



PE – gymnastics
animals

How to lift apparatus safely



We need 4 people to lift a mat



We need 8 people to lift a bench

It's got to be level so we are all safe



We must bend our legs to protect our backs

Bouncing bunnies – jumping onto equipment safely



I jump even
higher when I
bend my legs
and use my
arms



Can you help
me jump on?
It's a bit tricky. I
need to practice

Travelling at different speeds like different animals



Look how high I am bouncing!



We bent our legs and bounced high and fast like a kangaroo. We moved slowly and crept on our tip toes like a mouse and then scurried away fast when the person blocking the cheese noticed us creeping! We then hopped on one leg three times and three times on the other like a lemur - this made us move much slower across the room. We did some galloping like a horse and this made us move very fast!

Making different shapes



Straight jump – thin and long
Star jump – big and wide
Tuck jump - small



I can't do the tuck jump, it's too tricky. (After a few goes they managed to do it!)

We looked at frog videos in the wild to show us how to do a super straight jump.

Log rolls, egg rolls and teddy bear rolls



I'm showing control because my legs and arms are very straight.

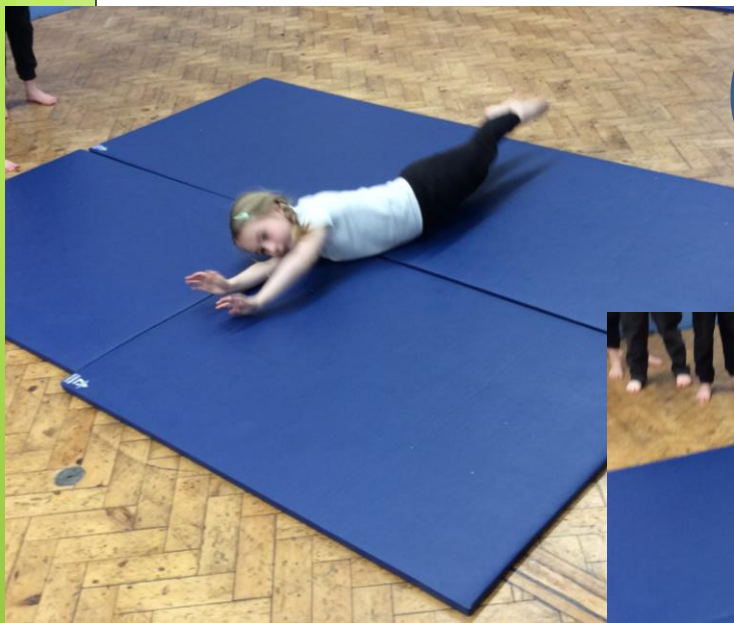


The teddy bear is legs open and the other two are legs together

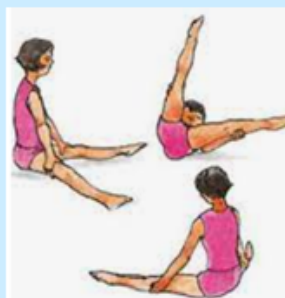


Making a sequence of 2 or 3 rolls and performing

I think ***'s log roll would be better if he kept his legs super straight.



I liked how straight ***'s legs were during her teddy bear roll.



Our Endpoint

To link two or more movements to create a short sequence.

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 jump on and off gym mats and gym benches and land safely with bent knees on the balls of my feet.
- I can transport gym benches and gym mats safely, with my peers to help.
- I can link movements together to create a short sequence.