



Unit Purpose

The unit of work will **explore** 'champion gymnastics'. Pupils will create movements and balances in **high** and **low** ways on the floor and on apparatus. Pupils will self select where to work, exploring movements and balances and start to identify features of other pupil's work.

Inspire Me

Did you know... that women were not permitted to compete in gymnastic events until the 1920s!



Key Success Criteria

- P** Pupils will be able to move and balance in high and low 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.

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.

Over: This refers to when the body is moving over the top of a piece of apparatus.

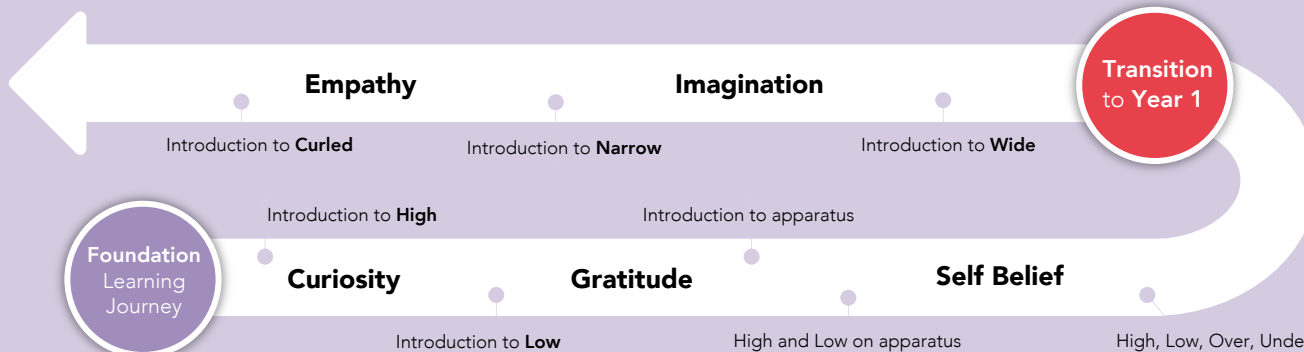
Under: This refers to when the body is moving underneath a piece of apparatus.



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 in **wide, narrow** and **curled** ways on the floor and on apparatus. Pupils will **transition** between the theme words as they move and develop simple sequences, linking movements together.

Inspire Me

Did you know... that the Ancient Greeks used to prepare their young men ready for war by doing gymnastics!



Key Success Criteria

- P** Pupils will be able to move and balance in wide, narrow and curled ways, applying champion gymnastics criteria, on the floor and on apparatus.
- C** Pupils will experiment moving in a variety of wide, narrow and curled ways understanding the differences between each type of movement.
- 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 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 stretches (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.

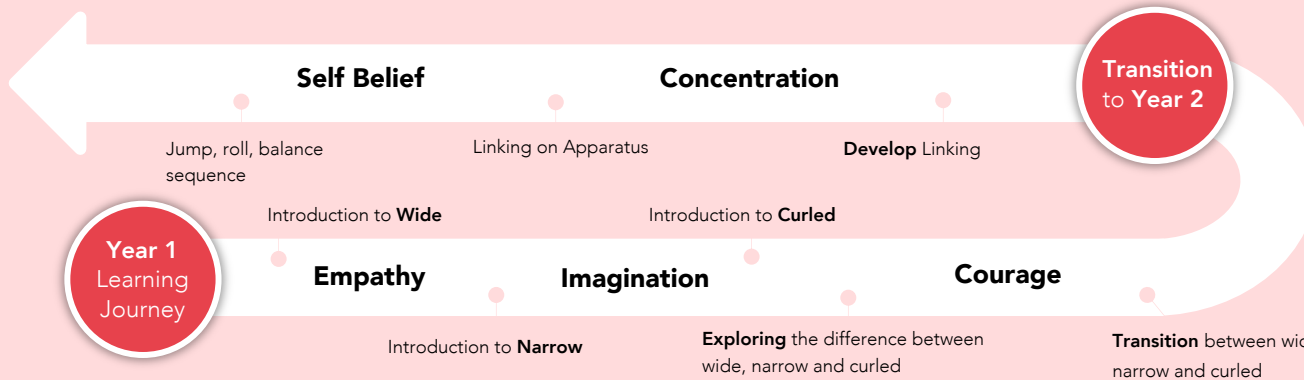


Sport Specific Vocabulary

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

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.

Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus focused on; jumps, rolls and balances.

Inspire Me

Did you know... that the youngest gymnast to compete at an Olympic Games was 10 year old Dimitrios Loundras. She competed at the 1986 Olympic games in Athens and won a bronze medal.



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

Jump: Is a method of moving where a gymnast pushes themselves off of a surface and into the air creating a moment of flight.

Roll: Is a method of moving where a gymnast completes rotation of their body on the ground.

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

