

Links to the PE National Curriculum

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Key Skills: Physical

- Individual point and patch balances
- Straight roll
- Barrel roll
- Forward roll
- Straight jump
- Tuck jump
- Star jump
- Rhythmic gymnastics

Key Skills: S.E.T

- Social: Collaboration
- Social: Communication
- Social: Respect
- Emotional: Confidence
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying actions
- Thinking: Evaluating and improving



Ways to improve a sequence

- **Starting and finishing position:** Include a starting and finishing position.
- **Level:** Use a variety of levels. Can you explore that balance, shape, jump on a different level?
- **Action:** Include a variety of actions such as a jump, balance, travel, shape.
- **Balance:** Hold your balances with good extension and clear shapes for 3 - 5 seconds.
- **Body tension:** Squeeze your muscles to create and hold strong clear shapes.
- **Direction:** Vary the direction used within a sequence e.g. forwards, backwards, sideways.
- **Speed:** Vary the speed used within a sequence e.g. fast and slow.

Key Vocabulary:

- **matching** • **contrasting** • **sequence**
- **direction** • **interesting** • **flow**
- **explore** • **control** • **shape** • **create**

Teacher Glossary

- **Shapes:** E.g. tuck, pike, straddle, dish, arch, star, front support, back support.
- **Action:** The skill a gymnast uses in their sequence e.g. travel, jump, shape, balance, roll.
- **Point balance:** A balance on a small body part e.g. hands, elbows, feet.
- **Patch balance:** A balance on a large body part e.g. back, stomach, bottom.
- **Sequence:** A number of actions linked together.
- **Body tension:** Squeezing muscles to help to stay strong when performing actions. Having good body tension improves the quality of an action.