



All Saints CE Primary School and Nursery

Medium Term Planning



Class teacher: Amanpreet Cheema Year group: 1 Term: Spring 1 Subject: Gymnastics

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	To be able to make different basic shapes with our bodies	<p>Talk about how to be safe inside</p> <ul style="list-style-type: none"> - Demonstrate and explain safety when getting apparatus out. <p>Activity 1 - Teacher talks children through following shapes: Tuck, Pike, Straddle, Star, Arch, Dish *Pick children to demonstrate good shapes*</p> <p>Activity 2 - Children to now practice performing them shapes to the best they can.</p> <p>Activity 3 - Children to see if they can create their own body shapes.</p>	Tuck, pike, straddle, star, arch, dish.
2	To be able to travel in a variety of ways	<p>Activity 1 - Children to travel across the mats:</p> <ul style="list-style-type: none"> - Using feet only - Using hands and feet - Using all parts of the body <p>*Pick children to demonstrate good ways of travelling*</p> <p>Activity 2 - Talk about different heights and what they are. Children to now work through travelling at low level, medium level then high level.</p>	

3	To be able to travel in different directions	<p>Activity 1 - Children to travel across the mat but going in different directions - Which directions can we go? Children take in turns to travel forward, backward, side-to-side. Then allow children to experiment alone.</p> <p>Activity 2 - Children to travel around the room at different speeds. Children take It in turns to travel fast, normal and slow. Then allow children to experiment alone.</p>	
4	To be able to travel on apparatus safely	<p>Explain safety with apparatus and how to get big pieces of apparatus out.</p> <p>Activity 1 - 4 benches out and 4 groups of children - children to take it in turns to travel along the bench on feet, then hands and feet and then any other way.</p> <p>Activity 2 - Children to now discover other ways of travelling with the bench - over, under, through and round .</p>	
5	To be able to put all skills together to create a sequence	<p>Activity 1 - Children to now pick 3 to 5 of their favorite ways of travelling and practice linking them together to create a sequence - then children to watch each other and tell children what they like and would they change anything.</p> <p>Activity 2 - Children to now modify their sequence to incorporate travelling with a bench.</p>	
6	Assessment lesson	<p>Activity 1 - Children to have time to practice their sequences - talk about what we would like to see in sequences? Fun, different, exciting</p> <p>THEN Allow children to go back and make changes to their sequences.</p>	