

**Week 6:**

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

- How to improve their initial sequence based on feedback from the class.
- How to adapt the sequence to include changes of level on apparatus.
- How to vary the speed and direction of the routine once apparatus is involved.



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**Vocabulary:**

Control, creativity, focus, fluency

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

Pupils will perform a gymnastics sequence involving changes of level, speed and direction on apparatus.

**Week 4:**

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

- How to perform 1-4 point balances on large and small body parts with control.
- How to move into and out of balances smoothly.
- How to hold challenging balances and remain controlled throughout.

**Vocabulary:**

Balance, strength, control, smooth

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

Children will improve the quality of their actions and then observe and critique the performance of others.

**SEN:**

Perform balances on larger body parts to aid stability.

**Week 5:**

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

- How to create and remember a sequence of 4 or more actions.
- How to develop a clear beginning, middle and end.
- How to comment on the differences seen between performances.

**Vocabulary:**

Control, quality, extension, body tension

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

Children will incorporate apparatus into their sequence.

**SEN:**

Children to use my routine as a base to create their own by making slight adaptations.

**Week 3:**

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

- How to demonstrate control and accuracy when rolling.
- How to link the rolls in a smooth sequence.
- How to incorporate rolling along or from apparatus.

**Vocabulary:**

Creativity, apparatus, observation, evaluation

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

This understanding will be applied to creating a short sequence of rolls that can be performed to the class.

**SEN:**

Sideways rolling, repetition of the same type of roll in a sequence rather than using all 4 skills.



**Week 2:**

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

- How to copy and repeat rolls when working with a partner.
- How to work co-operatively to choose the best rolls.
- How to perform a sequence of more than 4 rolls linked together with good clarity of shape and timing.

**Vocabulary:**

Forwards roll, sideways roll, log roll, teddy bear roll.

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

Pupils will then create a sequence of rolls to allow them to travel in different pathways.

**SEN:**

Use a slope to roll down.

**Week 1:**

**We should know:**

How to do a sideways roll.

That it is important to keep limbs tucked in when rolling.

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

- How to demonstrate a number of rolls.
- To be able to show control and accuracy when rolling forwards and sideways.
- How to roll from different starting and finishing positions.

**Vocabulary:**

Sideways roll, forwards roll, tuck, pike

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

Children will then look at improving their technique when rolling and applying this to a paired sequence.

**SEN:**

Use an incline/decline to help with the rolls.

