

Autumn Term 2 indoor P.E

All year groups to complete a unit of work exploring Gymnastic movement.

KS 1 Gymnastics over view of learning

Lesson 1:

To explore movement actions with control and link them together with flow.

Travel in different directions at different speeds and levels.

Link three moves together while travelling, aiming to change level, speed and direction

Lesson 2:

To explore movement actions with control and to link them together with flow.

Link isolated moves and shapes when travelling.

Lesson 3:

To explore gymnastic actions and shapes.

Explore rolling movements as a way of travelling.

Travelling methods and shapes

Lesson 4:

To explore travelling on benches

Explore travelling to move along, over, around onto and off a bench.

Lesson 5:

To explore movement actions with control, and to link them together with flow.

Travel with a focus on changing direction and level, using small equipment.

Lesson 6

To choose and use simple compositional ideas by creating and performing sequences.

To repeat and link combinations of gymnastic actions

To link combinations of movements and shapes with Control

Use a variety of small equipment to perform a travelling sequence, using all of the skills learned