

# Lowton C of E High School PE Department Scheme of Work

SMSC – M1 SO3

<b>UNIT</b>	Gymnastics	<b>Band</b>	B
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<b>Learning Outcomes Lower Band B</b>	<b>Learning Outcomes Upper Band B</b>
I can demonstrate all previous basic moves and a handspring and forward/backward walkover with some assistance.	I can demonstrate all core moves, a forward/backward walkover, somersaults and hand springs with confidence.
I can perform the two basic vaults and the round off over the vault with some assistance.	I can perform all the core vaults with confidence and advanced vaults with assistance.
Within a floor performance I can demonstrate basic moves with a high control.	Within a floor performance I can demonstrate basic moves as well as walkover and a roll into handstand with control.
I can mount and dismount apparatus without assistance in a routine.	I can create a vaulting routine using both basic and advanced moves with control.
I can demonstrate in a performance a routine that shows awareness of body, time, music or space.	I can demonstrate in a performance a routine that shows awareness of body, time, music or space. Linking movements are now evident in routines.

Developing skills in physical activity	Practice situations	Decision making	Evaluating and Improving	Making Informed choices about healthy active lifestyles
<p>Olympic gymnastics skills applied to the appropriate discipline being assessed with <b>low tariff/intermediate tariff</b> versions of:</p> <ul style="list-style-type: none"> <li>- Take off, flight and landing.</li> <li>- Rolls – forward and backward variations (drive forward, roll to straddle, roll to handstands).</li> <li>- Perform balances using different parts of the body. Showing dance elements and effective transitions.</li> <li>- Demonstrate cartwheels, round offs, jumps/leaps, twists/pivots, steps and tumbling lines.</li> <li>- Demonstrate hand/head springs, somersaults, saltos (forwards/backwards) and walkovers.</li> <li>- Low and high tariff release/dismounts off equipment.</li> <li>- Perform basic and advanced vaults including squat and straddle, handspring, long arm, handspring over with half turn</li> </ul>	<ul style="list-style-type: none"> <li>- Planning of individual, paired and group routines.</li> <li>- Creating routines using music.</li> <li>- Produce a range of ideas for linking movements together.</li> <li>- Practice using equipment safely and effectively.</li> <li>- Perform routines to peers, identifying strengths and areas for improvement.</li> </ul>	<p>Pupils will make and be guided on decisions such as:</p> <ul style="list-style-type: none"> <li>- Composing their routine.</li> <li>- Responding to, and interpreting music.</li> <li>- Selecting actions which allow the routine to flow.</li> <li>- Using body awareness to move effectively, smoothly and precisely.</li> <li>- When to use flight.</li> <li>- Using appropriate acceleration/deceleration of movements.</li> <li>- Using special awareness to determine how to make the most of the space that you have.</li> <li>- Select correct choice most of the time.</li> </ul>	<ul style="list-style-type: none"> <li>- Pupils will evaluate their own and others performance and suggest ways of improving performance.</li> <li>- Help pupils to identify what aspects of techniques are aesthetically pleasing and what needs to be improved.</li> <li>- Develop the ability to replicate actions/moves from a perfect model.</li> <li>- Develop the ability to describe how a move is performed.</li> <li>- Understand what is meant by quality of movement, control and fluency.</li> </ul>	<ul style="list-style-type: none"> <li>- Pupils will be able to lead a warm up to a small group (some will have confidence to lead larger groups).</li> <li>- They will recognise the benefits of regular exercise towards gymnastics.</li> <li>- Understand the importance of specificity and progression in gymnastics training.</li> <li>- Extend knowledge of muscle terminology.</li> <li>- Understanding of antagonistic muscles.</li> <li>- Introduction of major bone names within body when stretching.</li> </ul>

on/off, round off over vault, long arm with full twist, any vault from FIG code of points with effective run up, use of spring board and dismount.

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