

Implementation Phase			
Year Group:	Five	Unit:	Gymnastics - <i>Unit One</i>

<p>Prior Learning Required – Year Four Progression Maps Objectives:</p> <ul style="list-style-type: none"> Find different ways of using shape, travel and direction. Explore movements and creativity. Combine actions to create sequence of movements thinking about quality and performance. Collaborate with others. Work well in small groups to create roll sequences, sharing ideas and listening to others. Improve the quality of key shape jumps, turn jumps, and rebound jumps. Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working with a partner. Learn and develop the quality of a tuck roll to standing.
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National Curriculum Links	2c: Develop flexibility, strength, technique, control, and balance.			
Pillars of Progression	<ul style="list-style-type: none"> Continued progress of Motor Competence. Understanding and applying Rules, Strategies and Tactics. Healthy Participation; making safe long-term decisions and understanding the relationships between physical activity and its effect on the body. 			
Key Unit Objectives (Key skills addressed to achieve success throughout the unit)	<ul style="list-style-type: none"> Step 1: To travel with confidence choosing different pathways. Step 2: To travel fluently on the floor and on/off apparatus. Step 3: To perform a safety roll. Step 4: To perform more complex balances. Step 5: To link more complex movements, such as jump to roll. Step 6: To create and perform a routine on apparatus. 	Progression Map Links (Ensure pupils progress & move forward throughout their primary school years)	<p>Declarative Knowledge:</p> <ul style="list-style-type: none"> Explain and perform the steps to a quality of a Safety roll. Understand the meaning of travelling with purpose, control and finesse. 	
	<table border="0"> <tr> <td> <ul style="list-style-type: none"> Hand apparatus such as hoops and ribbons. </td> <td> <ul style="list-style-type: none"> Gymnastics mats. Cones. </td> <td> <ul style="list-style-type: none"> Benches. Bibs. Balls. </td> </tr> </table>		<ul style="list-style-type: none"> Hand apparatus such as hoops and ribbons. 	<ul style="list-style-type: none"> Gymnastics mats. Cones.
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Resources & Equipment				
Key Vocabulary	<ul style="list-style-type: none"> Experiment Pathways Diagonal Explore Lunge Individual 	<ul style="list-style-type: none"> Fluency Confidence Flow Improve Transfer Combinations 	<ul style="list-style-type: none"> Creativity Flexibility Feedback Stabilise Finesse Execute 	