



Physical Education Gymnastics Foundation

Unit Purpose

The unit of work will **explore** 'champion gymnastics'. Pupils will create movements and balances in **high** and **low** ways on the floor and on apparatus. Pupils will self select where to work, exploring movements and balances and start to identify features of other pupil's work.

Inspire Me

Did you know... that women were not permitted to compete in gymnastic events until the 1920s!



Key Success Criteria

- (P)** Pupils will be able to move and balance in high and low ways, applying champion gymnastics criteria, both on the floor and on apparatus.
- (C)** Pupils will experiment moving their bodies in a variety of ways on the floor and on apparatus.
- (S)** Pupils will begin to develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.
- (W)** Pupils will begin to show self belief as they travel with confidence, over, under and through apparatus.

Vocabulary for Learning

Champion Gymnastics: 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.

Shapes: Another word for balancing. Pupils must hold a shape still.

High: This means moving or balancing in ways where the body is high up away from the floor. For example jumping, hopping or skipping.

Low: This means moving or balancing in ways where the body is low to the floor. For example sliding, rolling or crawling.

Over: This refers to when the body is moving over the top of a piece of apparatus.

Under: This refers to when the body is moving underneath a piece of apparatus.



Sport Specific Vocabulary

Apparatus: The term apparatus refers to a piece of equipment that's used in gymnastics. For example a bench, vault or balance beam.

Transition: The term transition means to move into and out of basic movements, actions or balances.

