

### **Unit Purpose**

The unit of work will **develop** pupils' ability to apply 'champion gymnastics' as they explore movements and balances in **wide**, **narrow** and **curled** ways on the floor and on apparatus. Pupils will **transition** between the theme words as they move and develop simple sequences, linking movements together.

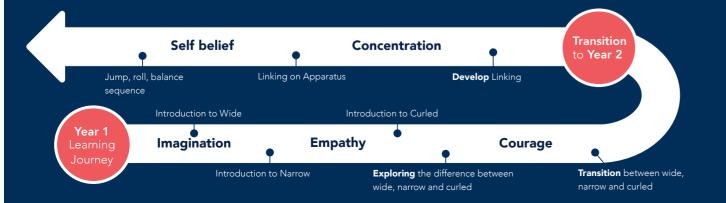
#### Inspire Me

**Did you know...** that the Ancient Greeks used to prepare their young men ready for war by doing gymnastics!



## **Key Success Criteria**

- P Pupils will be able to move and balance in wide, narrow and curled ways, applying champion gymnastics criteria, on the floor and on apparatus.
- **c** Pupils will experiment moving in a variety of wide, narrow and curled ways understanding the differences between each type of movement.
- **S** Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.
- w Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.



# **66** Vocabulary for Learning

**Champion Gymnastics:** 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.

**Wide:** This means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement.

**Narrow:** This means moving or balancing in ways where the body stretchs (arms and legs) vertically away from the centre of the body. For example, a pencil jump is a narrow way of moving.

**Curled:** This means to move or balance rolling our body up tightly. A forward roll is an example of moving in a curled way.



## **Sport Specific Vocabulary**

**Transition:** The term transition means to move into and out of basic movements, actions or balances.

**Interesting:** This means pupils are thinking and being creative.

**Linking:** This means successfully adding two movements together so that they flow one after the other.

