



PE Topic Journey Overview Y5

Y5 PE Topic: Gymnastics

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<p>Lesson 1 Key Skills: To explore using shape in gymnastic movement</p> <p>Activities: Recap and demonstrate correct names of shapes: straight, tuck, star, straddle, pike Children practice making the shapes in different positions eg. standing, sitting, lying on floor. Move into pairs so partner can assist on more challenging shapes. Pairs create sequence which includes 3 individual shapes and 2 partner assisted shapes. Perform side by side.</p> <p>Outcomes: Children to show use of a range of gymnastic shapes in a sequence</p>	<p>Lesson 2 Key Skills: To explore shape using apparatus</p> <p>Activities: Recap of shapes from previous week. Using apparatus, children explore how these shapes can be formed either fully on apparatus or partly using it together with the floors. Can some of the shapes be shown inverted (hips higher than head) Revise sequence from last week. Adapt sequence to include the apparatus. Practice, evaluate and perform the sequence.</p> <p>Outcomes: Children to perform sequence showing use of shape on apparatus</p>	<p>Lesson 3 Key Skills: To use a variety of travel movements</p> <p>Activities: Remind children of the following 4 forms of travel Skip Releve : walking on balls of feet Battement: Walk tall lifting legs straight out in front (Basil Fawltly silly walk) Front Chasse: one leg gallop and other leg catches up Explore ways of movement by varying: Level : high, medium,low Direction : forwards, backwards, sideways Pathway : curved, zig-zag etc. Speed : fast, medium, slow In pairs, create sequence using at least 2 shapes and 3 forms of travel with the variations above</p> <p>Outcomes: Childrens sequences demonstrate different forms of gymnastic travelling</p>
<p>Lesson 4 Key Skills: To use travel movements on apparatus</p> <p>Activities: Recap of the following 4 forms of travel Skip Releve : walking on balls of feet Battement: Walk tall lifting legs straight out in front Front Chasse: one leg gallop and other leg catches up In small groups of 3 with one taking the lead, use benches and tables to explore ways of movement by varying: Level : high, medium,low Direction : forwards, backwards, sideways Pathway : curved, zig-zag etc. Speed : fast, medium, slow In groups, create sequence using at least 2 shapes and 3 forms of travel with the variations above</p> <p>Outcomes: Children to produce varied movement sequence using apparatus</p>	<p>Lesson 5 Key Skills: To explore balance with a partner</p> <p>Activities: Discuss balance with children Counter balance: wide base of support where partners are pushing against each other Counter tension: narrow base of support where partners are pulling away from each other Children in pairs use different body parts eg, knees, bottoms, shoulders etc Also different directions: sideways, back to back etc In pairs children produce a sequence to include 2 shapes, 2 forms of travel and 2 partner balances</p> <p>Outcomes: Children can show different types of partner balance</p>	<p>Lesson 6 Key Skills: To explore partner balances using apparatus</p> <p>Activities: Recap of different types of balance from last week. Children in pairs use different body parts eg, knees, bottoms, shoulders etc Also different directions; sideways, back to back using apparatus including benches, nesting tables. Balances can be partly on apparatus or over the top of the apparatus keeping contact with the floor. In pairs children produce a sequence to include 2 shapes, 2 forms of travel and 2 partner balances while using apparatus Practice, evaluate and perform the sequence.</p> <p>Outcomes: Children perform a sequence including partner balances using apparatus</p>
<p>Resources: Gymnastic mats (sufficient to be used by pairs), benches, nesting platform tables, large apparatus wallbars</p>	<p>After school club</p>	<p>Out of school links</p>

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<p>Lesson 1 Key Skills: To revise and improve quality of rolls</p> <p>Activities: Rock and roll to shoulder and return to stand Where appropriate, move to forward roll Remind: hands flat, head tucked in, weight on hands and shoulders, not head, keep back round to ensure a smooth roll Egg roll: starting and finishing on knees in tuck position In pairs create a sequence containing at least 2 shapes, 2 forms of travel, 1 partner balance and at least 1 roll</p> <p>Outcomes: Children to demonstrate at least one roll done proficiently</p>	<p>Lesson 2 Key Skills: To practice rolls in a sequence</p> <p>Activities: Recap forward roll and egg roll from previous week. Show good examples Remind children of teddy bear roll: straddle sit to start and finish Revise sequence from previous week and then add an extra roll into the sequence. Concentrate on using different levels, directions, speeds and pathways to improve the sequence Practice, evaluate and perform the sequence.</p> <p>Outcomes: Children to include multiple rolls along with shape, travel and partner balance in a sequence</p>	<p>Lesson 3 Key Skills: To practice jumps in floor work and include in a sequence</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, straddle and pike. With partner, practice assisted jumps supporting at the waist to form shapes. Practice rotation jumps: 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 Split leap(include split position in the air) In pairs create sequence containing at least 2 shapes, a form of travel, a balance and 3 different jumps</p> <p>Outcomes: Children to produce a sequence involving travel, balance, jumps and shapes.</p>
<p>Lesson 4 Key Skills: Jumping using apparatus</p> <p>Activities: Revise 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 small groups of 3/4 revise sequence ideas from previous week but this time to include use of apparatus</p> <p>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(individual and shared balances), rolls, jumps, climbing and hanging Discuss mirror and canon(same action followed by another doing the same) Allow approx 5 mins on each station. Children to consider putting together a sequence which includes at least 6 gymnastics actions on each set of apparatus which can be practised and will be needed for use the following week.</p> <p>Outcomes: Children to demonstrate a range of gymnastic actions at different stations</p>	<p>Lesson 6 Key Skills: To perform a sequence for others on a chosen 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 given time to practice their sequence and evaluate before the final performance. Remind that 6 elements must be included in the performance and that will be considered by anyone 'judging'</p> <p>Allow time for a final performance from each group at their chosen station. Introduce some elements of class judging if appropriate</p> <p>Outcomes: Children to practice, evaluate, improve and perform a sequence</p>
<p>Resources: Gymnastic mats (sufficient to be used by pairs), benches, nesting platform tables, large apparatus wallbars</p>	<p>After school club</p>	<p>Out of school links</p>