

Year 2 Gymnastics: Create and perform simple sequences

Spring 1

Sequence of Learning:

- Devise and perform a **sequence** using different body shapes;
 - To perform powerful **jumps**;
- To explore **transitions** between one element and another;
 - To explore different shapes at different **levels**;
- Explore and choose appropriate **speed** for the elements being performed;
- Learn how to suggest ways of improving my own and others' performance.

National Curriculum Key Skills:

Become increasingly confident and competent in fundamental agility, balance and co-ordination (ABCs) in relation to gymnastic activity.

To develop and perform simple sequences

Use different speeds, levels, directions and pathways

Equipment needed:

Mats, hoops, wall bars, low apparatus, ropes, cones, beanbags, activity cards

Key Vocabulary

| | |
|-------------------|--|
| speed | How fast will your body move? |
| control | Strong movements |
| combine | Join 2 or more movements |
| level | Height of movements- high, medium, low |
| power | Use of force in movement |
| perform | Show others your best sequence |
| transition | |

Key Questions:

What did you like about another person's sequence?

How could you show different levels in a sequence?

Final Outcome:

To perform a movement sequence, using 4-6 elements demonstrating a change in levels and speed..

Judge using a scoring system.