

**EVERY  
CHILD**

Belonging  
Nurture  
Safety



**EVERY  
CHANCE**

Opportunities  
Inclusive  
Adapt

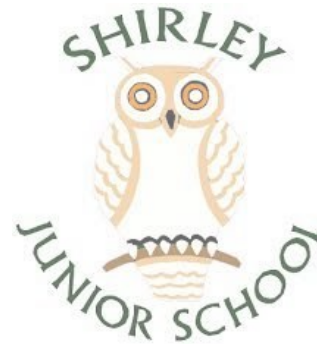


**EVERY  
DAY**

Understanding  
Consistent  
Ambitious



# **P.E.** at Shirley Junior School



**KINDNESS.**  
**RESPECT.**  
**INTEGRITY.**

EVERY  
CHANCE  
**VISION**

## Gymnastics



Gymnastics at Shirley Junior school is fun and inspires all pupils to succeed and, where they can, excel in gymnastics.

It provides a great opportunity for pupils to become physically confident in a way which supports their health and fitness. It allows for a different range of skills to be physically active for sustained periods of time, building character and helping to embed values such as respect.

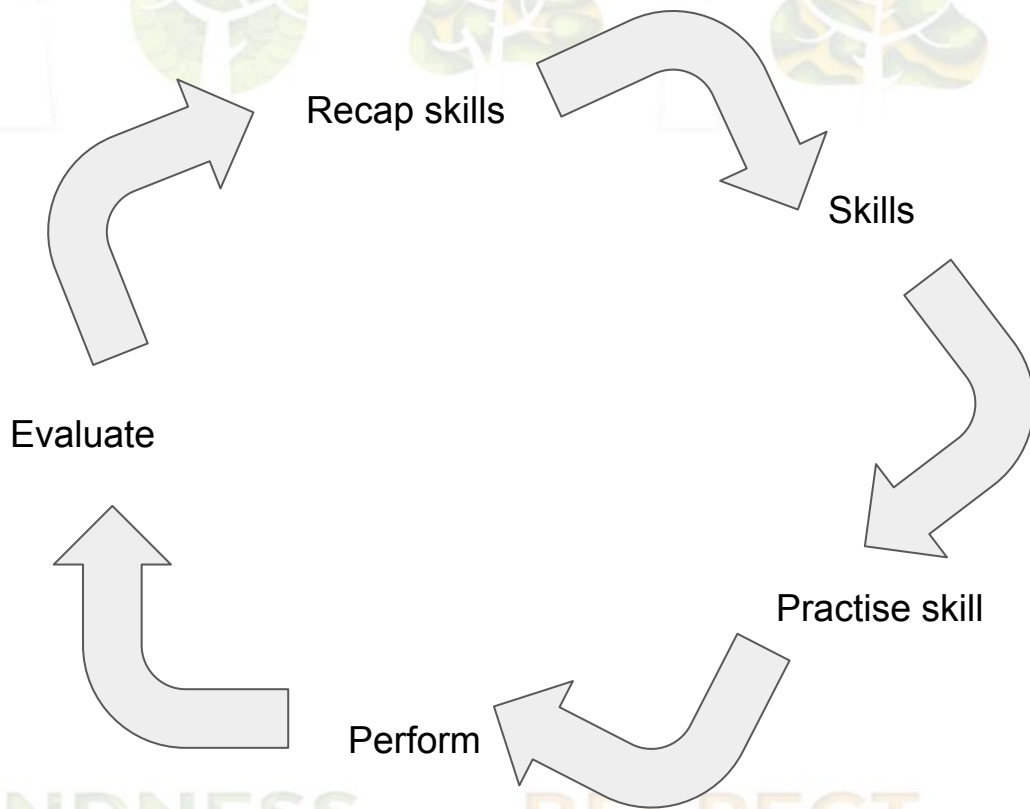
Children are encouraged to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other, to perform skills and sequences - both in groups as well as individually. Shirley gymnasts develop flexibility, strength, technique, control and balance as well as an understanding of how to improve these skills and sequences created. They learn how to evaluate and recognise their own success by comparing their performances with previous ones and demonstrating improvement to achieve their personal best.

