



Scheme of work: KS3 Gymnastics



| | | |
|---|--|---|
| <p>Subject/Year group</p> <p>KS3 Gymnastics</p> | <p>Year group/Big picture questions</p> <p>Travel Balance Develop the ability to compose and perform sequences</p> | <p>In this unit pupil will be taught about (from NC, identify core knowledge to be delivered)</p> <p>Develop their technique and improve their performance in gymnastics. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> |
| <p>Pupils will focus particularly on the following attainment targets (from programme of study)</p> <p>To understand and be able to perform the 5 basic jumps To understand and be able to perform different roles safely To understand what balance is and be able to travel in and out of individual balances. To be able to perform balances with a partner To develop sequence building skills using a range of actions, skills, and agilities; both on the floor and on apparatus. To be able to observe and evaluate performances giving supportive feedback</p> | <p>As FCJ educators, we will focus on the FCJ values by</p> <p>Companionship – working with and listening to others. Dignity – views of others respected this is in respect to watching and evaluations of performances. Excellence – Strive to be the best they can be and perform to the best of their ability. Justice- respect when others are performing Gentleness- Appreciating the hard work of others students and being kind in their feedback and coaching</p> | <p>We will ensure students skills in reading, writing ,communication and mathematics are enhanced by</p> <p>Understand, use and spell correctly word relating to gymnastics and relationship between partners. E.g. synchronise, canon, unison, symmetrical and mirrored. The use of task cards to enhance understanding of key words and concepts. Communication Speaking and Listening. Cooperation Working together. Problem solving when choreographing sequences.</p> |
| <p>We are supporting progression from KS2 in this unit by</p> <p>Developing their flexibility, strength, technique, control and balance in different gymnastic activities</p> | <p>We are supporting progression to KS4 in this unit by</p> <p>Improving technique and skills in different areas of gymnastics and progress performance skills.</p> | <p>Assessment opportunities</p> <p>Observation of performances Questioning Self and peer assessment with opportunities to implement strategies for improvement.</p> |