



Prior Learning					
Children will build upon the 'Gym Sequences' unit that they looked at in Year 3/4.					
Key vocabulary for this unit					
Star Dish Arch	Symmetrical Asymmetrical Balance Shape Sequence	Balance Sequence Points of balance Level Direction Rotation Dynamic movement Rolling Bridging	Counterbalance Tension Push Pull extend	Canon Unison Balance Sequence Moves Technique	Balances Movements Sequences Symmetrical Asymmetrical Canon Unison Counterbalances Rolls Twists Bridging Dynamic movement Evaluate (critique)
Learning Sequence					
<b>1. To identify and practice body shapes and balances</b>		Perform new gymnastic moves with control and accuracy. Recap on linking moves and understand how they will be used in developing sequences.			
<b>2. To identify and practise symmetrical and</b>		Learn how to work co-operatively with a partner to produce a sequence. Learn how to link moves together with fluency and good body tension.			

<b>asymmetrical body shapes</b>	
<b>3. To use and refine the following skills: flexibility, strength, balance, power and mental focus. To develop skills for movement, including rolling, bridging and dynamic movement.</b>	Learn how to work co-operatively with a partner to produce a sequence. Learn how to link moves together with fluency and good body tension.
<b>4. To use counterbalances and incorporate them into a sequence of movements.</b>	Learn new counterbalance skills with a partner. Include counterbalance skills in a short sequence. Understand the value of posture and body tension when performing.
<b>5. To perform movements in canon and union.</b>	Complete a sequence of balance and moves at the same time as a partner, in unison. Complete a sequence of balances and moves before or after a partner, in canon.
<b>6. To perform and evaluate own and others' sequences.</b>	Make up longer sequences and perform them with fluency and clarity of movement. Develop the skill of critique, including the ability to identify strengths and areas for improvement.
<b>Assessment milestones</b>	
<ul style="list-style-type: none"> <li>• Create a repeating pattern of shapes and balances.</li> <li>• Create a short sequence including symmetrical and asymmetrical shapes at varying levels.</li> <li>• Refine symmetrical and asymmetrical balance sequences and include movements that involve travelling on all fours.</li> <li>• Create a sequence of counterbalances, linked by engaging movement patterns.</li> <li>• Perform sequences.</li> </ul>	