

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



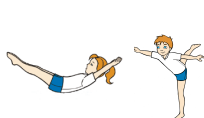
- Rolls Dish/Arch roll



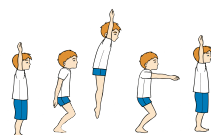
- Bunny hops



- Balances

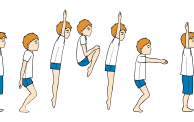


- Jumps

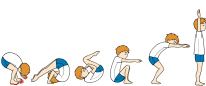


Straight jump

Star jump



Tuck jump



Forward roll



- Determination
- Perseverance
- Passion
- Teamwork
- Compassion
- Self Belief



- To link my skills in a sequence
- Understanding feedback



- Be a mini coach
- Teamwork
- Co-operate with others



Key Vocabulary

Straddle

Control

Bunny Hop

Dish

Arch

Link

Sequences

Key Knowledge

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.

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

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

Inspirational Athlete

Max Whitlock - Olympic Gold medalist in pommel horse

