



Games		PATHWAYS	
Learning Objectives: 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: Pathways – Straight, Zig Zag, Curving			
Essential Knowledge		Key Vocabulary	Prior Knowledge
Gymnastics is a sport in which we do exercises that need strength, flexibility and control. In gymnastics we may need to use lots of different skills – jumping, running, stretching, balancing etc 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. We learn how to perform movements safely, build our confidence and respond to feedback Rhythmic gymnastics is a sport in which gymnasts perform on a floor with an apparatus: hoop, ball, clubs, ribbon or rope. The sport combines elements of gymnastics, dance and calisthenics; gymnasts must be strong, flexible, agile, dexterous and coordinated.		Travel - Moving of body in a variety of ways, direction and height Apparatus - the equipment used to do gymnastics Space - where nothing is in the way Levels - the height at which the action is performed Pathway - the invisible trail travelled on by a gymnast when they perform gymnastics actions from one place to another across the floor over, along, around, under apparatus. Pathways can be straight, curved, zig-zag, etc Sequence - gymnastics actions such as jumps, balances and travel actions performed one after the other, linked together smoothly on floor & using apparatus.	Year 1 Travelling around the room on different body parts Travelling in different ways – hopping, jumping, skipping, bouncing
End Point Expectations		Development Of Skills	Specific Skills
<ul style="list-style-type: none">• Can travel in straight lines• Can travel in curved pathways• Can travel in zig zag lines• Can work with a partner following different pathways• Can explore apparatus• Can travel around the room between apparatus		Physical Me: (Skills) I can perform a range of actions with control and coordination. I can accurately repeat sequences of gymnastic actions. Creative Me: (Applying skills) I can devise, repeat and perform a short sequence in which there is a clear beginning, middle and end.	Experiencing and identifying different patters or pathways on the floor – straight, zig zag and curving Identify the different directions of different pathways Making pathways on the floor which are large and small Travelling on the pathways with high or low movements Experimenting with different movements Find appropriate movements to travel different shaped pathways e.g run and turning jump repeated several times will create a zig zag pathway

	<p>I can use different combinations of floor, mats and apparatus, showing control, accuracy and fluency.</p> <p>Healthy Me: (Healthy lifestyles)</p> <p>I can say whether my heart is beating fast or slow, whether my breathing is normal or puffed, and whether I feel hot, warm or cool.</p> <p>I can recognise and avoid risks when handling and placing apparatus.</p> <p>Thinking Me: (Evaluation)</p> <p>I can describe my own or my partner's sequence accurately.</p> <p>I can choose one aspect of my sequence to improve, and say how to improve it.</p>	<p>Partner work. Follow my leader showing different shaped pathways and appropriate movements for travelling on them</p> <p>Key questions: What are pathways? What different types of pathways are there? How many ways can you travel? How can you travel along 'S' curved pathways? Can you link pathways together smoothly? What is following / leading? How can you travel over & under apparatus safely? Do you remember how to work with a partner? How did you decide which actions to use?</p> <p>All ideas should begin as floor work and then be transferred to apparatus at every stage.</p> <p>On the apparatus – under and beneath.</p> <p>Resources – Val Sabin Lesson plans</p>
	Safety	
	<p>Wear PE kit</p> <p>Remove all jewellery (tuck in any religious jewellery) Earrings should only be studs.</p> <p>Long hair must be tied back.</p> <p>Have bare feet</p> <p>Use correct techniques.</p> <p>Complete a warm-up and cool-down in each lesson.</p> <p>Make sure that apparatus is set up correctly and safely</p> <p>Make sure that apparatus is carried safely</p> <p>Bend your knees when you land</p>	