



Gymnastic Activities - Year 6

Overview

Focus: The unit aims to encourage children to:

- * combine and perform gymnastic actions, shapes and balances more fluently and effectively;
- * develop gymnastic sequences by understanding, choosing and applying a range of compositional principles;
- * understand why warming up and cooling down are important;
- * carry out warm ups safely and effectively;
- * understand why exercise is good for health, fitness and well-being;
- * evaluate their own and others' work;
- * suggest ways of making improvements.

Literacy: Understand and use a variety of ways to criticise constructively and respond to criticism; consider the impact of gymnastic performance, identifying movement ways of making it effective; understanding and interpreting texts.

Numeracy: Understanding 2-D and 3-D shapes; symmetry; rotation, angles and degrees.

Differentiation: Through outcome and adult expectations and support.

Assessment: By observation against learning outcomes, building towards pupil self and peer assessment towards the end of the unit.

Resources: Please refer to individual lesson plans.

Lesson 1

Learning Outcomes

- * understand what to include in a gymnastic warm up;

Lesson 2

Learning Outcomes

- * compose a gymnastic sequence and perform it to music;

<ul style="list-style-type: none"> * perform a set, 8 phrase gymnastic sequence; * recognise the muscles used to maintain a straight, tight body shape. <p>Warm up: Continuous Relay; Rock and Roll</p> <p>Floor work: Teddy Bear Roll; Set Floor Sequence</p> <p>Cool down: Log Lift</p>	<ul style="list-style-type: none"> * recognise and discuss the quality of a sequence against set criteria; * work successfully with a partner. <p>Warm up: Continuous Relay; Body Stretch</p> <p>Floor work: Set Floor Sequence to Music</p> <p>Cool down: Demonstrations and discussion</p>
Lesson 3	Lesson 4
<p>Learning Outcomes</p> <ul style="list-style-type: none"> * consolidate and extend the range of gymnastic skills; * compose and perform longer sequences against set criteria; * know how to improve own performance and that of others. <p>Warm up: Continuous Relay; Forward Fold Stretch</p> <p>Apparatus: Sequences</p> <p>Cool down: Rising Counter-Balance</p>	<p>Learning Outcomes</p> <ul style="list-style-type: none"> * recognise the effects of activity on the body; * explore the potential of apparatus stations for performing a range of skills; * select from this range of skills to create a challenging sequence. <p>Warm up: Continuous Relay; Shoulder Stretch</p> <p>Apparatus: Sequences</p> <p>Cool down: Evaluation of sequences</p>
Lesson 5	Lesson 6
<p>Learning Outcomes</p> <ul style="list-style-type: none"> * work individually to compose and perform a sequence on apparatus; * work as part of a small group to compose and perform a sequence on apparatus; * recognise the need for stamina in sustained activity. <p>Warm up: Continuous Relay; Push up to Bridge</p> <p>Apparatus: Sequences</p> <p>Cool down: Discussion</p>	<p>Learning Outcomes</p> <ul style="list-style-type: none"> * work with others to create and perform a sequence on apparatus and floor; * demonstrate competently to others; * make an assessment of their own ability in gymnastics. <p>Warm up: Continuous Relay</p> <p>Apparatus: Sequences</p> <p>Cool down: Discussion and pupil self-evaluation</p>