

# Brough Primary School – Curriculum Intention Plan 2022 - 2023



<b>Subject: PE</b> <b>Year Group: 1/2</b>		<b>Area of learning: Gymfit Circuits</b>
Links to previous work/Remember when	Science: animals including humans.	
<b>Term</b>	<b>Year 1/2</b>	<b>Key Skills to be taught</b>
<b>Spring 2022</b>  What the children should know at the end of this series of lessons		Develop balance, agility and co-ordination. • Perform using simple movement patterns. The children will master basic movements, as well as developing balance, agility and co-ordination. • The children will perform using simple movement patterns.

## Vocabulary

Travelling, spotting, extend, flexible, stretch, reach.

<b>Sequence of learning</b>	<b>Objectives and suggested details provided by subject leader.</b>
1	<p><b>To identify techniques to improve balance.</b></p> <p><b>Warm-up:</b> Play up-beat music and perform the following moves for the children to copy:</p> <ul style="list-style-type: none"> <li>• Marching on the spot (1 min)</li> <li>• Jogging on the spot (1 min 30 sec)</li> <li>• Arms outstretched to the side making small circles, gradually getting bigger and smaller again.</li> <li>• Front knee lunge starting with the right leg and then the left.</li> <li>• Neck stretches – arms by the side and look up for a count of 4, down, left and finally right. Slowly circle the head round to the right and then to the left.</li> <li>• Stretch right arm across the body and hold with the left at the elbow. Repeat with the left arm.</li> </ul> <p><b>Skills learning and development:</b> Introduce the unit and explain that the children will be focusing on the skills and performance of gymnastics. Ask: What do we know already about gymnastics? Take feedback from the children and discuss techniques they already know.</p> <p><b>Application and practice:</b> Model each of the following stations to the children at the beginning of the lesson – children should go through the circuit of six stations, and spend one</p>

# Brough Primary School – Curriculum Intention

## Plan 2022 - 2023



	<p>minute on each station:</p> <ol style="list-style-type: none"> <li>1. Travelling – travel along the bench by doing small jumps either side.</li> <li>2. Jumps – walk along the bench and master a pencil jump. Children must land the jump with two feet and arms outstretched in front of the body.</li> <li>3. Ribbons – use the ribbons to create a short routine using a variety of travel including leaps, jumps and twists.</li> <li>4. Rolling – practise forward. Practise finishing the roll on two feet, arms outstretched in front.</li> <li>5. Creating shapes – work with a partner to create a variety of shapes with their body in the shape of letters and numbers.</li> <li>6. Balance – work with a partner to practise a variety of balances. Image prompts should be available.</li> </ol>
2	<p><b>To practise a range of gymnastic skills through a series of circuits.</b></p> <p><b>Warm-up:</b></p> <p>Play up-beat music and perform the following moves:</p> <ul style="list-style-type: none"> <li>• Marching on the spot (1 min)</li> <li>• Jogging on the spot (1 min 30 sec)</li> <li>• Arms outstretched to the side making small circles, gradually getting bigger and smaller again.</li> <li>• Front knee lunge starting with the right leg and then the left.</li> <li>• Neck stretches – arms by the side and look up for a count of 4, down, left and finally right. Slowly circle the head round to the right and then to the left.</li> <li>• Stretch right arm across the body and hold with the left at the elbow. Repeat with the left arm.</li> </ul> <p><b>Skills learning and development:</b></p> <p>Model each of the following stations to the children at the beginning of the lesson, and keep track of timing to change stations – children should go through the circuit of six stations, and spend one minute on each station:</p> <ol style="list-style-type: none"> <li>1. Travelling – travel along the bench by doing small jumps either side.</li> <li>2. Jumps – walk along the bench and master a pencil jump. Children must land the jump with two feet and arms outstretched in front of the body.</li> <li>3. Ribbons – use the ribbons to create a short routine using a variety of travel including leaps, jumps and twists.</li> <li>4. Rolling – practise forward. Practise finishing the roll on two feet, arms outstretched in front.</li> <li>5. Creating shapes – work with a partner to create a variety of shapes with their body in the shape of letters and numbers.</li> <li>6. Balance – work with a partner to practise a variety of balances. Image prompts should be available.</li> </ol> <p><b>Application and practice:</b></p> <p>Do the circuit again. This time, at each station ask:</p>

