

Class 4 PE -Gymnastics November 2019

<u>Learning Objectives</u>	<u>Activities/Resources</u>	<u>Notes</u>
<ol style="list-style-type: none"> 1. To be able to warm up effectively 2. To be able to run the warm ups 3. To know the importance of health and exercise 4. To work co-operatively as individuals, partners, groups 5. To make a balance whilst holding their own body weight 6. To use their hands to receive body weight whilst making a cartwheel 7. To create different shapes whilst pushing and pulling using apparatus 8. To be able to create sequences involving holding own body weight 9. To be able to create a canon in groups 10. To know the difference between points and patches 11. To be able to balance on points and patches on floor and apparatus 	<p>Follow KEY PE Sports Plan</p> <p>Include activities from Top Sport Gymnastics cards</p> <p>Need mats, benches, larger apparatus, wall bars etc.</p> <p>Implement body management and control Performing a range of actions and agilities with consistency, fluency and clarity of movement Develop floor exercises by travelling in different ways working on suppleness Consolidate their existing skills and develop a range of landing skills safely Develop and use their knowledge of their principles behind a take off Define and refine body management during take off and landing Develop jumps with control and accuracy monitoring body tension and suppleness Execute a controlled jump taking off with precision and landing accurately</p>	<p>Using KEY PE Sports.co.uk</p>

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