



Unit Purpose

The unit of work will **explore** 'champion gymnastics'. Pupils will create movements and balances in **big** and **small** ways on the floor and on apparatus.

Pupils will work in pairs to **explore** creating movements and balances with a partner.

Inspire Me

Did you know... the human body has over 600 muscles. Some of these muscles control big movements such as moving the arms and legs. Other muscles control small movements, like blinking.



Key Success Criteria

- P** Pupils will be able to move and balance in big and small ways, applying champion gymnastics criteria, both on the floor and on apparatus.
- C** Pupils will experiment moving their bodies in a variety of ways on the floor and on apparatus.
- S** Pupils will begin to develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.
- W** Pupils will begin to show self belief as they travel with confidence, over, under and through apparatus.



Vocabulary for Learning

Champion Gymnastics: 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.

Shapes: Another word for balancing. Pupils must hold a shape still.

Big: This means moving or balancing in ways where the body is extended as large as possible.

Small: This means moving or balancing in ways where the body is made as small as possible.

High: This means moving or balancing in ways where the body is high up away from the floor. For example jumping, hopping or skipping.

Low: This means moving or balancing in ways where the body is low to the floor. For example sliding, rolling or crawling.



Sport Specific Vocabulary

Apparatus: The term apparatus refers to a piece of equipment that's used in gymnastics. For example a bench, vault or balance beam.

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

