



All Saints CE Primary School and Nursery Medium Term Planning

Class teacher: Faye Cooke Year group: 3 Term: Spring 2

Subject: PE - Gymnastics Unit 2



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	I can perform with control and confidence - 'Japana' and control to transition smoothly	PE Hub - Gymnastics Unit 2 - Lesson 1	Japana, control, transition, bounce, broad, sequence, unison, flexibility, strength, half lever, box splits, extension.
2	I can use bounces and broad jumps in sequence	PE Hub - Gymnastics Unit 2 - Lesson 2	
3	Move in unison with a partner to perform a half lever. Tolerance, Respect	PE Hub - Gymnastics Unit 2 - Lesson 3	
4	I can transition from a Japana to another shape with control	PE Hub - Gymnastics Unit 2 - Lesson 4	
5	I am learning to stretch while moving and when still to increase flexibility.	PE Hub - Gymnastics Unit 2 - Lesson 5	
6	Perform showing strength, flexibility and control. Respect	PE Hub - Gymnastics Unit 2 - Lesson 6	

