

## Autumn Term 2 indoor P.E

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

#### Upper Key Stage 2 over view of learning

##### **Lesson 1**

To identify and practise gymnastic shapes and balances.

To use and refine the following skills: flexibility, strength, balance, power and mental focus.

- To co-operate with others.

##### **Lesson 2**

To identify and practise symmetrical and asymmetrical body shapes

Use and refine the following skills: flexibility, strength, balance, power and mental focus.

Co-operate with others.

##### **Lesson 3**

To construct sequences using balancing and linking movements.

To develop skills for movement, including rolling, bridging and dynamic movement.

##### **Lesson 4**

To use counterbalances and incorporate them into a sequence of movements.

To use own and others' bodyweight to balance.

- Add interest to a sequence by varying the movements.

##### **Lesson 5**

To perform movements in canon and in unison.

To complete a sequence of balances and moves in unison with a partner.

To complete a sequence of balances and moves in canon with a partner or group.

##### **Lesson 6**

To perform and evaluate own and others sequences.

To make up longer sequences and perform them with fluency and clarity of movement.

To develop the skill of critique, including the ability to identify strengths and areas for improvement.