

# PE

## Gymnastics: High, Low, Over & Under - FS2

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|--|--|---|-----------|
| <b>Sticky skills</b>   |  | <b>Key vocabulary</b><br><b>FS2</b>   |           |
| Basic movements<br>Teamwork  |  | <b>Champion Gymnastics:</b> 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.<br><b>Shapes:</b> Another word for balancing. Pupils must hold a shape still.<br><b>Low:</b> This means moving or balancing in ways where the body is low to the floor. For example sliding, rolling or crawling.<br><b>Transition:</b> The term transition means to move into and out of basic movements, actions or balances.<br><b>Apparatus:</b> The term apparatus refers to a piece of equipment that's used in gymnastics. For example a bench, vault or balance beam.<br><b>Over:</b> This refers to when the body is moving over the top of a piece of apparatus.<br><b>Under:</b> This refers to when the body is moving underneath a piece of apparatus |           |
| <b>Learning Journey</b>  |  |   |           |
| <b>FS2</b><br>Introduction to high, low, over and under Introduction to the apparatus<br>Applying high and   |  |   |           |
|  |  |   |           |
| <b>Year 1</b><br>Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled<br>Transitioning between wide, narrow and curled movements |  |   |           |
| <b>Cognitive</b>   | <b>Social</b>  | <b>Wellness</b>   |           |
| Pupils will experiment moving their bodies in a variety of ways on the floor and on apparatus.   | Pupils will begin to develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.  | Pupils will begin to show self belief as they travel with confidence, over, under and through apparatus.  |           |
|  | <b>Learning Objective / Focus</b>  | <b>Lesson Sequence Outline</b>  |           |
| <b>FS2</b>   | <b>Session 1:</b> LO: explore making high shapes.<br><b>Focus: Introduction to high</b><br><b>Session 2:</b> LO: explore making low shapes.<br><b>Focus: Introduction to low</b><br><b>Session 3:</b> LO: to move safely using apparatus.<br><b>Focus: Introduction to the apparatus</b><br><b>Session 4:</b> LO: to explore movements and shapes in high and low ways on the apparatus.<br><b>Focus: High and low on apparatus</b><br><b>Session 5:</b> LO: to explore movements and shapes in high, low, over and under ways on the apparatus.<br><b>Focus: High, low, over and under</b><br><b>Session 6:</b> LO: to explore movements and shapes in high, low, over and under ways on the apparatus.<br><b>Focus: High, low, over and under extended</b> | <b>Overview:</b> The unit of work will explore 'champion gymnastics'. Pupils will create movements and balances in high and low ways on the floor and on apparatus. Pupils will self select where to work, exploring movements and balances and start to identify features of other pupil's work.<br><b>Physical:</b> Pupils will be able to move and balance in high and low ways, applying champion gymnastics criteria, both on the floor and on apparatus.<br><i>See session plans attached or log on to Complete PE to access relevant documents</i>   |           |
| Below  | <b>End of unit assessment</b><br>Met   |   | Exceeding |

