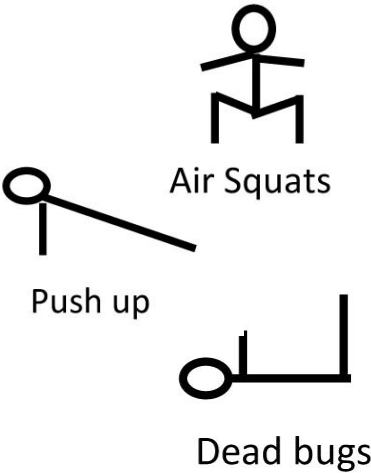


**Prior Learning:** Increasingly competent and confident to perform skills with consistency. Can perform in time with a partner and group. Used compositional ideas in sequences.

**Unit Focus:** Develop an increased range of body actions and shapes to include in a sequence. Define muscle groups needed to support the core of their body. Refine taking weight on small and large body parts.

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



Key Vocabulary/Skills	
Weighted travel.	Tension, travelling steps, muscles (abdominals, obliques), engage, core, stabilise.
Shoulder rolls.	
Engaging the core.	
Smooth Transitions.	
Flow in sequences.	

**Head:** Identify 'core' muscles and use them to improve the quality of shapes and actions.

**Hand:** Develop an increased range of actions and shapes to use in more complex sequences.

**Heart:** Show maturity when watching others' sequences.

- Key Questions:**
- 1. How can you make transitions smooth?
  - 2. What muscles will help me perform a candle rock?
  - 3. How can I keep my legs straight in a shoulder stand?

**Concepts:**

Taking weight on hands = Handstands, frog leaps, donkey kicks, walking on hands, front support, back support, bridge, side support.