**KINDNESS**

**RESPECT**

**INTEGRITY**

# Teaching Gymnastics



# Disciplinary knowledge progression- Gymnastics

Skills	3	4	5	6
Balancing	<ul style="list-style-type: none"> <li>Individual balances</li> <li>1, 2, 3 and 4 point balances</li> <li>Matching and contrasting individual balances</li> </ul>	<ul style="list-style-type: none"> <li>Paired Balances - Level 1 and 2</li> <li>Balances with and against a partner</li> <li>Part Weight partner balances</li> </ul>	<ul style="list-style-type: none"> <li>Paired Balances Level 1,2 and 3</li> <li>Full weight partner balances</li> <li>Developing technique, control and complexity of balances</li> </ul>	<ul style="list-style-type: none"> <li>Applying balances</li> <li>Refining technique, control and complexity of balances</li> </ul>
Gymnastic Elements	Pike, tuck, star, straight and straddle shapes and jumps Lunge into handstand and Cartwheel Crouched forward roll, Forward roll from standing and Tucked backward roll  Arch and dish hold	Pike, tuck, star, straight and straddle shapes and jumps Lunge into handstand and into cartwheel Forward roll from standing, Straddle forward roll, Tucked backward roll and Backward roll to straddle Arch and dish hold, Front and back support	Pike, tuck, star, straight and straddle shapes and jumps Lunge into handstand, Lunge into cartwheel Lunge into round-off Forward roll from standing, Straddle forward roll, Pike forward roll, Tucked backward roll and Backward roll to straddle Arch and dish hold, Front and back support, Shoulder stand	Pike, tuck, star, straight and straddle shapes and jumps Lunge into cartwheel Lunge into round-off Hurdle step Hurdle step into cartwheel Hurdle step into round-off Forward roll from standing, Straddle forward roll, Pike forward roll, Dive forward roll, Tucked backward roll, Backward roll to straddle, Backward roll to standing pike Arch and dish hold, Front and back support, Shoulder stand and Bridge
Travelling and Linking actions	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Cat leap Cat leap half turn Pivot	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight full turn Shaped Turns Cat leap Cat leap half turn Pivot	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight full turn Shaped Turns Cat leap Cat leap half turn Pivot
Sequencing	Choose ideas to compose a movement sequence independently and with others. Begin to show flexibility in movements Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner.	Create a sequence of actions that fit a theme. Use an increasing range of actions, directions and levels in their sequences. Develop strength, technique and flexibility throughout performances. Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy.	Select ideas to compose specific sequences of movements, shapes and balances. Adapt their sequences to fit new criteria or suggestions. Apply skills and techniques consistently. Develop strength, technique and flexibility throughout performances. Combine equipment with movement to create sequences. <u>Perform own longer, more complex sequences in time to music.</u> Consistently perform and apply skills and techniques with accuracy and control.	Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging and stretching and where appropriate performed in time to music. Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. Apply skills and techniques consistently, showing precision and control. Develop strength, technique and flexibility throughout performances. Perform and apply a variety of skills and techniques confidently, consistently and with precision.
Evaluation	To select and adapt gymnastics actions to meet the task.	To perform and evaluate one's own and others' sequences.	To perform and evaluate one's own and others' sequences.	To perform and evaluate one's own and others' sequences.

EVERY  
CHILD

Belonging  
Nurture  
Safety

EVERY  
CHANCE

EVERY  
DAY

Dance at Shirley Junior school is fun and inspires all pupils to succeed and, where they can, excel in dance. It provides a great opportunity for pupils to become physically confident in a way which supports their health and fitness. It allows for a different range of skills to be physically active for sustained periods of time, building character and helping to embed values such as respect.

# VISION

## Dance

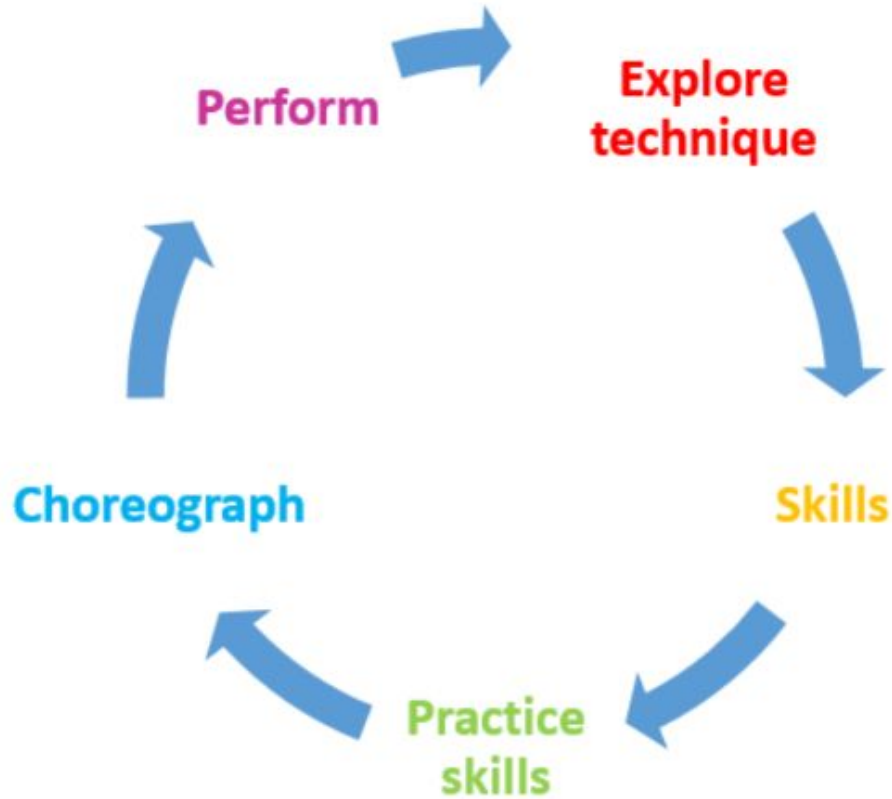
Children are encouraged to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They enjoy communicating, collaborating and choreographing with each other, to perform dances using a range of movement patterns, both in groups as well as individually. Shirley dancers develop an understanding of how to improve their dances and learn how to evaluate and recognise their own success by comparing their performances with previous ones and demonstrating improvement to achieve their personal best.

