|  |  |
| --- | --- |
| updated logo Rabbits Class Medium Term Planning for P.E Spring Term 2023  Gymnastics and then Yoga | |
| Topic: Learning to roll and jump indifferent ways | Focussed sessions are planned in for this term are Gymnastics and Yoga. This medium term plan will focus on developing some key early gymnastics skills.  Key signing / vocab:roll, jump, more, help, again |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Lesson 1 - Link it.**  Warm up – Warm up song.  Key focus activity  Access a range of soft play and balancing gym equipment.  Begin to balance with control.  Move around, under, over, and through different objects and equipment. | **Lesson 2 -4 – Learn it and check it**  Warm up – Warm up song.  Learn different ways to roll.  **\*Demonstrate – one adult to model, have photo examples and use the sign for roll.**  Roll in different ways with control.  Curled side roll (egg roll)  Log roll (pencil roll)  Teddy bear roll  **(Focus on one roll per week – revisit them once learned them)** | **Lesson 5 -8 – Learn it and check it**  Warm up – Warm up song.  Learn different ways to jump.  **\*Demonstrate – one adult to model, have photo examples and use the sign for jump.**  Straight jump  Tuck jump  Jumping jack  Half turn jump  Jump in a range of ways from one space to another with control.  **(Focus on one jump per week – revisit them once learned them)** | **Lesson 9 – Show it**  Warm up – Warm up song.  **Show the child the photo of the roll or jump. Can they perform this?**  Support to show it as needed.  Have they made progress in being able to do the roll or jump? | **Lesson 10 – Know it**  Warm up – Warm up song.  Within the set up of the hall - provide mats to do rolls and jumps on. Put out the photos at these stations and observe what the children do. |
| Set the hall up with a range of soft play and balancing equipment.  1 mat in the middle for the focused activity – rotate the children onto this several times throughout the session and work with them. | | | | |

Take the objectives for the LO stickers from this section

|  |  |
| --- | --- |
| Substantive Knowledge (Content) | Disciplinary Knowledge (Skills) |
| To learn to roll in different ways.  To learn to jump in different ways. | * Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. * Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. * Experiments with different ways of moving. * Jumps off an object and lands appropriately. * Travels with confidence and skill around, under, over and through balancing and climbing equipment. |

**Progression of Learning**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ‘Link It’ | ‘Learn It’ | ‘Check It’ | ‘Show It’ | ‘Know It’ |
| Previous learning of pupils   * Prior transitions to the hall * Prior access to activities available in the session. * Explore activities with support. | Activities provided during lesson  Learn to copy and / or be supported to roll.  Learn a new roll each lesson (3 types – log, curled, teddy bear)  Learn to copy and / or be supported to jump.  (4 types of jump) | Independent activities linked to lesson  Observe engagement, suoport needed, how they initially engaged to how they do now, how they perform the roll or jump now in comparison to the beginning. | How will the pupils share knowledge during or end of lesson  Children demonstrate ability to roll or jump with adult support as needed | Retrieve or generalization of learning after lesson  Children demonstrate ability to roll or jump when prompts are there to do it independently. |