

KEY STAGE 2				YEAR 6: Gymnastics	
	LESSON TITLE	Warm Up	BASIC CONTENT	Cool Down	Tops Gymnastics
1	<b>Balancing and Introduction to key shapes</b>	Bean Game	Making shapes Copy cat- mirroring Balancing technique	Recap and Simon Says	Ship Shape... <i>Stretched and truck shapes</i> Steady as a rock... <i>Standing, kneeling and large body part balances</i>
2	<b>Sequences using key shapes</b>	Bean Game	Carrying and placing apparatus Sequences using apparatus	Demonstrations Log lift	Double up.... <i>Working with a partner</i> Shape up... <i>Straddle and pike shapes</i>
3	<b>Compositional (Travel) Ideas</b>	Animal Zoo	Travel and compositional ideas Mapping pathways	Log lift	Time to travel... <i>Using hands, feet and alternate feet</i> Ship Shape... <i>Stretched and truck shapes</i>
4	<b>Flight</b>	Animal Zoo	Jumping technique Sequences using jumps	Demonstrations	Jumping Jacks... <i>Landings, jumps, leaps and turns</i>
5	<b>Rolling and twisting technique</b>	Trains	Rolling, twisting and inversion sequences	Demonstration	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>More compositional ideas</b>	Trains	Compositional techniques – Mirror, matching, contrast, cannon, unison, in sequences	Demonstrations	A Routine matter... <i>Introducing sequences</i> Double up.... <i>Working with a partner</i>
7	<b>More compositional ideas</b>	Musical statues or wake 'n' shake	Partner balances Sequences	Rising counter balance game	Double up.... <i>Working with a partner</i> Bottoms up... <i>Working with a partner</i>
8	<b>Timing of sequences</b>	Musical statues or wake 'n' shake	Recap compositional ideas Sequences including partner balances, introducing music	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	Design and use apparatus layout	Front support 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>	Choice of warm up	Recap compositional techniques from previous weeks Group Sequences around a theme	Log lift	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	Select judging criteria, group sequences and add music	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, watch video, and assess	Pick, (link) and mix... <i>Building more complex sequences.</i> A Routine matter... <i>Introducing Sequences</i>