

Medium Term Planning Example – Year 1

Unit Overview

KS1 - Y1 - Gymnastics Activities Core Task 1 lessons and plans.

Lesson 1



Lesson Objective

To demonstrate a travel (caterpillar walk) and pencil roll
To show a jump 2 feet to 2 feet with a straight shape

Character

Self-belief - To focus on what I can do to improve.

Lesson 3



Lesson Objective

To demonstrate travelling actions
To show a travel and roll with a shape
To jump 2 feet to 2 feet with a wide shape

Character

Self-belief - To know that I can learn new things and improve if I try.

Lesson 5



Lesson Objective

To apply the skills of travelling, rolling, and jumping into a sequence with two different shapes.

Character

Concentration - To focus on the task of creating a sequence of a travel, roll and jumps with two different shapes.

Lesson 2



Lesson Objective

To demonstrate travelling actions i.e. frog & bunny hop.
To show an egg roll

To show a jump 2 feet to 2 feet with a tuck shape.

Character

Self-belief - To focus on what I can do to improve.

Lesson 4



Lesson Objective

To apply the skills of travelling, rolling, jumping into a sequence.

Character

Concentration - To focus on the task of creating a sequence of a travel, roll and jump with a shape.

Lesson 6



Lesson Objective

To show the skills of travelling, rolling, and jumping into a sequence with two different shapes using apparatus.

Character

Concentration - To focus on the task of creating and performing a sequence with control.