



GYMNASTICS		POINTS AND PATCHES	
Learning Objectives: <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 			
Theme: Balance - Points and Patches			
Core Knowledge		Famous Gymnasts	
<p>Gymnastics is a sport in which we do exercises that need strength, flexibility and control.</p> <p>In gymnastics we may need to use lots of different skills – jumping, running, stretching, balancing etc</p> <p>In KS1 gymnastics we learn basic skills of travelling in different ways. We also consider how to balance and jump and roll with control. We put our ideas together into sequences.</p> <p>We learn how to perform movements safely, build our confidence and respond to feedback.</p>		<p>Jake Jarman Jake Jarman (born 3 December 2001) is an elite gymnast from Peterborough, competing for Great Britain, He is the first English male gymnast to win four gold medals at a single Commonwealth Games.</p> 	
Vocabulary		Development Of Skills	
<p>Apparatus - the technical equipment or machinery needed for a particular activity or purpose.</p> <p>Sequence – a particular order in which related things follow each other.</p> <p>Balance - Keeping a steady position using parts of the body to keep contact with the floor</p> <p>Control - Ensuring that the body is moved in a tidy and purposeful manner</p> <p>Patches - large body parts, like our front, back and shoulders</p> <p>Points - small body parts, like our hands, feet and elbows.</p>		<p>Physical Me: (Skills) I can perform basic gymnastic actions, including travelling, rolling, jumping and climbing, and stay still when required. I can manage the space safely, showing good awareness of others, mats and apparatus.</p> <p>Creative Me: (Applying skills) I can link and repeat basic gymnastic actions. I can perform movement phrases with control and accuracy.</p> <p>Healthy Me: (Healthy lifestyles) I know when my body is active and I can talk about the difference between tension and relaxation.</p>	
		Specific Skills	
		 <p>Exploration and identification of body parts capable of taking weight for balancing Which are the small body parts? Balance on different combinations of small body parts Identify large body parts upon which to balance Combine large and small body parts to balance on Partner work – creating a balanced position for your partner to travel over and under Travelling on small points of the body and large patches of the body. High and low. Different speeds. Join two balances smoothly</p> <p>All ideas should begin as floor work and then be transferred to apparatus at every stage. On the apparatus – under and beneath.</p>	

<p>Body Tension - Holding the body tight in a controlled manner, often with pointed toes.</p>	<p>I can carry and place appropriate apparatus safely, with guidance Thinking Me: (Evaluation) I can copy a partner's sequence of movement. I can watch and describe accurately a short sequence of basic gymnastic actions, using appropriate language.</p>	<p>To help children understand about body tension in balances – whichever parts of the body are not on the floor/apparatus should be stretched out as far as possible. Tight bodies and pointed toes.</p> <p>Resources – Val Sabin Lesson plans</p>
<p>Prior Knowledge</p>		
<p>EYFS This is the first time children will be formally taught about balancing</p> <p>Children will have practised stretching in Reception</p> <p>They will also have travelled on different body parts.</p> <p>They will have used outdoor equipment – but this will be the first time that they will have used PE apparatus in the hall.</p>	<p>Safety</p> <p>Wear PE kit Remove all jewellery (tuck in any religious jewellery) Earrings should only be studs. Long hair must be tied back. Have bare feet Use correct techniques. Complete a warm-up and cool-down in each lesson. Make sure that apparatus is set up correctly and safely Make sure that apparatus is carried safely</p>	
<p>End Point Expectations</p>		
<ul style="list-style-type: none"> • Know what points are • Know what patches are • Know how to make a balance have tension • Can balance on the floor and on apparatus • Can work with a partner • Can join two balances together • Can travel on different body parts • Can explore apparatus • Can travel around the room between apparatus 		