



# All Saints CE Primary School and Nursery

## Medium Term Planning



Class teacher: Lisa Edwards Year group: 6 Term: Spring 1 Subject: Gymnastics 2

Lesson	SKILLS Based L.G.	Brief outline of lesson content (or where this can be found/unit found in, if for example it is a published scheme such as Science)	Key Vocabulary covered
1	L.G.: I can use controlled flight onto high apparatus	PE Hub Gymnastics lesson 1 What is needed to achieve success in flight on to high apparatus?	Flight, power, speed, vault
2	L.G.: I can dismount safely from high apparatus	PE Hub Gymnastics lesson 2 What different ways can you dismount from apparatus?	As above Dismount, movement
3	L.G.: I can develop a short sequence using flight in canon formation	PE Hub Gymnastics lesson 3 Why is a canon effective in a group sequence?	Sequence, vault, jump, canon
4	L.G.: I can incorporate equipment into a group sequence	PE Hub Gymnastics lesson 4 How can you include equipment effectively in a sequence?	As above, combination, sequence
5	L.G.: I can create a paired sequence using canon and unison	PE Hub Gymnastics lesson 5 How can a canon and unison be included effectively in a sequence?	As above, unison, canon
6	L.G.: I can perform a six- element group sequence to music	PE Hub Gymnastics lesson 6 What are the strengths and weaknesses of the performance?	As above