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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 | |
| **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 | |
| **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) | |
| **Vocabulary** | |
| Balance  Control  Fast  High  Jump  Link  Low  Movement  Music | Pattern  Roll  Sequence  Shape  Slow  Speed  Timing  Travel  Bench |