

Cremyll Class

P.E: Spring 1

Animal Gymnastics

How to keep safe using equipment.

You have to lift and move together so that one person isn't doing all of the lifting and carrying as that is not safe.



When I'm not moving equipment I need to wait in the safe zone.

High and low movement.

To move high you stretch up as high as you can using your toes and hands.



When you make a low move you have to get as close to the ground as you can.

You could be a snake.

Jumping

When you jump you bend your knees so that you can spring up.



You need to land with a soft knee (slight bend).

Bunny hop

You need to hold onto the bench and bend your knees when you jump up you need to push really hard so that you can jump high over the bench,



Rolling



A log roll is when you stretch out and roll like a long log.



You can teddy bear roll.

You have to pay attention so that you know you are rolling into a safe space.

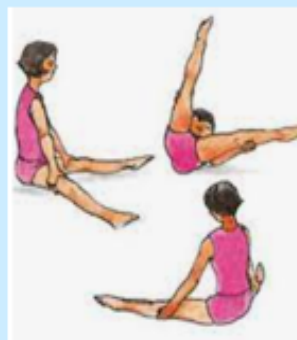
Moving in sequence using: height, rolling and jumping.



I'm going to use a
high travel and
then a log roll.

I want to include a
teddy bear roll but
I need to practice
first.





Our Endpoint

To perform by linking 3 or more movements together to create a sequence, including: travel and balance at different levels.

What we already know:

-Balancing improves the more we practice. We can focus on looking at the same spot to support us and put our arms out by our sides.

-Exercise helps us stay healthy and strong and is good for our mind and bodies.

Culture Capital

-Knowing the importance and benefits of regular exercise and the need to warm up and cool down to prevent injury.

Subject Specific Vocabulary

Sequence	A series of movements done one after the other
Apparatus	The equipment needed for a particular activity. Eg, mats and benches.
Levels	Different heights - low, high and medium movements
Travel	To go from one place to another

Forever Facts

I know that we must warm up and cool down when exercising to prevent injury.

I know how to safely land when performing jumps to protect my body.

Exciting books



Skills

- I can remember and repeat simple sequences in gym.
- I can copy and remember actions in a sequence.
- I can begin to move with increasing control and care.