

MOVING EDSTART

Year 2 - Gymnastics Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- **Confidently travel on their feet in different ways and recognise directions**
- **Change the way they are travelling in a controlled manner**
- **Hold a balance on small parts of their bodies (Feet/hands)**
- **Balance upon small body parts and be able to show a variety of different shapes**
- **Balance upon large body parts and know how to vary the shape of the balances**
- **Show balances where different parts of their bodies are at the top of the balance**
- **Show different types of rolls in stretched and curled shapes**
- **Talk about what they are doing and use the correct vocabulary**

Learning Objective

Learning Outcomes

1 To confidently travel in different ways using small and large body parts; making wide, thin, tall, and curled body shapes

Children can:

- Listen to instructions and engage themselves in activity and use space safely
- Show a variety of shapes whilst being under control
- Move using small and large parts of the body safely
- Walk, stride, bounce and hop on feet or hands and feet and slide on different body parts
- Have control when moving at speed and changing direction

2 To balance upon small and large body parts and be able to vary the shape and height of the balances

Children can:

- Vary the types of balances they can perform
- Know which small parts of the body can take weights and show high and low balanced positions
- Use different parts of the body to balance
- Balance with different parts of their bodies being at the top of the balance

3 To show various types of rolls and be able to show rolling sideways in curled and stretched shapes

Children can:

- Roll safely and under control in a variety of different ways
- Know and understand the safety implications involved in various types of rolling and be able to show rolling sideways in curled and stretched shapes

4 To balance upon large body parts and know how to vary the shape of the balances

Children can:

- Know the difference between small and large body parts
- Vary the shape of a balance whilst being under control

5 To know, understand and show how to jump, land and sink down and add turning jumps, e.g. $\frac{1}{4}$, $\frac{1}{2}$

Children can:

- Safely jump, hop and bounce from one position to another
- Jump from one foot to two feet and from one foot to the other foot and understand how to land safely
- Twist from two feet to two feet under control

6 To link together 4-5 basic moves in a short sequence

Children can:

- Show what they have remembered throughout the term and can show this through a short routine/sequence

Assessment Mark

Requirements

Working Towards

- Understand basic ways to travel
- Retain key information
- Use fundamental shape
- Can perform a range of individual balances

On Target

- Can perform a range of rolls (Log & Egg)
- Know which small parts of the body can take weights and show high and low balanced positions
- Can travel in different ways (Stepping – straight and bent leg. Leaping – scissor and cat)
- Can talk about what they are doing and use the correct vocabulary
- Utilises space in order to achieve success
- Can safely jump, hop, and bounce from one position to another

Above Target

- Can link gymnastics skills effectively
- Have control when moving at speed and changing direction
- Able to create and perform gymnastic routines (4/5 elements)
- Can perform advanced gymnastics skills (E.g. cartwheel, round off, walk overs, etc.)

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.