

# St Mary's PE

## Gymnastics – Unit 1, Class One

As in all units, pupils develop physical, social, emotional and thinking whole child objectives.

In this unit, children will develop their basic gymnastic skills through the topic of 'animals and their habitats'. Children explore basic movements, creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when traveling and balancing.

### Key Skills

- Physical: shapes
- Physical: balances
- Physical: jumps
- Physical: rocking
- Physical: rolling
- Physical: travelling

- Social: taking turns
- Social: co-operation
- Social: communication
- Emotional: confidence
- Emotional: determination
- Thinking: selecting and applying skills
- Thinking: creating sequences

## Learning Objective

<b>LESSON</b> <b>1</b>	Theme: rainforest animals  To copy and create shapes with your body.
<b>LESSON</b> <b>2</b>	Theme: woodland animals  To be able to create shapes whilst on apparatus.

<b>LESSON</b> <b>3</b>	Theme: lakeland animals To develop balancing and taking weight on different body parts.
<b>LESSON</b> <b>4</b>	Theme: desert animals To develop jumping and landing safely.
<b>LESSON</b> <b>5</b>	Theme: sea animals To develop rocking and rolling.
<b>LESSON</b> <b>6</b>	Theme: pet animals To copy and create short sequences by linking actions together.

# Assessment Criteria

## NURSERY

I am beginning to negotiate space safely.

I am beginning to take turns.

I am building my confidence to try new challenges.

I can explore movement skills.

I can match skills to tasks and apparatus.

I can use a range of large and small apparatus with an awareness of safety.

I follow instructions with support.

## RECEPTION

I am confident to try new challenges.

I can combine movements, selecting actions in response to the task and apparatus.

I can confidently and safely use a range of large and small apparatus.

I can negotiate space safely with consideration for myself and others.

I follow instructions involving several ideas or actions.

I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.

I work co-operatively with others and take turns.

# Links to the National Curriculum

## **LITERACY**

Listening and following instructions

Expressing ideas

Communicating with others

## **MATHS**

Counting number of actions to include in a sequence

Holding balances for counts of five

Moving in different directions

Identifying colours

Creating shapes with their body

## **COMMUNICATION AND LANGUAGE**

Learning vocabulary – balance, muscle, body parts, direction, narrow, wide

Commenting on performances