

**Prior Learning:** Developed body management. Used core strength to link elements. Attempted to use rhythm while performing a sequence.

**Unit Focus:** Modify actions independently using different pathways, directions and shapes. Consolidate and improve movements and gymnastics actions. Relate strength and flexibility to actions. To use basic compositional ideas.

**Equipment needed:** Mats, hoops, cones, wall bars, bean bags, low apparatus, ropes, action cards.



Key Vocabulary/Skills	
Contrasting shapes.	Fluency, contrasting, unison, low, combinations, full turn, half- turn, flexibility, compositional ideas, healthy active lifestyle.
Body control when rolling.	
Jumps.	
Partner unison.	
Patterns.	

**Head:** Identify similarities and differences in sequences.

**Hand:** Perform sequences with contrasting actions.

**Heart:** Explain why strength and flexibility important in maintaining a healthy active lifestyle.

**Key Questions:**

1. How do you perform a sequence in unison?
2. How can you adapt a sequence to include contrasting shapes?
3. Where are you showing strength in your sequence?

**Concepts:**

Unison is the simultaneous performance by two or more people to complete a gymnastics action such as a roll at the same time or hold a balance.

