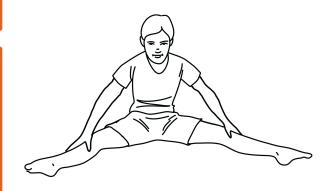
THE PE HUB

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,
Body control when rolling.	unison, low, combinations, full turn, half- turn, flexibility,
Jumps.	
Partner unison.	compositional ideas,
Patterns.	healthy active lifestyle.

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.

