



All Saints CE Primary School and Nursery

Medium Term Planning



Class teacher: Jake Woolcock Year group: 5 Term: Spring 1 Subject: PE - Gymnastics 1

British Values

Lesson	Learning Goal (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, Kapow French or Music, Purple Mash computing)	Key Vocabulary covered
1	The key steps to performing a round-off	PE Hub Gymnastics Unit 1 Lesson 1	Symmetry Asymmetry Sequences Combinations Direction speed partner asymmetrical symmetrical aesthetics counterbalance
2	To create and perform a partner sequence using symmetry	PE Hub Gymnastics Unit 1 Lesson 2	Symmetry Asymmetry Sequences Combinations Direction speed partner asymmetrical symmetrical aesthetics counterbalance
3	To create and perform a partner sequence using asymmetry Respect Liberty	PE Hub Gymnastics Unit 1 Lesson 3	Symmetry Asymmetry Sequences Combinations Direction speed partner asymmetrical symmetrical aesthetics counterbalance

4	To perform counter-balances with a partner Respect Liberty	PE Hub <i>Gymnastics</i> Unit 1 Lesson 4	Symmetry Asymmetry Sequences Combinations Direction speed partner asymmetrical symmetrical aesthetics counterbalance
5	To perform smooth transitions between counter balances using different levels Respect Liberty	PE Hub <i>Gymnastics</i> Unit 1 Lesson 5	Symmetry Asymmetry Sequences Combinations Direction speed partner asymmetrical symmetrical aesthetics counterbalance