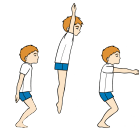


Prior Learning: In Year One, children were beginning to perform basic shapes. They also performed basic jumps such as a straight and star jump. They have begun to learn how to roll - tuck roll, log roll star forward roll. They have also begun to learn the concept of a basic sequence (on their own) which includes a roll, a jump and a balance.

Key Skills

Physical Me

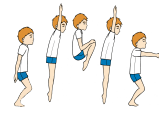
- Jumps



Straight jump



Star jump



Tuck jump

- Rolls



Dish/Arch roll



Forward roll

- Bunny hops

- Balances

- Sequences

Strength

Flexibility

Balance

Co-ordination

Agility

Climbing

Social Me

- Co-operate with others
- Be a Mini Coach
- Teamwork

Value Me

- Perseverance never give up!

Thinking Me

- To link my skills in a sequence.
- Understanding feedback

Inspirational Athlete

Max Whitlock- Olympic Gold medalist in pommel horse



Key Learning

Shapes - Have a tight body. Squeeze every muscle, extend fingers and toes.

Jumps - Have good body tension, land with knees bent.

Bunny Hops - Flat hands. Hands first, then feet, keeping arms straight, lifting legs and pointing toes.

Sequence - To show a clear Start, Middle and Finish, with good control

Rolls - Ensuring head is **tucked** in, with a forward Roll

Key Vocabulary

Dish

Arch

Straddle

Sequences

Bunny hop

Middle

Control