

Prior Learning

Created longer and more complex sequences and adapted performances. Taken the lead in a group when preparing a sequence. Can develop symmetry. Can compare performances and judge strengths and areas for improvement.

Unit Focus

Demonstrate accuracy, consistency, and clarity of movement. Arrange own apparatus to enhance work and vary compositional ideas. Experience flight on and off high apparatus.

We are learning...

1. to use controlled flight onto high apparatus.
2. to dismount from high apparatus.
3. to develop a short sequence using flight in canon formation.
4. to incorporate equipment such as hoops and balls into a group sequence.
5. to create a paired flight sequence using both canon and unison.
6. to create and perform a 6-element sequence to music.

Key Questions

1. How did the warm-up help your performance?
2. Why do unison and canon work well together in a sequence?
3. What different ways can you include a hoop, ball, beanbag, throw down spots or balls in a sequence?

Equipment

Mats, hoops, cones, wall bars, beanbags, low apparatus, action cards, table tops, box tops.

Vocabulary

Flight, consistent, vault, vaulting sequences, combinations, direction, dismount.

Concepts

The vault is a piece of artistic gymnastics apparatus that gymnasts perform on, as well as the skill performed using that apparatus. Vaulting is also the action of performing a vault. Both male and female gymnasts perform the vault.

Assessment Overview

Head - Identify strengths and weaknesses of a performance.

Hand - Experience flight on and off apparatus.

Heart -Lead group warm up demonstrating the importance of strength and flexibility.

