climbing on apparatus carefully and selecting a jump to jump off.</p>



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			Children will work in partners to make a short sequence of 3 different jumps.
<p>4. Balancing</p> <p>Ll: I can explore balancing on different parts of my body.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Copy and remember actions. • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Hold a position whilst balancing on different points of the body. 	<p>In this lesson, children will name what parts of the body they can balance on. We will discuss the difference between points and patches, and explore different balances together as a class. Children will also explore counter balance with a partner, holding them for correct time – Children can choose their 3 favourite balances to link together.</p>
<p>5. Simple Sequence</p> <p>Ll: I can create and perform a simple sequence.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Move with some control and awareness of space. • Link two or more actions to make a sequence. 	<p>In this lesson children will make a gymnastics sequence which links together a variety of gymnastics actions from the five categories we have previously learnt: shapes, jumping, travelling, rolling, and balancing. Interest can be added to sequences by using the movement adaptations of where actions are done (e.g. level and direction), how they</p>



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			are done (e.g. quickly, slowly, gently) and with whom or what they are done (e.g. with a partner, with a piece of equipment).
<p>6. Apparatus</p> <p>L1: I can use apparatus safely and incorporate travels, rolls, jumps and balances.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Move with some control and awareness of space. • Climb safely on equipment. 	<p>Pupils move in and around the space and on command, perform a balance or a roll or a way to travelling.</p> <p>Children will be introduced to various apparatus of different heights and widths, including benches, hoops, horses and ladders. They will have opportunities to explore the apparatus and perform various balances, travels, rolls and jumps using the apparatus.</p>
<p>7. Wall bars</p> <p>L1: I can explore the wall bars and climb safely with control.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Move with some control and awareness of space. • Climb safely on equipment. • Jump in a variety of ways and land with increasing control and balance. 	<p>In small groups, children will explore the wall bars. They will climb on them safely and practice performing different balances and jumps incorporating the wall bars. Other children will practice and refine their skills on other</p>



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			apparatus including benches and horses.
<p>8. Sequence using apparatus</p> <p>LI: I can create and perform a sequence using apparatus.</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. - This concept involves learning a range of physical movements and sporting techniques.</p>	<ul style="list-style-type: none"> • Copy and remember actions. • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Travel by rolling forwards, backwards and sideways. • Hold a position whilst balancing on different points of the body. • Climb safely on equipment. • Stretch and curl to develop flexibility. • Jump in a variety of ways and land with increasing control and balance. 	<p>This lesson children will create and perform a sequence using apparatus. They will discuss how to use apparatus to make a sequence more interesting and make decisions about which skills are better performed on the apparatus/which pieces of apparatus lend themselves to which skills. Children will perform their sequence to other children and evaluate one another.</p>