

Physical Education

Year group: 5/6

Term: Cycle A Autumn 2

Prior knowledge

Pupils will have prior knowledge of exploring movements and balances in symmetrical and asymmetrical ways.

They will also know a variety of bridge balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus.

National Curriculum Objectives

- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.



Topic overview Gymnastics – Matching and Mirroring



The unit of work will focus on applying "excellent gymnastics" through matching and mirroring movements. Pupils will create a sequence of movements, bringing together a combination of both matching and mirroring movements, to create a sequence.

By the end of this unit, I will be able to:

Physical - Pupils will create a sequence containing both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.

Cognitive - Pupils will effectively apply life skills such as evaluation and decision making as they identify strengths and weaknesses in their sequences and find ways to improve.

Social - Pupils will demonstrate respect and trust as they give and receive constructive feedback in order to improve their sequences and performances.

Wellbeing - Pupils will consistently apply integrity and self-discipline as they perform their sequences and receive feedback. Pupils will strive to improve their sequences.

Key vocabulary

- Champion gymnastics
- Transfer
- Improve
- Matching
- Mirroring
- Fluidity
- Collaborating