

PE: Gymnastics Unit 1 - Autumn 1

We are learning...

1. To combine 4 elements into a floor sequence.
2. To create power in a variety of different jumps.
3. To take weight on our hands and move in different ways.
4. To use our flexibility in a bridge and japana gymnastic shape.
5. To perform the point balance arabesque.
6. To perform a teddy bear roll.

Unit Focus

1. To be able to describe how performers can transition and link.
2. To be able to perform basic actions with control at different speeds and levels.
3. To develop flexibility in a range of shapes and balances.

Key Questions

1. Why do we hold shapes for 3 seconds and try and move smoothly into and out of elements?
2. Why do you think taking weight on your hands is harder than on your feet?
3. Why do we practise on the wall before attempting a bridge on the floor?

Key Vocabulary

- Balance – the ability to maintain a controlled body position during task performance.
- Arabesque - keeping your head faced forwards, lift your back leg up till your foot is 6-8 inches off the ground.
- Sequence - Two or more positions or skills, which are performed together creating a different skill or activity.
- Flexibility - the range of movement possible at a joint.
- Japana –

Bunny hop skill...

- Feet and legs should be together, bent at the knees.
- Push up and away with your feet off your toes to transfer all body weight to your hands.
- Practise in place first, kicking up and returning feet to the same position.
- See if can hold your weight on your hand for longer periods.
- Once confident, begin to travel forward, transferring weight from hands to feet.

Bunny Hop...



- Bridge –



Previous Knowledge – In year 1, you were shown a range of recognised point balances. You can link turns, twists, rocks and rolls. You will also be able to perform in unison using simple canon and unison techniques.