




Cycle B PE Whole School Autumn 1 Indoor

Autumn 1	Y1/2	Y3/4	Y5/6
Area of learning	Gymnastics: Linking	Gymnastics: Bridges	Gymnastics: Counter Balance & Counter Tension
			
Skill outcomes	<p>In Week 1, we will explore how to link different movements together. In Week 2, we will practice linking those movements on the apparatus. Week 3 will be all about jumping, rolling, and balancing as we try out different sequences. In Week 4, we will work on improving our jumps, rolls, and balances on the apparatus. By Week 5, we will get creative and make our own sequences. Finally, in Week 6, we will perform our completed sequences to show what we've learned.</p>	<p>Week 1: We will explore different movements and balances to create bridges. Week 2: We will practice re-creating bridge balances on the apparatus. Week 3: We will come up with fun sequence ideas that include bridges. Week 4: We will work on putting our sequences together in a clear formation. Week 5: We will complete our own unique sequences using bridges. Week 6: Finally, we will perform our completed sequences to show everyone what we've learned!</p>	<p>Week 1: We will explore the idea of counter balance, learning how to create balance with our bodies. Week 2: We will practice transferring our counter balances onto the apparatus and discover how to move out of them and off the equipment. Week 3: We will focus on developing our sequence formation. Week 4: We will explore the new concept of counter tension, learning how to use our bodies in different ways. Week 5: We will complete our sequences, Week 6: Finally, we will perform our completed sequences.</p>