

Purpose

Reinforce the development of fundamental movement skills and apply them to help develop both gross and fine motor skills and the skills required in a range of games and activities. For example, the ability to travel, jump and land transfers to a range of activities and sports.

Further develop flight and travel skills, incorporating manipulation of hand apparatus, for example, balls and ropes, to improve coordination skills such as tracking apparatus in flight and exchanging objects with a partner. Develop creative sequences on the floor and on apparatus, both individually and with a partner/s.

Learning Goals



Select and Apply

Emerging

- I can perform a sequence of movements with some changes in level, direction or speed.

Expected




- I can select and apply a range of skills with good control and consistency.

Exceeding

- I can perform a variety of movements and skills with good body tension.

Flight
Travel
Flight Sequences (With Ropes)
Group Sequences (Low/Large Apparatus)

In this unit, the children will learn, develop and apply flight and travel on the floor, with hand apparatus and on apparatus through focused skill development, sequence creation and games.

-  **Emerging**
I can perform all Tricky challenges (floor and apparatus)
-  **Expected**
I can perform all Trickier challenges (floor)
-  **Exceeding**
I can perform all Trickier challenges (floor and apparatus)

Skills and Knowledge - Learning Behaviour

Physical Skills



Developing my physical skills and knowledge so...

What

How

Emerging - I can perform a sequence of movements with some changes in level, direction or speed.

Come up with an initial sequence and then explore how to adapt it by changing level, direction or speed.

Expected - I can select and apply a range of skills with good control and consistency.

Think about performing skills in both directions/on both sides of my body to show control and consistency.

Exceeding - I can perform a variety of movements and skills with good body tension.

When developing and practising movements and skills, break them down and perform them slowly at first to work on good body tension.

Skills and Knowledge - gym Skills

Flight

Gym Skill Challenges

Perform named jumps on floor (with complex movement at or below horizontal) with accuracy and control.

Examples include:

- stag
- cossack/W jump
- cabriole forwards
- cabriole sideways
- arch jump

Developing my named jumps skills and knowledge so...

What

How

I can perform an accurate preparation phase.

Decide beforehand which jump or leap to perform.

I can create a clear shape during flight.

Squeeze body muscles during flight to make clear shape.

I can land quietly and in balance.

Land through balls of feet with soft knees to absorb impact.

Flight

Gym Skill Challenges

Perform jumps with shapes on floor with accuracy and control. Examples include:

- tuck jump
- star jump
- straight jump (180° turn)

Developing my feet, shapes skills and knowledge so...

What

How

I can perform an accurate preparation phase.

Swing arms back and bend knees to prepare.

I can create a clear shape during flight.

Swing arms up and push from legs in take-off.

I can land quietly and in balance.

Keep good body tension and clear shape during flight phase.

Land through balls of feet with soft knees to absorb impact.

Flight

Gym Skill Challenges

Perform types of jumps on floor (with any shape in flight) with accuracy and control. Examples include:

- hurdle step (one foot to two feet)

Developing my types of jumps skills and knowledge so...

What

How

I can perform accurate footwork patterns and take-off.

Decide before jumping which technique/footwork pattern to use.

I can create a clear shape during flight.

Squeeze body muscles during flight to make clear shape.

I can land quietly and in balance.

Land through balls of feet with soft knees to absorb impact.

Flight

Gym Skill Challenges

Perform trickier flight movements (hurdle step and/or more complex leg movements, with legs at or below horizontal) combined with hand apparatus. Examples include:

- snakes (ribbon)
- throwing and catching (ball, rope, hoop, or ribbon)
- rotating (hoop or rope)
- rolling apparatus (hoop or ball)

Developing my hand apparatus skills and knowledge so...

What

How

I can perform an accurate movement pattern and preparation phase.

Decide on footwork pattern and jump before starting.

I can create a clear shape during flight.

Hold apparatus away from body to allow for fluent movement.

I can keep apparatus in motion throughout leap/jump.

Land through balls of feet with soft knees to absorb impact.

Travel

Gym Skill Challenges

Perform travel using different body parts on floor (using weight on hands or rotation) with accuracy and control. Examples include:

- low bunny hop
- roll
- crab walk
- bear walk

Developing my different body parts skills and knowledge so...

What

How

I can move with good posture.

Maintain good body tension and extension.

I can move smoothly and fluently.

Concentrate on the coordination of body parts.

I can perform accurate movement patterns.

Change speeds to develop fluency.

Travel

Gym Skill Challenges

Perform travel on feet on floor (with jumps) with accuracy and control. Examples include:

- tuck jump
- star jump

Developing my feet skills and knowledge so...

What

How

I can move with good posture.

Keep back straight, head up and core muscles squeezed.

I can move with light and quiet steps.

Step onto balls of feet.

I can perform accurate movement patterns.

Absorb impact with knee bend.

Travel

Gym Skill Challenges

Perform travel on feet on floor (with jumps and leaps) with accuracy and control. Examples include:

- gallop/cat leap

Developing my feet - complex skills and knowledge so...

What

How

I can move with good posture.

Keep back straight, head up and core muscles squeezed.

I can move with light and quiet steps.

Step onto balls of feet first.

I can perform accurate movement patterns.

Absorb impact with knee bend.

Travel

Gym Skill Challenges

Perform trickier travel movements (complex coordinated movement, jumps and leaps, or weight on hands) using low apparatus. Examples include:

- over (bench or low table)
- on top (bench or low table)
- on to (bench or low table)

Developing my low apparatus skills and knowledge so...

What

How

I can move with good posture.

Maintain good body tension and extension.

I can perform accurate movement patterns.

Concentrate on coordination of body parts.

I can perform repeatable movements.

Keep at least one body part in contact with apparatus.

Travel

Gym Skill Challenges

Perform trickier travel movements (complex coordinated movement, jumps and leaps, or weight on hands) using large apparatus. Examples include:

- hanging and jumping through (ropes or frames)
- through (frame, rope, or table)
- up and down (table, ladder, or frame)
- climbing higher (ladder, frame, or rope)

Developing my large apparatus skills and knowledge so...

What

How

I can perform accurate movement patterns.

Concentrate on coordination of the body whilst using apparatus.

I can move with good posture.

Squeeze body muscles tightly to maintain good posture.

I can maintain contact with apparatus.

Keep eyes on part of the body in contact with apparatus to maintain active balance.

Key Vocabulary

in combination, collaborative, exchange, relocate, navigate, core muscles, repeatable, coordination, aspect, active balance, perform, consistency

Curriculum Links

Pupils should....

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.

Enjoy communicating, collaborating and competing with each other.

Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Develop flexibility, strength, technique, control and balance.

Compare their performance with previous ones and demonstrate improvement to achieve their personal best.

Wider Links

To further develop the children's flight and travel skills, use the following (**click the links at the bottom to explore**):

- **core real PE** - Year 4, Units 1 and 2.
- **real PE daily** - short, daily activity ideas to further develop flight and travel skills.
- **real PE at home** (home learning) - flight and travel.