

Unit Purpose

The unit of work will **explore** 'champion gymnastics'. Pupils will create movements and balances in **big** and **small** ways on the floor and on apparatus.

Pupils will work in pairs to **explore** creating movements and balances with a partner.

Inspire Me

Did you know... the human body has over 600 muscles. Some of these muscles control big movements such as moving the arms and legs. Other muscles control small movements, like blinking.



Key Success Criteria

- P** Pupils will be able to move and balance in big and small ways, applying champion gymnastics criteria, both on the floor and on apparatus.
- C** Pupils will experiment moving their bodies in a variety of ways on the floor and on apparatus.
- S** Pupils will begin to develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.
- W** Pupils will begin to show self belief as they travel with confidence, over, under and through apparatus.



Vocabulary for Learning

Champion Gymnastics: 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.

Shapes: Another word for balancing. Pupils must hold a shape still.

Big: This means moving or balancing in ways where the body is extended as large as possible.

Small: This means moving or balancing in ways where the body is made as small as possible.

High: This means moving or balancing in ways where the body is high up away from the floor. For example jumping, hopping or skipping.

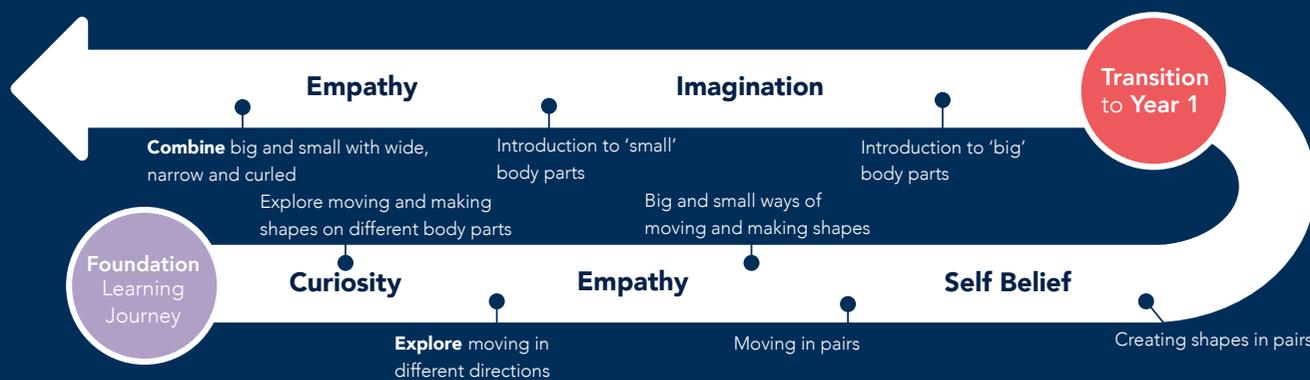
Low: This means moving or balancing in ways where the body is low to the floor. For example sliding, rolling or crawling.



Sport Specific Vocabulary

Apparatus: The term apparatus refers to a piece of equipment that's used in gymnastics. For example a bench, vault or balance beam.

Transition: The term transition means to move into and out of basic movements, actions or balances.





Physical Education

Gymnastics Year 1

Unit Purpose

The unit of work will **develop** pupils' ability to apply 'champion gymnastics' as they explore movements and balances on **big** and **small** body parts in **wide**, **narrow** and **curled** ways on the floor and on apparatus. Pupils will **transition** between the theme words as they link movements together developing simple sequences.

Inspire Me

Did you know... Gymnastics is a sport which involves doing lots of different exercises. Gymnasts need to be strong and flexible and be able to balance with control.



Key Success Criteria

- P** Pupils will be able to move and balance using big and small body parts in wide, narrow and curled ways, applying 'champion gymnastics' and start to link movements.
- C** Pupils will experiment moving in a variety of ways understanding the differences between each type of movement. Pupils will be creative as they link movements.
- S** Pupils will demonstrate life skills such as empathy and fairness as they work safely with each other. Pupils will support each other and share apparatus.
- W** Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.



Vocabulary for Learning

Champion Gymnastics: 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.

Wide: This means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement.

Narrow: This means moving or balancing in ways where the body stretching (arms and legs) vertically away from the centre of the body. For example, a pencil jump is a narrow way of moving.

Curled: This means to move or balance rolling our body up tightly. A forward roll is an example of moving in a curled way.

Big: This means moving or balancing in ways where the body is extended as large as possible.

Small: This means moving or balancing in ways where the body is made as small as possible.



Sport Specific Vocabulary

Interesting: This means pupils are thinking and being creative.

Linking: This means successfully adding two movements together so that they flow one after the other.





Physical Education

Gymnastics Year 2

Unit Purpose

The unit of work will **challenge** pupils to explore different ways that they can **link** movements and balances together while travelling along a variety of pathways.

Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus while travelling along a chosen pathway.

Inspire Me

Beth Tweddle MBE was the first female gymnast from Great Britain to win a medal at the European Championships, World Championships, and Olympic Games.



Key Success Criteria

- P** Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.
- C** Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.
- S** Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.
- W** Pupils will confidently demonstrate self belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances.



Vocabulary for Learning

Champion Gymnastics: Champion refers to pupils being silent, pointing their fingers and toes and are still when they make shapes/balances.

Linking: This means successfully adding two movements together so that they flow one after the other.

Flow: This is when a gymnast moves from one action to another without stopping.

Transition: The term transition means to move into and out of basic movements, actions or balances.



Sport Specific Vocabulary

Zig-Zag: This means a line or course having abrupt alternate right and left turns that a pupil follows as they create movements.

Curved: This means a line or outline which gradually deviates from being straight for some or all of its length. Pupils can follow this line as they create movements.

Sequence: This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.

