

KSI Autumn 1 – Gymnastics

Lesson 1

LO: to recognise and perform contrasting movements and balances

Lesson 2

LO: To travel in different ways, changing speed and direction.

Lesson 3

LO: To control the body when jumping and rolling in different ways.

Lesson 4

LO: To link movements to create a sequence.

Lesson 5

LO: To cooperate effectively with a partner.

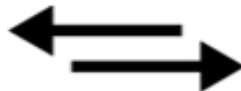

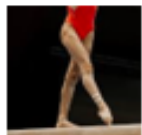







Lesson 6

LO: To create and perform a sequence with a clear beginning, middle and ending.

Progression Strands

Demonstrates basic running movements and applies them in a range of physical activities
Demonstrates basic jumping movements and applies them in a range of activities
Dribbles around objects, keeping the ball close whilst jogging
Passes a ball to a partner with some accuracy
Demonstrates basic throwing and catching movements and applies them in a range of physical activities
Bounces and catches a big ball with a partner
Hits a small ball with a racquet/bat from a further distance
Visually tracks an approaching ball
Applies balance, agility and co-ordination in a range of physical activities
Copies, remembers and repeats simple actions, varying speed and levels
Performs dances using simple movement patterns
Adopts an appropriate starting position
Employs a controlled and appropriate finishing position

Explains how to use the equipment safely
Gives one reason why they need to warm up and cool down
Comments on the differences in the speed of their heartbeat after exercise

Vocabulary	Meaning
Direction 	A course along which someone or something moves.
Speed 	The rate at which someone or something moves
Balance 	An even distribution of weight enabling someone or something to remain upright and steady.
Stretch 	To straighten or extend the body or a part of the body to its full length.
Jump 	To push off of a surface and into the air by using the muscles in the legs and feet.
Control 	When you hold positions carefully. Tense your muscles to help control your movements and balances.
Sequence 	To put moves together
Teamwork 	Work done by a group acting together so that each member does a part that contributes to the efficiency of the whole.
Spring board 	A platform that a gymnast jumps on to propel themselves further.
Rolls 	Moving by turning on the ground.