

Prior Learning: In early years children experimented with different shapes, jumps, rolls and balances. They began to move around in different ways using different parts of their body e.g slide, roll, jump, crawl. They experimented with balancing and different ways of moving on equipment.

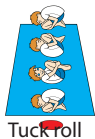
Key Skills

Physical Me

- Jumps



- Rolls



- Balances



Thinking Me

- To improve my performance .

Value Me

- Determination-
try, try, try again!

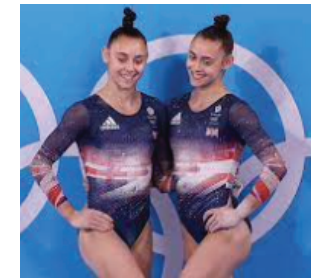
Social Me

- Co-operate
with others
- Be a Mini Coach



Sporting inspirations :

Britain twin gymnasts
Jessica and Jennifer Gadirova
They won Olympic bronze
medal side by side.



Key Knowledge

Shapes - Keep strong-when performing the shape:
straight, star, tuck, dish, arch, squat, pike, straddle

Jumps - land on two feet and bend knees

Balances - hold shapes for 3 seconds

Rolls - good control

Key Vocabulary

Pike

Start

Straight

Squat

Finish

Roll

Tuck

Balance