** Meerkats – PE – Gymnastics**

***Key skills to do:***

* Develop the range of shapes they use in their sequences.
* Develop strength in bridge and shoulder stand.
* Develop control and fluency in individual and partner balances.
* Develop the straight, barrel, forward and straddle roll and perform with increased control.
* Develop control in performing and landing rotation jumps.

***Key Skills:***

Physical:

* Individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand.

Social:

* Responsibility, collaboration, communication, respect

Emotional:

* Confidence.

Thinking:

* Observing and providing feedback, selecting and applying action, evaluating and improving.

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| ***Words to know and spell (Tier 2 Vocabulary)*** |
| Level | Action | Balance |
| Body Tension | Direction | Speed |
| Pathway | Technique | Sequence |
| Perform | Shape | Roll |

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| ***Words to understand and spell (Tier 3 Vocabulary)*** |
| **Inverted Movement** | An action where the hips go above the head such as a shoulder stand, bridge or cartwheel.  |
| **Apparatus** | Equipment used in gymnastics.  |
| **Rotation** | Travelling around a centre, or axis.  |

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***Concept check questions. Test yourself:***

How does exercise help you to be healthy?

What muscles are used for this movement?

Can you prepare a sequence of movements that varies the levels and shapes?

Can you give another pair some feedback?

Why is body tension important in gymnastics?

**Year 1 – PE – Autumn 1 – Heyford Park School**