



PE Topic Journey Overview Y4

Y4 PE Topic: Gymnastics

PE Topic: Y4 Gymnastics: Shape and Balance

<p>Lesson 1 Key Skills: To understand and demonstrate some basic gymnastic shapes</p> <p>Activities: Teach shapes: straight, tuck, star, straddle, pike (straddle and pike are in sitting position) Children to explore ways of showing the above shapes on different body parts. Children to create a sequence using at least 4 of the contrasting body shapes</p> <p>Outcomes: Children to be able to demonstrate and explain different body shapes</p>	<p>Lesson 2 Key Skills: To use apparatus to explore the gymnastics shapes from last week</p> <p>Activities: Recap on the different shapes from previous week. Children practice the shapes on mats and the floor Introduce apparatus Children to explore shapes on the apparatus and also part apparatus/part floor. Revise sequence from last week to now incorporate the apparatus</p> <p>Outcomes: Children to perform a sequence to incorporate gymnastic shapes using apparatus</p>	<p>Lesson 3 Key Skills: To explore different ways of travelling</p> <p>Activities: Practice different ways of travelling: Skipping Releve : walking on balls of feet Battement: Walk tall lifting legs straight out in front (Basil Fawly silly walk) Front Chasse: one leg gallop and other leg catches up Explore different ways of moving varying levels,directions,pathways In pairs; follow the leader using a range of what has been practised Create sequence using at least 2 different shapes and 2 forms of travel</p> <p>Outcomes: Children to be able to explain and use a variety of travelling techniques</p>
<p>Lesson 4 Key Skills: To travel in different ways using apparatus</p> <p>Activities: Recap ways of travelling and variations from previous week Children to practice this time using a range of apparatus. Follow my leader in pairs using apparatus Revise and develop sequence from previous week, but this time including use of apparatus Outcomes: Children to show a sequence with different forms of travelling and balance using apparatus</p>	<p>Lesson 5 Key Skills: To balance on patches and points using symmetry and asymmetry</p> <p>Activities: Recap patches and points with children Patches: large balancing body parts (back, stomach ,bottom and shoulders) Points: small body balancing parts (feet, knees, hands, elbows and head) Children to make different letter shape balances eg. T and V Remind of Symmetrical(same on left and right sides of body) and asymmetrical(different on left and right hand sides of body) Working in pairs, create sequence including mixture of symmetrical and asymmetrical balances on patches and points Outcomes: Children can show patch and point balances both symmetrical and asymmetrical</p>	<p>Lesson 6 Key Skills: To show dynamic (moving) balance on apparatus</p> <p>Activities: Using upturned bench or ropes on the floor for a low beam 1) walk across in balance 2) Lifting knees up high 3) Side step 4) Lunge walking Using other apparatus, children explore different ways of balancing. Encourage them to find challenging ways of doing this. Revise and develop sequence from previous week including balances on patches and points/symmetrical and asymmetrical Practice, perform and evaluate a sequence Outcomes: Children to show dynamic balance using apparatus</p>
<p>Resources:</p>	<p>After school club</p>	<p>Out of school links</p>

PE Topic: Y4 Gymnastics : Rolling and Jumping

<p>Lesson 1 Key Skills: To perform a range of different types of roll</p> <p>Activities: From standing position, lower to crouch then roll back to shoulder stand before returning to crouch and then stand. Using mats, practice different types of roll: egg, pencil, dish, circle, forward and backward for some In pairs, select a roll to perform together to rest of class. Focus on clear starting and finishing balanced position. Perform rolls facing each other in mirror formation working on synchronisation and timing</p> <p>Outcomes: Children to demonstrate a well controlled roll.</p>	<p>Lesson 2 Key Skills: To travel into a balance and a roll</p> <p>Activities: Recap and consolidate from previous week Practice teddy bear roll: Begin seated straddle, roll onto one side, onto back, onto other side and then back to seated straddle In pairs, select a roll to perform together to rest of class similar to previous week but starting with different balanced start and finish positions. Add travel into the sequence before the balance and roll</p> <p>Outcomes: Children can show travel into balance and a roll</p>	<p>Lesson 3 Key Skills: To develop jumping</p> <p>Activities: Discuss with children different types of jump classification 2 feet-2 feet, 2 feet-1 foot, 1 foot-2 feet, 1 foot-same foot, 1 foot-other foot Explore different 2 feet-2 feet jumps by using shapes in the air: straight, tuck, star, possibly straddle and pike. With partner, practice assisted jumps supporting at the waist to form shapes. Practice rotation jumps: 90,180,270,360 Explore jumps from 1 foot-other foot. Cat leap(includes tuck shape in air) Scissor leap(includes pike shape in air)Look at travel into the jumps In pairs create sequence containing at least 2 shapes, a form of travel, a balance and 2 different jumps Outcomes: Children to produce a sequence involving travel, balance, jumps and shapes.</p>
<p>Lesson 4 Key Skills: Jumping using apparatus Activities: Discuss three stages of jumping: take-off, flight and landing Recap work on jumps from previous week on the floor Set out apparatus: benches and small tables Children explore jumps both on and off the apparatus using different shapes, rotations and leaps In pairs work on sequence from previous week but this time to include use of apparatus Outcomes: Children to use apparatus to perform a sequence involving travel, balance, jumping and shapes</p>	<p>Lesson 5 Key Skills: Using large gymnastic apparatus for a range of gymnastic actions</p> <p>Activities: Set up 4-6 stations to include fixed frame, benches, mats, floor space, nesting tables, balance beams Divide children into groups for them to explore the following themes: Shapes, travel, balance, rolls, jumps, climbing and hanging Allow approx 5 mins on each station. Children to consider putting together a sequence on each set of apparatus which can be practised and will be needed for use the following week. Outcomes: Children to demonstrate a range of gymnastic actions at different stations</p>	<p>Lesson 6 Key Skills: To perform a sequence on a given station</p> <p>Activities: Set up as previous week; 4-6 stations to include fixed frame, benches, mats, floor space, nesting tables, balance beams. Children are randomly allocated one particular station to work on their sequence to practice, evaluate, improve and perform for others. If time allows, move to a second station and repeat</p> <p>Outcomes: Children to practice, evaluate, improve and perform a sequence</p>