

**Final Outcome: To create a sequence on apparatus and perform to the class.**

**Component 6: To transfer sequence of movements to apparatus.**

**What we will know after this sequence:**

- To perform a sequence on apparatus
- To make changes to a sequence to ensure movements flow.

**Vocabulary:** Sequence, roll, balance, travel

**SEN:** teacher examples, modelling, teacher support.



**Component 4: To explore how one movement can link to another smoothly.**

**What we will know after this sequence:**

- To copy examples of linked movements
- I can link rolls, jumps and travelling movements together
- To choose linking movements.

**Vocabulary:** Balance, roll, travel

**How will this feed into my next learning:**

- To compose a short sequence of movements.

**SEN:** Use sideways rolls and balances with a larger number of body parts in contact.



**Component 5: To compose a short sequence of movements.**

**What we will know after this sequence:**

- To join movements together and show changes of direction.
- To give feedback to others using key words.

**Vocabulary:** Travel, jump, balance, roll, sequence

**How will this feed into my next learning:**

- To transfer sequence of movements to apparatus.

**SEN:** teacher examples, modelling, teacher support.



**Component 3: To develop jumping to show shapes in the air.**

**What we will know after this sequence:**

- To copy simple jumps from 1 and 2 feet.
- To perform jumps in different shapes.
- To link 3 or more jumps together.

**Vocabulary:** Safety, jumping, shapes

**How will this feed into my next learning:**

- To explore how one movement can link to another smoothly.

**SEN:** Focus on safe landing and basic jumps.



**Component 2: To improve rocking and rolling and learn how to perform a forward roll.**

**What we will know after this sequence:**

- To rock back and forwards with control
- To rock to standing
- To attempt a forwards roll
- To perform forwards roll on an incline and mat.

**Vocabulary:** Rolling, tuck, straight

**How will this feed into my next learning:**

- To develop jumping to show shapes in the air.

**SEN:** Teacher support



**Component 1: To explore different ways of rolling and rocking.**

**We should know:**

- Basic travelling movements.
- Some may know different rolls.

**What we will know after this sequence:**

- How to perform a log roll

**How to perform an egg roll**

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- The straight and tuck position.
- To explore creative starting positions.

**Vocabulary:** Rock, roll, log roll

**How will this feed into my next learning:**

- To improve rocking and rolling and learn how to

**SEN:** Rocking – use a partner to help to stand.

Rolling – use beanbag to help keep tuck shape.

