



# All Saints CE Primary School and Nursery

## Medium Term Planning



Class teacher: Amanpreet Cheema Year group: 1 Term: Spring 2 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 copy and remember actions.	Model how to make the following body shapes: star, tuck, pike, arch, dish.	Star, tuck, pike, arch, dish, crawl, balance, control.
2	To move with control.	Model walking on tiptoes. How else could we travel on a 'high' level e.g. skipping, hopping? Contrast this with travelling on a 'low' level. Can chn travel on hands and feet e.g. crawling (link to Fire Safety talk - crawling when in a room of smoke), bunny hop? Watch other chn and copy their ideas.	
3	To move with control.	Model different ways of moving on the benches. Chn to move in different ways on the benches/apparatus.	
4	To balance on different parts of my body.	Explain that balance is the ability to hold your body still. Challenge chn to explore balance by:	

		<ul style="list-style-type: none"> <li>• Balancing on one leg whilst the other leg is on a chair or ball.</li> <li>• Balancing on one leg whilst playing catch with a beanbag.</li> <li>• Balancing on one leg whilst also balancing a beanbag on head.</li> </ul>	
5	To create a sequence.	<p>Model a good and poor sequence. Chn to say which was better. Why? Model activity.</p> <p>In pairs, chn to create their own sequences of at least two actions.</p> <p>Scaffolding: S chn to be given picture cards of the shapes and balances they have learnt in the unit to help them in creating their own sequences.</p>	