

## Prior Learning

Developed confidence in fundamental movements. Experienced jumping, sliding, rolling moving over and under apparatus. Developed coordination and gross motor skills.

## Unit Focus

Further develop confidence in fundamental movements. Learn and refine a variety of shapes, jumps, balances and rolls. Link simple balance, jump and travel actions.

## We are learning...

1. to link different shapes and ways of moving.
2. to egg roll and log roll.
3. to follow different pathways.
4. to balance on points and patches.
5. to perform our story to music.
6. to use start and finish position.

## Key Questions

1. What points and patch balance have you tried?
2. Why do we use a shape at the start and the end of a story sequence?
3. When should you perform a linking movement?

## Equipment

Mats, hoops, music, cones, wall bars, beanbags, low apparatus, balls, ropes, throw down spots, balloons, gymnastic actions cards.

## Vocabulary

Pattern, shape, sequence, pattern, movement, timing, pathway, direction.

## Concepts

**Patches** are large body parts to **balance** on (for example, back, belly, head and bottom). **Points** are small body parts to **balance** on (for example, feet, knees, elbows, hands).

## Activity Example

Moving around the room, when you call 'points' children must find a space on a mat and make a point balance. When you call 'patches' they must do the same but for a patch balance. Children should 'freeze' in their balance until you ask them to move again.

