

# Home-School Learning Collaboration – Physical Education

Topics in this cycle: KS 3 Gymnastics	Taught: Spring 1	Year Group: 7-9										
Key knowledge/concepts to be learnt ('Tell me about....')		Websites/blogs/YouTube links and further reading to deepen and consolidate learning										
<p><b><u>Methods of travelling</u></b></p> <ul style="list-style-type: none"> <li>▪ Run</li> <li>▪ Hop</li> <li>▪ Skip</li> <li>▪ Roll</li> <li>▪ Jump (1-1, 1-2, 2-2, 2-1)</li> <li>▪ Slide</li> <li>▪ Twist/turn/spin</li> </ul>	<p><b><u>Vaulting</u></b></p> <ul style="list-style-type: none"> <li>▪ Ariel shapes (tuck, pike, straddle)</li> <li>▪ Straddle on/over vault</li> <li>▪ Through vault</li> <li>▪ Gate vault</li> <li>▪ Handspring</li> </ul> <p><b>Skill/routine development:</b> Skills are enriched and extended using time, space, weight and flow.</p> <p><b>Performance skills</b></p> <table border="0"> <tr> <td>▪ Balance</td> <td>▪ Flexibility</td> </tr> <tr> <td>▪ Coordination</td> <td>▪ Mobility</td> </tr> <tr> <td>▪ Control</td> <td>▪ Posture</td> </tr> <tr> <td>▪ Extension</td> <td>▪ Strength</td> </tr> <tr> <td></td> <td>▪ Stamina</td> </tr> </table>	▪ Balance	▪ Flexibility	▪ Coordination	▪ Mobility	▪ Control	▪ Posture	▪ Extension	▪ Strength		▪ Stamina	<p>How to perform a forward roll <a href="https://youtu.be/z6w_9TPKUlk?si=hsILX8TLw4XJOOAx">https://youtu.be/z6w_9TPKUlk?si=hsILX8TLw4XJOOAx</a></p> <p>How to perform a backward roll <a href="https://youtu.be/U_scqEjjZbM?si=YmQdyxjGpnL55zpt">https://youtu.be/U_scqEjjZbM?si=YmQdyxjGpnL55zpt</a></p> <p>How to perform a teddy roll <a href="https://youtu.be/uL-IUmpG8qU?si=2uUcfDEO723APY4k">https://youtu.be/uL-IUmpG8qU?si=2uUcfDEO723APY4k</a></p> <p>How to perform a handstand <a href="https://youtu.be/75l2rzBPLw?si=Wp1UI0sexDgD4M49">https://youtu.be/75l2rzBPLw?si=Wp1UI0sexDgD4M49</a></p> <p>How to perform a headstand <a href="https://youtu.be/MKFo19bn1kE?si=L6NwHGBPjTnDoWG3">https://youtu.be/MKFo19bn1kE?si=L6NwHGBPjTnDoWG3</a></p> <p>How to perform a cartwheel <a href="https://youtu.be/QekxmXu2-Pc?si=7TjXbQR5Z_2WgNH2">https://youtu.be/QekxmXu2-Pc?si=7TjXbQR5Z_2WgNH2</a></p> <p>Basic vaulting technique <a href="https://youtu.be/NVT5kUULbio?si=z502UTsBnpMS6DIX">https://youtu.be/NVT5kUULbio?si=z502UTsBnpMS6DIX</a></p> <p>Through vault <a href="https://youtube.com/shorts/MMCuFDnIJNc?si=G0dEY_crj0I3vmc0">https://youtube.com/shorts/MMCuFDnIJNc?si=G0dEY_crj0I3vmc0</a></p> <p>Performance Simone Biles floor routine <a href="https://youtu.be/_FBdDwpfH4I?si=edSODg3xmko75fLV">https://youtu.be/_FBdDwpfH4I?si=edSODg3xmko75fLV</a></p> <p>10 hardest gymnastic moves <a href="https://youtu.be/lbDHgDhU9_0?si=UgkQzm1yBAh8AQos">https://youtu.be/lbDHgDhU9_0?si=UgkQzm1yBAh8AQos</a></p> <p>Beam routine <a href="https://youtu.be/2DwvJdOsKOg?si=x8--81dlnu4KNdh3">https://youtu.be/2DwvJdOsKOg?si=x8--81dlnu4KNdh3</a></p>
▪ Balance	▪ Flexibility											
▪ Coordination	▪ Mobility											
▪ Control	▪ Posture											
▪ Extension	▪ Strength											
	▪ Stamina											

# Home-School Learning Collaboration – Physical Education

Key Vocabulary and Definitions to Be Learnt		What Will the Assessment Look Like?
<b>Apparatus</b>	Gymnastics equipment used such as - Beam, Vault, Springboard, Trampette, Box, Mats, Benches,	Students will be graded using the criteria: <ul style="list-style-type: none"><li>• Beginning</li><li>• Approaching</li><li>• Secure</li><li>• Exceeding</li></ul>
<b>Balance</b>	When the centre of gravity is over the base of support. There are two types of balance: 1 Static balance – involves maintaining a desired shape in a stationary position (e.g. handstand in gymnastics); and 2 Dynamic balance – involves the control of the body as it moves in space.	
<b>Canon</b>	Perform the same movement one after the other	
<b>Flight</b>	Momentary suspension in the air during a skill	
<b>Floorwork</b>	Gymnastics event in which movements are performed on the floor in a specific matted area	
<b>Flow</b>	When a gymnast moves from one action to another without stopping.	<b>Family Learning Opportunities</b>
 <b>Pike</b> <small>pike</small>	A straight legged position, with a maximum flexion at the hips	North Birmingham Gymnastics Club <a href="#">NBC Gymnastics</a> Coleshill Road, Sutton Coldfield, West Midlands, B75 7FS. 0121 679 8632 
<b>Rotation</b>	A variety of movement patterns that require the body to move through space around its own axis, such as twisting, rolling, turning, and spinning	
 <b>Space</b>	The area a gymnast has to perform in	G.M.A.C Walsall Road Perry Barr Birmingham B42 2LR <a href="#">Gymnastics – Birmingham Alexander Stadium (alexander-stadium.co.uk)</a>
 <b>Straddle</b> <small>straddle</small>	A position where the legs are split sideways.	
<b>Timing</b>	Has different contexts in gymnastics ; Could be performing in time with music, partner, group. Correct execution of a skill would have good timing so looks aesthetically pleasing.	
<b>Travel</b>	Different ways of moving around the gym using different skills and apparatus	
 <b>Tuck</b>	Position where knees are bent, and the upper legs close into the body.	

## Home-School Learning Collaboration – Physical Education



<b>Unison</b>	Perform the same movement at the same time as others.	
<b>Weight</b>	Using different parts of the body to take the weight of your body to perform a skill. For example, handstand, headstand, cartwheel.	