KINDNESS

RESPECT

INTEGRITY

# How we learn to Dance






# Disciplinary knowledge progression- Dance



Skills	3	4	5	6
	Let it Shine Firework Makers Daughter	Ticket to Ride Rags to Riches	A Kingdom United? The Power of Water	Wolves It's a Wrap
<b>Skills and vocabulary</b>	<p><b>Canon and levels</b></p> <p>Uses simple dance vocabulary with a focus on canon and levels to compare and improve work.</p> <p>Beginning to improvise to create a simple dance. (creative=Gb)</p> <p>Translates ideas from stimuli into movement with support.</p> <p>Beginning to compare and adapt movements and motifs to create a larger sequence.</p>	<p><b>Unison, dynamics and rhythm</b></p> <p>Uses simple dance <u>vocabulary</u> <u>unison</u>, dynamics and rhythm (+y3 skills) to compare and improve work.</p> <p>Confidently improvises building on y3 skills. (creative=Gb)</p> <p>Demonstrating precision and some control in response to stimuli using unison.</p> <p>Beginning to vary dynamics and develop actions and motifs.</p> <p>Demonstrates rhythm and spatial awareness - is able to move to the beat accurately in dance sequences.</p> <p>Modifies parts of a sequence as a result of self-evaluation.</p>	<p><b>Motifs</b></p> <p>Uses more complex dance vocabulary motif, repetition, variation, gesture to compare and improve work.</p> <p>Beginning to exaggerate dance movements and motifs (using expression when moving).</p> <p>Demonstrates movements suited to a style throughout a dance sequence.</p> <p><i>e.g using various levels, ways of travelling and motifs.</i></p> <p>Combines flexibility, techniques and movements to create a fluent sequence.</p> <p>Beginning to show a change of pace and timing in their movements.</p> <p>Modifies parts of a sequence as a result of self and peer evaluation.</p>	<p><b>Style and Choreography</b></p> <p>apply a range of dance vocabulary including style, choreography when comparing and improving work. Uses the space provided to its maximum potential.</p> <p>Exaggerate dance movements and motifs (using expression when moving)</p> <p>Performs with confidence, using a range of movement patterns.</p> <p>Demonstrates imaginative choreography when creating own dance sequences and motifs.</p> <p>Combines flexibility, techniques and movements to create a fluent sequence.</p> <p>Moves appropriately and with the required style in relation to the stimulus.</p>

# Overview

Year	Aut 1 Invasion Games	Aut 2 Invasion Games	Spr 1 Athletics - Running	Spring 2 Net/wall games	Sm 1 Athletics - throwing & jumping	Sum 2 Striking and Fielding
3	Healthy Me   	Southampton Through Time	Let It Shine!	Walk Like An Egyptian	Ground Force/The Firework Makers Daughter	Shirley Cruises
Gym/Dance	Circuits - Physical Health	Gymnastics	Dance	Dance	Gymnastics (movement to music)	Gymnastics (wall Bars)
Games	Football	Netball	Running	Tennis	Jumping	Cricket
4	Ticket to Ride	Better Than Stone!	Roman Invasion	Eruptions and Disruptions	Wild!	Rags to Riches
Gym/Dance	Dance	Gym	Gym (wall bars)	Gym (movement to music)	OAA	Dance
Games	Hockey	Rugby	Running	Tennis	Jumping	Cricket
5	Space Roamers & 'CSI' Shirley	A Kingdom United?	There is no Planet B!	Boy at the Back of the Class	The Power of Water	'All the Fun at the Fair!'
Gym/dance	Gym	Dance	OAA	Gym (wall bars)	Dance	Gym (Movement to music)
5 Games	Football	Netball	Running	Tennis	Throwing - javelin/howler	Cricket
6	Secret Spitfires	A Fair Christmas For All	Wolves	Holes	Lab Rats	'It's a Wrap!
Dance/Gymn astics	Gym	Dance	Gym (movement to music)	Dance	Gym (wall bars)	Circuits
6 - Games	Hockey	Rugby	Running	Tennis	Javelin/howler, discus and Shot Put	Cricket