



Subject	PE	Theme	Indoor	Term	2-4
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What should I already know?

Gymnastics: Master basic movements including jumping as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities such as gymnastics.

What should I already know?

Dance : perform dances using simple movement patterns

Knowledge

Gymnastics

- I know how to travel in different ways and can balance using different parts of my body.
- I know how to travel around on hands and feet. eg bear, frog, bunny hop, caterpillar and crab.
- I know how to perform a variety of jumps
- I know how to take off and land correctly with control.
- I know how to add jumped into a sequence with travelling.
- I know how to perform travelling and jumping skills on a piece of apparatus.
- I know how to perform a teddy bear roll
- I know how to perform a pencil roll.

Knowledge

Dance

- I know that I can learn to move to music in time.
- I know that I need to practise movements to create a polished performance.
- I know that different music will require different movements and speeds.
- I know how to create an individual movement and then combine with others to create a sequence involving pairs or small groups
- I know how to dance using a partner and develop so that I include mirroring, opposites and follow-the-leader.
- I know that I can work in a pair to select actions and make a repeated pattern.
- I know how to work as a small group to learn a specific set routines concentrating on timing.
- I know how to practise and perfect a synchronised performance to be filmed and evaluated.

Key Vocabulary

Travel = go from one place to another, typically over a distance of some length.

Jump – push off a surface and into the air by using the muscles in one's legs and feet.

Land – a non-wobbling finish off an apparatus or at the completion of a jump.

Control – to have good body tension and when stopping, be able to hold still.

Sequence = a set of related events, movements, or items that follow each other in a particular order.

Teddy bear roll – Rolling sideways across your back and shoulders in a seated straddle position.

Pencil roll – rolling by lying down on the back or front with the body outstretched.

Key Vocabulary

Movement - is any human movement included in the act of dancing.

Performance – a sequence that is rehearsed so that an audience is entertained.

Creating a sequence – sequence dancing is a form of dance in which a pattern of movements is followed

Mirroring - this technique requires dancers to do the same travel, jump, shape or balance at exactly the same time.

Opposites – using natural opposition eg left arm and right leg at the same time.

Synchronised – dance that is performed with great co-ordination and precision.