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| **Physical Education Medium Term Plan- Spring 2**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:** 4 **Topic- Gymnastics**  |
| **National Curricular Focus**  |
| * Develop strength and stamina through sustained periods of vigorous activity
* Practice and implement runs, leaps, jumps and locomotion in more complex sequences
* Work collaboratively to perform with a partner
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| **Lesson Objectives for weeks1-6** |
| * To be able to perform a sequence of 6 elements/gymnastics movements/shapes
* I can use compositional ideas including changes in speed and direction
* I can work with a partner to create a sequence
* I can perform to other peers
* To be able to travel over and under equipment with control and balance
* I can perform a range of turns
* I can jump off equipment using the correct technique
* I can change direction and speed in a sequence#
* I can show an increased range of flexibility
* I can travel over a bench/mat with fluency
* To be able to engage your core and hold positions with control (Back/Front support, Dome/dish shape)
* I can balance in an increase range of positions
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| **Assessment covered in term** |
| **Assessment statements from Progress in PE****3. Balance, Agility and Co-ordination (Gymnastics)**1. I can balance on my head, with my legs straight and toes pointed, with partner supporting if needed
2. I can perform a handstand against a wall or using a partner for support
3. I can create symmetrical and asymmetrical balances with a partner
4. I can perform a sequence of 4 or more gymnastic movements that are linked (e.g. travel, jump, roll, stand, balance)
5. I can jump from apparatus, using my body correctly to gain height and land safely
6. I can turn 180° when jumping to the right and left
7. I can always show a good gymnastic finishing position
8. I can use a range of available apparatus safely, with caution
9. I can balance on a narrow beam (upturned bench) independently
10. I can travel showing different speeds, directions, foot patterns and levels
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| **Vocabulary** |
| FluencyContrasting Unison LowCombinationsFull turnHalf-turnSustainedExplosive Power  | ControlGroupDirection SpeedPartnerActionsCompositional LeapJumpLand  |