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| **Cross Curriculum Links** | | | |
| **Maths Based Ideas**  **Record time**  Can you time your family members performing different balances? Who can hold their balance the longest? – see videos above for different balances.  **Long Jump**  Can you measure long jumps and arrange in ascending and descending order?  **Hopscotch**  Can you create a hopscotch with numbers? These numbers could be odd, even, prime numbers, timetables, number bonds. | **Art Based Ideas**  **Where does our food go?**  Can you create a model of the digestive system? You can use any materials: paper, old cereal boxes, loo rolls, and coloured pencils.  **Magical Movement**  Can you represent movement on a piece of paper? Listen to Beethoven’s 5th symphony (Turns could be swirls).  **The Olympics**  Can you pick a gymnast competitor and sketch them in action?  **Eat well plate**  Can you create an ‘eat well’ plate with pictures of food? | **English Based Ideas**  **Who? What? Where?**  Can you pick a gymnast and create a fact file all about them.  **Impressive Instructions**  Can you write a set of instructions on how to make a healthy snack? This could be a fruit salad.  Or  Can you write a set of instructions on how to perform a balance, roll etc.?  **Stay fit and healthy**  Can you create a poster on the importance to stay fit and healthy?  **Mouth-watering Menu**  Can you create a menu with healthy food? Use amazing adjectives to describe the delicious food. |

**Please upload Gymnastic routine videos on student portfolio**

**Spring Term 1 Specific Home Learning Resources – Gymnastics**

By the end of Spring Term 1, all students will be encouraged to use their imagination to create a unique gymnastic sequence consisting of **balances**, **linking movements** and **jumps.** These are to be uploaded onto student portfolios.

Student sequences should last for the following amount of time:

KS1 – 10 seconds, KS2 lower – 20 seconds, KS2 higher – 30 seconds

Jumping with a stable and safe landing - <https://www.youtube.com/watch?v=W0h9WnQMxXg>

Front and back support ***balances*** - <https://www.youtube.com/watch?v=a9iVfV12lC0>

How to forward ***roll***. Use as a ***linking movement*** - <https://www.youtube.com/watch?v=TSsCIEs17D8>

How to perform a bear roll - <https://www.youtube.com/watch?v=qUQiqbDaee4>

Youth Sport Trust gymnastic ***jump*** videos x 3- <https://www.youthsporttrust.org/primary-pe-activities> (Jumping Dice video, children can use their imagination to create 3 extra jumps themselves or research 3 extra gymnastic jumps to use).

Advanced Balances using apparatus, specific for years 4, 5 and 6 - <https://www.youtube.com/watch?v=8UDbNd5PKlM>

**Key Vocabulary**

Space, Balance, Sequence, Flow, Creation, Imagination, Extend, Positions, Elevated, Motionless (4 seconds), Front Support, Back Support, Technique, Tuck Jump, Pencil Jump, Squat Jump, Injury Prevention, symmetrical, asymmetrical.

**Interactive Learning and Fun**

Change For Life (Wake Up Shake Ups – fun family activities to do together)

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Youth Sport Trust

<https://www.youthsporttrust.org/free-home-learning-resources-0>

Nike Active Kids Do Better

<https://www.activekidsdobetter.co.uk/active-home>

Change4Life Indoor Activity Ideas (activities to keep children moving at home)

<https://www.nhs.uk/change4life/activities/indoor-activities>

This is PE

<https://www.yorkshiresport.org/get-active/thisispe/>

**TV Shows / YouTube Videos**

P.E with Joe Wicks (live workouts every Monday, Wednesday and Friday 9am). YouTube channel – “The Body Coach TV”.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

Revisit Autumn Term 2 curriculum, Just Dance - <https://www.youtube.com/user/justdancegame>

Cosmic Kids Yoga (Key Stage 1 and EYFS) - <https://www.youtube.com/cosmickidsyoga>

Disney Dance Along (Key Stage 1 and EYFS) - <https://www.thisgirlcan.co.uk/activities/disney-workouts/>

**P.E.**

