

Autumn Term 2 indoor P.E

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

Lower Key Stage 2 over view of learning

Lesson 1

To explore jumping techniques and link them with other gymnastic actions

Be able to jump with a stable, safe landing.

Try different ways of jumping.

Lesson 2

To explore jumping techniques and to link them with other gymnastic actions.

Explore a variety of jumps.

Lesson 3

Be able to land safely when jumping from a bench.

- Use other skills learned to vary jumps.
- Link jumps into sequences

Lesson 4

To work with a partner or a small group to create a sequence that develops jumping skills

Use the skills learned to work as a group to create complex shapes at different levels

Lesson 5

To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements

Co-operate in a group

Use a different stimulus to create a sequence.

Use all skills learned in previous lessons to develop a sequence.

Lesson 6

To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music

Co-operate in a group.

Use all skills learned in previous lessons to develop a Sequence

Analyse own and others' performance.