

Medium Term Plan: Supporting Implementation of

Subject: EYFS - Gymnastics: Unit 2

In this unit children will develop basic gymnastic skills through the topic of 'traditional tales', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when travelling and balancing.

N/C links:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Key skills:

- Physical: shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling
- Social: work safely, collaboration, share and take turns, support others
- Emotional: determination, confidence
- Thinking: comprehension, creativity, select and apply

Long-term Learning (what pupils MUST know and remember) End Goals

Gymnastics

- To confidently try new challenges.
- To combine movements, selecting actions in response to the task and apparatus.
- To confidently and safely use a range of large and small apparatus.
- To negotiate space safely with consideration for myself and others.
- To follow instructions involving several ideas or actions.
- To use movement skills with developing strength, balance and co-ordination showing increasing control and grace.
- To work co-operatively with others and take turns.

Key Vocabulary

around, balance, hold, jump, land, over, rock, roll, still, straight, through, travel

Session 1 – Theme: Jack and the Beanstalk - To create short sequences using shapes, balances and travelling actions.

Success Criteria

- Hold shapes and balances for 5 seconds.
- Squeeze your muscles when holding your shape or balance to help you to be still and strong.

Whole Child Objectives

- Social: To move safely around others.
- Emotional: To be confident to perform in front of others.
- Thinking: To choose my own shape, balance and travelling action to create a short sequence.

Vocabulary:

tuck, straight, star, pike, straddle, perform

Session 2 – Theme: Jack and the Beanstalk -To develop balancing and safely using apparatus.

Success Criteria:

- To squeeze your muscles to help you to stay still.

Whole Child Objectives:

- Social: To move safely around others.

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- Emotional: To show determination and focus when holding balances.
- Thinking: To can create interesting balances whilst using apparatus.

Vocabulary – balance, travel, direction, squeeze.

Session 3 –. Theme: Jack and the Beanstalk - To develop jumping and landing safely from a height.

Success Criteria:

- Bend your knees when landing.
- Keep your chest up tall so you don't fall forwards.

Whole Child Objectives:

Social: To show an awareness of others and take turns to keep everyone safe.

Emotional: To confidently use apparatus.

Thinking: To create a sequence using jumps, balances and shapes.

Vocabulary – straight, shape, standing, position, jump

Session 4 –. Theme: Goldilocks and the Three Bears - To develop rocking and rolling.

Success Criteria:

- Keep your legs and feet together on the straight roll.
- Stay curled up in the barrel roll.

Whole Child Objectives:

- Social: To take turns in my group.
- Emotional: To show determination to complete the tasks set.
- Thinking: To know which shapes help me to roll.

'Barrel roll' video to be shown -

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=24304>

Straight roll video to be shown –

<https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11198>

Vocabulary – arch, dish, barrel roll, straight roll, circuit, squeeze, roll

Session 5 –. Theme: Goldilocks and the Three Bears - To explore travelling around, over and through apparatus.

Success Criteria:

- Hold shapes and balances for 5 seconds.
- Travel using different body parts.

Whole Child Objectives:

- Social: To move safely when using apparatus.
- Emotional: To be confident to try new challenges.
- Thinking: To choose my own actions to travel around, over and through my hoop.

Vocabulary – travel, levels, balance, around, through

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Session 6 –Theme: Goldilocks and the Three Bears - To create sequences using apparatus.

Success Criteria:

- Hold shapes and balances for 5 seconds.
- Travel over, around and along the apparatus.
- Travel using different body parts.

Whole Child Objectives:

- Social: To help others to remember the order of actions.
- Emotional: To confidently use apparatus.
- Thinking: To create a sequence incorporating apparatus.

Vocabulary – balance, jump, roll, travel, squeeze, apparatus

Future learning this content supports:

This unit will support future gymnastics throughout KS1 and KS2. It will also support them during their summer topics which are games and ball skills helping them to transfer some key skill across. Pupils will have improved their balance, co-ordination and cooperation skills which will be used throughout both summer units.