# Brough Primary School – Curriculum Intention Plan 2022 - 2023



	<p>What is happening to our heart rate as we exercise? Why is this happening?</p>
3	<p><b>To perform a range of gymnastic skills with increased accuracy.</b> <b>Warm-up:</b> Play up-beat music to warm up, and perform the following moves:</p> <ul style="list-style-type: none"> <li>• Marching on the spot (1 min)</li> <li>• Jogging on the spot (1 min 30 sec)</li> <li>• Arms outstretched to the side making small circles, gradually getting bigger and smaller again.</li> <li>• Front knee lunge starting with the right leg and then the left.</li> <li>• Neck stretches – arms by the side and look up for a count of 4, down, left and finally right. Slowly circle the head round to the right and then to the left.</li> <li>• Stretch right arm across the body and hold with the left at the elbow. Repeat with the left arm.</li> </ul> <p><b>Skills learning and development:</b> Model each station to the children at the beginning of the lesson, and keep track of timing to change stations. With each station ask the children: How can we improve our performance at this station? Which part of our body do we need to focus on here?</p> <p><b>Application and practice:</b> Children go through the circuit of six stations spending two minutes on each station:</p> <ol style="list-style-type: none"> <li>1. Travelling – travel along the bench by doing small jumps either side.</li> <li>2. Jumps – walk along the bench and master a pencil jump. Children must land the jump with two feet and arms outstretched in front of the body.</li> <li>3. Ribbons – use the ribbons to create a short routine using a variety of travel including leaps, jumps and twists.</li> <li>4. Rolling – practise forward. Practise finishing the roll on two feet, arms outstretched in front.</li> <li>5. Creating shapes – work with a partner to create a variety of shapes with their body in the shape of letters and numbers.</li> <li>6. Balance – work with a partner to practise a variety of balances. Photo prompts should be available.</li> </ol>
4	<p><b>To perform a sequence of gymnastic moves within a circuit.</b> <b>Warm-up:</b> Play up-beat music to warm up, and perform the following moves:</p> <ul style="list-style-type: none"> <li>• Marching on the spot (1 min)</li> <li>• Jogging on the spot (1 min 30 sec)</li> <li>• Arms outstretched to the side making small circles, gradually getting bigger and smaller again.</li> <li>• Front knee lunge starting with the right leg and then the left.</li> <li>• Neck stretches – arms by the side and look up for a</li> </ul>

# Brough Primary School – Curriculum Intention Plan 2022 - 2023



	<p>count of 4, down, left and finally right. Slowly circle the head round to the right and then to the left.</p> <ul style="list-style-type: none"> <li>• Stretch right arm across the body and hold with the left at the elbow. Repeat with the left arm.</li> </ul> <p><b>Skills learning and development:</b> Model each station to the children at the beginning of the lesson, and keep track of timing to change stations. With each station question children: How can we put together two or three moves within this station to develop a sequence?</p> <p><b>Application and practice:</b> Children go through the circuit of six stations spending two minutes on each station:</p> <ol style="list-style-type: none"> <li>1. Travelling – travel along the bench by doing small jumps either side.</li> <li>2. Jumps – walk along the bench and master a pencil jump. Children must land the jump with two feet and arms outstretched in front of the body.</li> <li>3. Ribbons – use the ribbons to create a short routine using a variety of travel including leaps, jumps and twists.</li> <li>4. Rolling – practise forward. Practise finishing the roll on two feet, arms outstretched in front.</li> <li>5. Creating shapes – work with a partner to create a variety of shapes with their body in the shape of letters and numbers.</li> <li>6. Balance – work with a partner to practise a variety of balances. Photo prompts should be available.</li> </ol>
5	<p><b>To perform a sequence of moves at each station within a circuit with increased accuracy.</b></p> <p><b>Warm-up:</b> Play up-beat music to warm up, and perform the following moves:</p> <ul style="list-style-type: none"> <li>• Marching on the spot (1 min)</li> <li>• Jogging on the spot (1 min 30 sec)</li> <li>• Arms outstretched to the side making small circles, gradually getting bigger and smaller again.</li> <li>• Front knee lunge starting with the right leg and then the left.</li> <li>• Neck stretches – arms by the side and look up for a count of 4, down, left and finally right. Slowly circle the head round to the right and then to the left.</li> <li>• Stretch right arm across the body and hold with the left at the elbow. Repeat with the left arm.</li> </ul> <p><b>Skills learning and development:</b> Model each station to the children at the beginning of the lesson, and keep track of timing to change stations. At each station question children: What part of the body do we need to focus on here? What techniques can we use to perfect our performance?</p> <p><b>Application and practice:</b> Children go through the circuit of six stations spending</p>

