



## Gymnastic Activities - Year 2

### Overview

**Focus:** The unit aims to encourage children to:

- \* remember, repeat and link body shapes and balances with control and accuracy;
- \* recognise and describe what their bodies feel when physically active;
- \* lift, move and place equipment safely;
- \* evaluate and improve their work.

**Literacy:** Speak with clarity when commenting on others; performances; listen to instructions/suggestions by an adult, remember some specific points and identify what they have learned; listen to each other's views and preferences, agree the next steps to take and identify contributions by each group member.

**Numeracy:** Describe patterns and relationships involving numbers or shapes; recognise and use whole, half and quarter turns, both clockwise and anticlockwise in performances; know that a right angle represents a quarter turn.

**Differentiation:** Through outcome and adult expectations and support.

**Assessment:** By observation against learning outcomes.

**Resources:** Please refer to individual lesson plans.

#### Lesson 1

##### Learning Outcomes

- \* demonstrate understanding of pathways;
- \* extend their jumping skills, showing improved quality and control;
- \* explore apparatus using a range of actions.

#### Lesson 2

##### Learning Outcomes

- \* demonstrate understanding of 'direction' and pathways.;
- \* extend their rolling skills, showing improved quality and control;

<p><b>Warm up:</b> Travelling pathways  <b>Floor work:</b> Exploring pathways  <b>Apparatus:</b> Families of skill with pathways  <b>Cool down:</b> Walking pathways</p>	<p>* link jumps and rolls into short sequences.  <b>Warm up:</b> Travelling pathways  <b>Floor work:</b> Rolling &amp; Roll/jump sequence  <b>Apparatus:</b> Families of skill with direction  <b>Cool down:</b> Balances</p>
<b>Lesson 3</b>	<b>Lesson 4</b>
<p><b>Learning Outcomes</b>  * show awareness of body parts and body tension  improve balancing skills;  * create a short sequence of different actions on floor;  * perform combinations of movement on apparatus.  <b>Warm up:</b> Stubborn Donkey  <b>Floor work:</b> Balances &amp; sequences  <b>Apparatus:</b> Combinations of movement  <b>Cool down:</b> Sticky Legs</p>	<p><b>Learning Outcomes</b>  * create short sequences of different actions on floor and apparatus;  * talk about and improve the quality of their own and other's work.  <b>Warm up:</b> Release Game  <b>Floor work:</b> Sequences  <b>Apparatus:</b> Floor sequence on apparatus  <b>Cool down:</b> Front Support / Back Support</p>
<b>Lesson 5</b>	<b>Lesson 6</b>
<p><b>Learning Outcomes</b>  * improve sequences on floor and apparatus;  * apply pathway, direction and use of body parts to their sequences;  * talk about and make improvements in the quality of their own and other's work.  <b>Warm up:</b> Gymnastic Relays  <b>Floor work:</b> Sequences  <b>Apparatus:</b> Sequences  <b>Cool down:</b> Front Support / Back Support</p>	<p><b>Learning Outcomes</b>  * improve the quality of their gymnastic skills and sequences;  * self-assess their floor sequences;  * describe a partner's apparatus sequence.  <b>Warm up:</b> Release Game or Gymnastic Relays  <b>Floor work:</b> Sequences  <b>Apparatus:</b> Sequences  <b>Cool down:</b> Discussion/Evaluation</p>