



Physical Education Medium Term Plan- Spring 1

This term students will learn and understand the rules of Gymnastics, practice the requisite skills, and demonstrate their abilities to perform various physical movements in a competitive game.

Year Group: 4 Topic- Gymnastics

National Curricular Focus

- Develop strength and stamina through sustained periods of vigorous activity
- Practice and implement runs, leaps, jumps and locomotion in more complex sequences
- Work collaboratively to perform with a partner

Lesson Objectives for weeks1-6

- To be able to perform a sequence of 6 elements/gymnastics movements/shapes
- I can use compositional ideas including changes in speed and direction
- I can work with a partner to create a sequence
- I can perform to other peers
- To be able to travel over and under equipment with control and balance
- I can perform a range of turns
- I can jump off equipment using the correct technique
- I can change direction and speed in a sequence#
- I can show an increased range of flexibility
- I can travel over a bench/mat with fluency
- To be able to engage your core and hold positions with control (Back/Front support, Dome/dish shape)
- I can balance in an increase range of positions

Assessment covered in term

Assessment statements from Progress in PE

3. Balance, Agility and Co-ordination (Gymnastics)

1. I can balance on my head, with my legs straight and toes pointed, with partner supporting if needed
2. I can perform a handstand against a wall or using a partner for support
3. I can create symmetrical and asymmetrical balances with a partner
4. I can perform a sequence of 4 or more gymnastic movements that are linked (e.g. travel, jump, roll, stand, balance)
5. I can jump from apparatus, using my body correctly to gain height and land safely
6. I can turn 180° when jumping to the right and left
7. I can always show a good gymnastic finishing position
8. I can use a range of available apparatus safely, with caution
9. I can balance on a narrow beam (upturned bench) independently
10. I can travel showing different speeds, directions, foot patterns and levels

Vocabulary

Fluency
Contrasting
Unison
Low
Combinations
Full turn
Half-turn
Sustained
Explosive
Power

Control
Group
Direction
Speed
Partner
Actions
Compositional
Leap
Jump
Land