

Unit Purpose

The unit of work will **challenge** pupils to explore different ways that they can **link** movements and balances together.

Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus focused on; jumps, rolls and balances.

Inspire Me

Did you know... that the youngest gymnast to compete at an Olympic Games was 10 year old Dimitrios Loundras. She competed at the 1986 Olympic games in Athens and won a bronze medal.



Key Success Criteria

- P** Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.
- C** Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.
- S** Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.
- W** Pupils will confidently demonstrate self belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances.

Vocabulary for Learning

Champion Gymnastics: Champion refers to pupils being silent, pointing their fingers and toes and are still when they make shapes/balances.

Linking: This means successfully adding two movements together so that they flow one after the other.

Flow: This is when a gymnast moves from one action to another without stopping.

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



Sport Specific Vocabulary

Jump: Is a method of moving where a gymnast pushes themselves off of a surface and into the air creating a moment of flight.

Roll: Is a method of moving where a gymnast completes rotation of their body on the ground.

Sequence: This is a combination of controlled movements, balances or actions that have been added (linked) together in a particular order.

