



TEACHER

Planning (block of work): **Gymnastics 1**

### Syllabus Learning Outcomes:

Students should be able to:

- demonstrate control of muscular tension and body poise
- refine and increase the technical competence of their actions
- show an ability to link movements and demonstrate an understanding of the basic concepts of space and time
- demonstrate an ability to select, create, and perform a short sequence based on specific themes
- observe and analyse the work of others, demonstrating an understanding of the criteria for appreciating
- perform appropriate actions relating to the themes of travelling, balance, weight transference, symmetry and asymmetry

### Rich Task:

In pairs, create and perform a sequence moving from station to station; incorporating travel, balance and flight; with emphases on linking actions and awareness of space. Observe and analyse the performance of another group

### Learning Experiences:

The students will need to be provided with experiences in which they;

- explore rolling, balances and jumping
- identify criteria for good performance
- develop movement quality through observation and performance
- link actions
- create and performing sequences of movements
- analyse movement
- work with partner

### Content:

- Jumping skills ( take-off and landings)
  - Flight using springboard
- Rolling actions
- Introduction to balance
  - Simple and inverted
  - Assisted balance
- Relationship
  - Individual
  - Partner-work (matching and mirroring)
  - Introduce criteria for analysing movement as appropriate to age and ability level
- Technical composition
  - Good body alignment
  - Body tension/ core control
  - Extension

**Challenge:** With a partner you will create and perform (make and do) a gymnastics sequence. You will also need to help others to improve their performance.

### Assessment approaches and instruments:

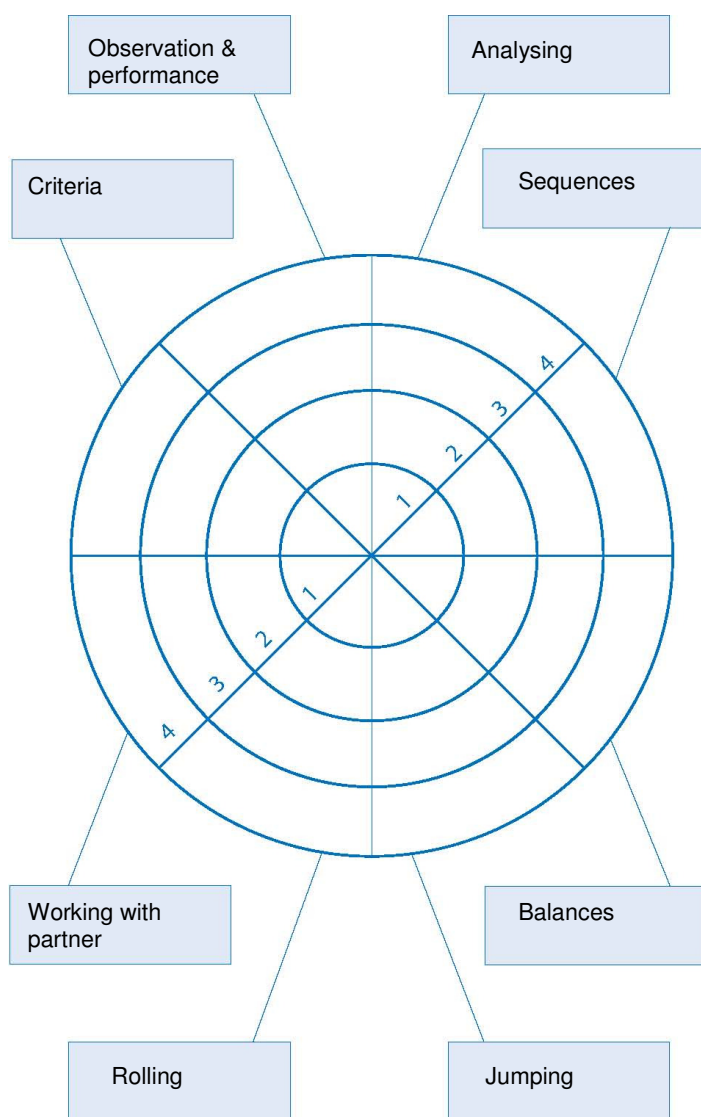
- Explain the challenge
- Share the learning intention & criteria for success within each lesson
- Focused questioning & observation
- Use feedback to inform learning
- Peer & self assessment sheets
- Review of rich task/challenge

### Equipment needed:

- Mats
- Wedges
- Benches
- Springboard
- Soft box
- Hand & footprints
- Bean bags
- Taskcards
- Video
- Assessment sheets
- First Aid kit

# Student's Record of Learning

<b>Name:</b>	<b>Class:</b>	<b>Date:</b>
<b>Area of study:</b>		



1. I haven't started this yet
2. I can do this sometimes but I find it hard
3. I can perform this at a reasonable level most of the time
4. I can perform at a high level always

## Challenge:

With a partner you will create and perform (make and do) a gymnastics sequence. You will also need to help others to improve their performance.

## Student comment:

## Teacher comment: