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| **Physical Education Medium Term Plan- Spring 1**This term students will learn and understand the rules of Gymnastics, practice the requisite skills, and demonstrate their abilities to perform various physical movements in a competitive game. |
| **Year Group:** EYFS **Topic- Gymnastics** |
| **National Curricular Focus**  |
| * Develop basic movements such as jumping, changing directions, moving at speed and balance.
* Accurately replicate basic movements and enjoy participating in a broad range of activities
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| **Lesson Objectives for weeks1-6** |
| * To be able to listen and respond appropriately to instructions
* Move in a variety of ways, changing speed and direction.
* Apply simple understanding of shapes and space
* I can get in simple FUN Gym shapes (Standing tall, standing star, tuck, dish and arch)
* I can jump and rebound on and off low apparatus
* Work with a partner to jump in unison
* Create a simple jumping sequence
* Balance beanbag in as many different part of your body as possible
* I can travel along a bench with balance and fluency
* I can jump and land on 2 feet at a range of heights
* I can climb over equipment with confidence
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| **Assessment covered in term** |
| **Assessment statements from Progress in PE****3. Balance, Agility and Co-ordination (Gymnastics)**1. I can travel on the ground and on, over and under equipment
2. I can balance on both legs individually for 5 seconds
3. I can perform different rolls (e.g. log roll, tuck roll and teddy rolls)
4. I can move to standing position after a tuck roll
5. I can understand gymnastics vocabulary (travel, roll, balance)
6. I can walk and run in a straight line with feet and knees facing forward
7. I can run on the balls of my feet, lifting my knees
8. I can jump from a small height, bending my knees to land
9. I can point and flex my toes
10. I can follow a given pathway (travelling forwards, backwards and sideways)
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| **Vocabulary** |
| Balance Control Fast High JumpLinkLowMovement Music  | PatternRollSequenceShapeSlowSpeedTiming Travel Bench  |