



# Medium Term Unit Planning

## PE – Gymnastics - Vault

Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
1. Introduction to vault – what does a good vault look like?	Develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> <li>Use equipment to vault</li> </ul>	<p>Watch clips from vaulting in the Olympics, both male and female. What makes a successful vault?</p> <p>Teach children the squatting action, from front support to feet between hands with bent legs. Begin on the floor, before transferring to a bench or table.</p> <p>Introduce the vaulting block. Set up a circuit where children are practising the squatting action in various different ways. When it is their turn on the vaulting block, stand on the springboard with hands flat, and jump feet on. Discuss the importance to getting well onto the block rather than just at the end.</p>
2. Learning how to hurdle-step effectively.	Develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> <li>Use equipment to vault</li> </ul>	<p>Teach children the hurdle step movement. Children to practise hurdle step, jump and land sequence.</p> <p>Demonstrate how to take a few steps, before hurdle stepping towards the springboard and jumping. Children to practise this step without the vaulting block first. Add circuit element from last week. When children reach the vaulting station, children are trying to combine the hurdle step and jump on the board with the squat on and jump off. Those children who are competent at gymnastics are challenged to think of creative ways to dismount the vault.</p>
3. Combining movements to vault effectively.	Develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> <li>Use equipment to vault</li> </ul>	<p>Remind the children of how to safely get out the wall bars. Demonstrate and discuss how to practise squat action using the apparatus (eg, handing and pulling legs upwards, squats over the bench, squat hangs on the ropes etc).</p>



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			Split the children into three groups, one to begin on each of the wall bars and the third to begin on the vault. Rotate throughout the lesson. Whilst vaulting, children are continuing to refine their movements, focusing on jumping with two feet, landing on feet with hands down on the vault, and considering what happens next.
4. Combining movements to vault effectively.	Develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> <li>Use equipment to vault</li> </ul>	Split the children into three groups, one to begin on each of the wall bars and the third to begin on the vault. Rotate throughout the lesson. Whilst vaulting, children are continuing to refine their movements, focusing on jumping with two feet, landing on feet with hands down on the vault, and jumping off to land safely. Discuss how we could score a vault? What are we looking for in a well-performed vault? Children to partner up and watch each other's vault, before giving a score out of 5, explaining reasoning.
5. Combining movements to vault effectively.	Develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> <li>Use equipment to vault</li> </ul>	Split the children into three groups, one to begin on each of the wall bars and the third to begin on the vault. Rotate throughout the lesson. Whilst vaulting, children are continuing to refine their movements, focusing on jumping with two feet, landing on feet with hands down on the vault, and jumping off to land safely. Children to reflect on how their vault has improved from the beginning of the unit to now. Which element do they still need to work on?