



Year 7 Gymnastics

6 Lessons

Aims: In this unit pupils will demonstrate skills and abilities individually and in combination. Will focus on developing stability when holding their own body position and when supporting a partner. Pupils incorporate control, precision and aesthetics into sequences showing creativity. Student will evaluate and assess movements to improve sequences.

Key Skills	Literacy Links:	Numeracy Links:
<ul style="list-style-type: none"> • Accurate replication: To apply movements, agilities and balances individually and as part of a fluent sequence. Pupils will learn to select, combine and perform skills; actions and balances including some that are inverted. Continual development, adaptation and refinement of learnt skills will contribute to producing an improved performance and accurate replication. • Developing physical/mental capacity: Physical warm ups aid as a useful fitness tool in developing a pupil's physical capacity. Use of images and task cards to develop skills and techniques. Understand the physics of balance and centre of mass/gravity. • Developing skills and Performance: Pupils will develop the skills necessary to develop fluent routines. Body tension, control, counter balance and aesthetics will be developed through compositional ideas. Demonstrate high quality performances, techniques and routines. Accurate replication of skills showing control and fluency will be assessed. • Making and Applying Decisions: Pupils will develop and refine skills and compositional ideas based on decisions about sequences. Discuss the benefits & use of arms and body tension. How sequences are aesthetically improved. • Making Informed Choices About Healthy, Active Lifestyle: Highlight the benefits of gymnastics based movements to flexibility and general suppleness. Understand the importance of heart rate and recall muscle group names. Suggest any gymnastics clubs within the school timetable and promote community links. Understand how performance and safety are improved when preparation is carried out properly. • Evaluating and Improving: Appropriate questioning on teaching points of the skills and processes developed. Pupils will be able to evaluate their own and others strengths and weaknesses in a performance. Be able to suggest areas for improvement. Use of DARTFISH to observe and improve the performance of self and others. Peer observation. 	<p>Through the activities in this unit pupils will be able to understand, use and spell correctly word relating to gymnastics and relationship between partners. E.g. synchronise, canon, unison, symmetrical and mirrored. ICT. Watch video/compare performance. Communication Speaking and Listening. Cooperation Working together. Problem solving</p>	<p>Timing of sequences Point scoring for competition</p>
<p>Assessment</p>	<p>Cross-Curricular Links</p>	
<ul style="list-style-type: none"> • Q & A, Formative and summative assessment. 	<ul style="list-style-type: none"> • Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions including heart rate monitoring), Maths (measuring, recording and collating data) 	
<p>Opportunities for further learning</p>	<p>SMSC opportunities and British values</p>	
<p>Homework is not set for P.E in Year 7. However, students are encouraged to practice in their own time and attend extra-curricular clubs to improve their performance. Students should be encouraged to:</p> <ul style="list-style-type: none"> • practice skills at home and take part in school sport, either competitively or socially 	<ul style="list-style-type: none"> • Encourages students to accept responsibility for their behaviour & show initiative. 	

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| <ul style="list-style-type: none">• join clubs in the community and/or use local facilities• watch live and recorded matches, to appreciate high-quality performance• make up games that focus on improving technique and fitness• read rule books and sports reports in newspapers and magazines | |
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