

Prior Learning:

Created longer and more complex sequences and adapted performances. Taken the lead in a group when preparing a sequence. Can develop symmetry. Can compare performances and judge strengths and areas for improvement.

Unit Focus:

Demonstrate accuracy, consistency, and clarity of movement. Arrange own apparatus to enhance work and vary compositional ideas. Experience flight on and off of high apparatus

**Equipment needed:** Mats, hoops, cones, wall bars, beanbags, low apparatus, action cards, table tops, box tops.

Key Questions:

- 1. How did the warm-up help your performance?
- 2. Why do unison and cannon work well together in a sequence?
- 3. What different ways can you include a hoop, ball, beanbag, throw down spots or balls in a sequence?

Key Vocabulary/Skills	
Preparing for vaulting.	Flight, consistent, vault, vaulting sequences, combinations, direction, dismount.
Dismounting.	
Including equipment.	
Flight using unison and cannon.	
Introduction of music (ready for unit 2).	

Concepts:

The vault is an artistic gymnastics apparatus which gymnasts perform on, as well as the skill performed using that apparatus. Vaulting is also the action of performing a vault. Both male and female gymnasts perform the vault.

**Head:** Identify strengths and weakness about a performance.

**Hand:** Experience flight on and off of apparatus.

**Heart:** Lead group warm up demonstrating the importance of strength and flexibility.

