




Physical skills:	Game Rules:	
<p>Exploring zig-zag pathways • Developing zig-zag pathways on apparatus • Exploring curved pathways • Developing curved pathways on apparatus • Creation of pathway sequences • Completion of pathways sequences and performance</p> <p>Developing 'Linking' • Linking on apparatus • Jump, roll, balance sequences • Jump, roll, balance on apparatus • Creation of sequences • Completion of sequences and performance</p>		
Key Learning:	Prior Learning:	Sporting icons/ Enrichment Opportunities:
<p><b>Gymnastics Acquiring and developing skills</b> remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision</p> <p><b>Selecting and applying skills, tactics and compositional ideas</b> Choose, use and vary simple compositional ideas in the sequences they create and perform</p> <p><b>Knowledge and understanding of fitness and health</b> recognise and describe what their bodies feel like during different types of activity. lift, move and place equipment safely</p> <p><b>Evaluating and improving performance</b> improve their work using information they have gained by watching, listening and investigating</p>	<p>explore gymnastics actions and still shapes move confidently and safely in their own and general space, using change of speed and direction</p> <p>copy or create and link movement phrases with beginnings, middles and ends perform movement phrases using a range of body actions and body parts know how to carry and place apparatus recognise how their body feels when still and when exercising</p> <p>watch copy and describe what they and others have done</p>	 <p>Simone Biles</p>

Subject Specific Vocabulary	
Key word	Definition
Slide	Move the body smoothly along a surface
Rolling	Moving the body around a given axis
Linking	Action to join one movement to another
sequence	Series of jumps, rolls or movements
Technique	The way of performing a skill
Leap	Jump
Direction	Travelling