

PE		Year 1	Term 4
Key knowledge in unit		Key vocabulary in unit	
<p>Gymnastics- Unit 2</p> <ul style="list-style-type: none"> To perform a variety of basic gymnastics actions showing control To introduce turn, twist, spin, rock and roll and link into movement patterns To perform longer movement phrases and link with confidence 		balance body tension carry control extension fast hang high jump like low movement muscles music	pattern relaxation rock roll sequence shape slow speed spin strength timing travel turn unison
Lesson	Key knowledge in lesson	Vocabulary in lesson	Learning A = absent NA = not accessed
1	<ul style="list-style-type: none"> Transfer a sequence of movements from the floor to the apparatus Move safely on, off and over apparatus Work with a partner to combine sequences 	travel land sequence jump roll	
2	<ul style="list-style-type: none"> Introduce rocking on different parts of the body Build a simple sequence using different learned actions- start, balance, rock and jump Perform my sequence to others Suggest ways of improving performances 	body tension flow muscles rock jump sequence	
3	<ul style="list-style-type: none"> Spin and turn on a variety of body parts Transfer spins and turns from the floor to the apparatus Pass through different levels when spinning and turning 	spins turns rock levels speed body tension sequence	
4	<ul style="list-style-type: none"> Unison- perform actions at the same time Perform a simple sequence in unison Identify those who are not in unison 	unison timing	
5	<ul style="list-style-type: none"> Canon- perform controlled actions at a different time to others Describe difference between unison and canon 	rock spin jump canon sequence	

	<ul style="list-style-type: none"> • Link three basic gymnastic actions together- rock, spin and jump- working in canon 		
6	<ul style="list-style-type: none"> • Create a sequence linking different gymnastics actions • Perform sequence in canon or unison with a partner • Transfer sequence onto apparatus 	<ul style="list-style-type: none"> levels timing movement music timing pattern 	