

LKS2 Autumn 1 – Gymnastics

Lesson 1

LO: To perform a range of jumps accurately.

Lesson 2

LO: To accurately perform a forward roll from standing and a tucked backward roll.

Lesson 3

LO: To perform a squat on vault accurately.

Lesson 4

LO: To perform a lunge into handstand and a cartwheel accurately.

Lesson 5

LO: To link movements together by performing a chassis step, straight jump half turn and cat leap.








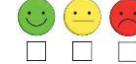
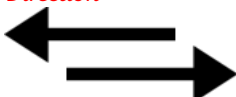

Lesson 6

LO: To create and perform a gymnastics sequence with a partner.

Progression Strands

Changes pace when running in response to play/others
Demonstrates different combinations of jumps with control
Combines different jumps with control
Throws and catches with more accuracy
Hits a small ball over a net using a firm wrist with some consistency
Passes a ball over a short distance (<5 m), a mid-range distance (5-10 m), and a longer distance (>10 m)
Changes level, direction and pace during dance
Puts some technical movements in an order to make a sequence
Explains how their routine varies from another's
Performs skills and techniques with control, precision and fluency
Links and varies ideas with control and co-ordination

Applies safety considerations when participating in an activity/using equipment
Understands working safely
Identifies the parts of the body some exercises affect

Vocabulary	Meaning
Jumps 	To push off of a surface and into the air by using the muscles in the legs and feet.
Chassis 	A dance step used in many dances in many variations. All variations are triple-step patterns of gliding character in a "step-together-step" pattern. The word came from ballet terminology.
Speed 	The rate at which someone or something moves or operates.
Shape 	Basic body shapes are the building blocks of gymnastics. Every skill from somersaults through to back handsprings will require a gymnast to change their body into a number of shapes.
Control 	To exercise restraint or direction
Level 	The vertical distance from the floor. Movements take place on three levels: high, middle, and low or deep level.
Balance 	An even distribution of weight enabling someone or something to remain upright and steady.
Evaluate 	To assess the effectiveness of something and suggest ways to improve it.
Direction 	A course along which someone or something moves.
Vault 	A vault is an apparatus that male and female gymnasts perform on. A vault is included in gymnastics competitions such as the Olympics.