# Brough Primary School – Curriculum Intention Plan 2022 - 2023



	<p>two minutes on each station:</p> <ol style="list-style-type: none"> <li>1. Travelling – travel along the bench by doing small jumps either side.</li> <li>2. Jumps – walk along the bench and master a pencil jump. Children must land the jump with two feet and arms outstretched in front of the body.</li> <li>3. Ribbons – use the ribbons to create a short routine using a variety of travel including leaps, jumps and twists.</li> <li>4. Rolling – practise forward. Practise finishing the roll on two feet, arms outstretched in front.</li> <li>5. Creating shapes – work with a partner to create a variety of shapes with their body in the shape of letters and numbers.</li> <li>6. Balance – work with a partner to practise a variety of balances. Photo prompts should be available.</li> </ol>
6	<p><b>To evaluate my performance of gymnastic moves within a circuit.</b></p> <p><b>Warm-up:</b> Play up-beat music to warm up, and perform the following moves:</p> <ul style="list-style-type: none"> <li>• Marching on the spot (1 min)</li> <li>• Jogging on the spot (1 min 30 sec)</li> <li>• Arms outstretched to the side making small circles, gradually getting bigger and smaller again.</li> <li>• Front knee lunge starting with the right leg and then the left.</li> <li>• Neck stretches – arms by the side and look up for a count of 4, down, left and finally right. Slowly circle the head round to the right and then to the left.</li> <li>• Stretch right arm across the body and hold with the left at the elbow. Repeat with the left arm.</li> </ul> <p><b>Skills learning and development:</b> Children to model each station at the beginning of the lesson and keep track of timing for children to change stations. Discuss with your partner: Which gymnastic station do you want to perfect this session?</p> <p><b>Application and practice:</b> Children go through the circuit of six stations spending three minutes on each station:</p> <ol style="list-style-type: none"> <li>1. Travelling – travel along the bench by doing small jumps either side.</li> <li>2. Jumps – walk along the bench and master a pencil jump. Children must land the jump with two feet and arms outstretched in front of the body.</li> <li>3. Ribbons – use the ribbons to create a short routine using a variety of travel including leaps, jumps and twists.</li> <li>4. Rolling – practise forward. Practise finishing the roll on two feet, arms outstretched in front.</li> <li>5. Creating shapes – work with a partner to create a</li> </ol>

# Brough Primary School – Curriculum Intention Plan 2022 - 2023



	variety of shapes with their body in the shape of letters and numbers. 6. Balance – work with a partner to practise a variety of balances.
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Learning Outcome/product	
Develop balance, agility and co-ordination. • Perform using simple movement patterns. The children will master basic movements, as well as developing balance, agility and co-ordination. • The children will perform using simple movement patterns.	

Assessment records	List only those children who have not achieved the expected outcomes.

Assessment records	List only those children who have exceeded the expected outcomes.

End of unit assessment question