

KEY STAGE 2					YEAR 5: Gymnastics
	LESSON TITLE	Warm Up	BASIC CONTENT	Cool Down	Tops Gymnastics
1	<b>Travel and Introduction to key shapes</b>	Bean Game	Making shapes Copy cat	Simon Says	Time to travel... <i>Using hands, feet and alternate feet</i> Ship Shape... <i>Stretched and truck shapes</i>
2	<b>Travel and Introduction to key shapes Gym safety</b>	Bean Game	Balancing technique Carrying and placing apparatus Balancing on apparatus	Log lift	Double up.... <i>Working with a partner</i> Shape up... <i>Straddle and pike shapes</i>
3	<b>Traveling and Mapping pathways</b>	Animal Zoo	Mapping pathways	Copy cat – Extended task	Time to travel... <i>Using hands, feet and alternate feet</i> Ship Shape... <i>Stretched and truck shapes</i>
4	<b>Jumping</b>	Giant strides	Jumping technique and jumping using apparatus	Copy cat - jumping	Jumping Jacks... <i>Landings, jumps, leaps and turns</i>
5	<b>Rolling technique</b>	Trains	Rolling Rolling sequence with apparatus	Musical walking	Rock and roll... <i>Side rolls and lead up to forwards and backwards rolls,</i> Rollover... <i>Combinations of forward and backwards rolls</i>
6	<b>Recap themes and pairs sequences</b>	Trains	Twisting, skills sequence using apparatus	Musical walking	A Routine matter... <i>Introducing sequences</i> Double up.... <i>Working with a partner</i>
7	<b>Compositional elements</b>	Fox and rabbits	Compositional technique – mirror, match and contrast	Rising counter balance game	Double up.... <i>Working with a partner</i> Bottoms up... <i>Working with a partner</i>
8	<b>Compositional elements</b>	Fox and rabbits	Compositional technique – symmetry and a-symmetry Sequence	Rising counter balance game	Double up.... <i>Working with a partner</i> Bottoms up... <i>Working with a partner</i> Pick, (link) and mix... <i>Building more complex sequences.</i>
9	<b>Timing of sequences</b>	Musical statues or wake and shake	Compositional technique – Timing of sequences, with music	Rising counter balance game	Pick, (link) and mix... <i>Building more complex sequences.</i> A Routine matter... <i>Introducing Sequences</i>
10	<b>Sequences for final performance</b>	Musical statues or wake and shake	Recap compositional techniques from previous weeks Sequences	Demonstrations	Pick, (link) and mix... <i>Building more complex sequences.</i> A Routine matter... <i>Introducing Sequences</i>
11	<b>Sequences for final performance &amp; Judging criteria</b>	Choice of warm up	Recap sequences and add apparatus	Demonstrations and decide on criteria for judging	Pick, (link) and mix... <i>Building more complex sequences.</i> A Routine matter... <i>Introducing Sequences</i>
12	<b>Final performance and judging</b>	Choice of warm up	Practice sequence in preparation for final performance and perform sequence	Evaluate and choice	Pick, (link) and mix... <i>Building more complex sequences.</i> A Routine matter... <i>Introducing Sequences</i>