Gymnastics - Shape and Travel

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve ours skills through gymnastics. In addition, we evaluate and recognise our own successes.

Gymnastics:

We will learn to develop flexibility, strength, technique, control and balance. In addition, we will compare our performances with previous ones and demonstrate improvement to achieve our personal best.

Key Vocabulary		
core	strength	curl
jump	warm-up	shape
feet to feet	cool-down	sequence
speed	balance	movement
fast	wide	high and low
slow	thin	instructions

Rate your shape and travel out of 5 stars	
I can jump from two feet to two feet	☆ ☆ ☆ ☆ ☆
I can change speed	☆ ☆ ☆ ☆ ☆
I can travel in different directions	☆ ☆ ☆ ☆ ☆
I can move into different shapes	☆ ☆ ☆ ☆ ☆
I can follow different instructions	☆ ☆ ☆ ☆ ☆

Fitness Track

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve ours skills through using the track. In addition, we evaluate and recognise our own successes.

Fitness track:

We will learn to develop our fitness by performing different activities and games whilst running around the track. We will learn to build our stamina and breathe correctly. Additionally, we will work as a team and support our peers.

Key Vocabulary			
run	move	breathe	track
fitness	fast	slow	pace
time	personal best	stamina	posture

Rate your track fitness out of 5 stars	
I can run at different speeds	☆ ☆ ☆ ☆ ☆
I know the difference between walking, jogging and sprinting	☆ ☆ ☆ ☆ ☆
I can run half the track without stopping	☆ ☆ ☆ ☆ ☆
I can complete the track without stopping	☆ ☆ ☆ ☆ ☆
I can participate in a relay race around the track	☆ ☆ ☆ ☆ ☆