

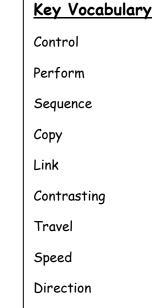
<u>Rules</u>

- ✓ No jewellery can be worn
- ✓ Wear PE kit
- ✓ Hair must be tied back.
- We wear pumps or we have bare feet. Socks and tights are unsafe in the gym because they are slippery on the apparatus/equipment, mats and hard floors.



Travelling & linking actions		
	Tiptoe, step, jump and hop	
\checkmark	Hopscotch	
\checkmark	Skipping	
\checkmark	Galloping	
\checkmark	Straight jump half turn	
<u>Rolls</u>		
\checkmark	Log roll	
\checkmark	Teddy bear roll	
\checkmark	Egg roll	
\checkmark	Rocking for forward roll	
\checkmark	Crouched forward roll	
Balances		
\checkmark	Standing balances	
\checkmark	Kneeling balances	
\checkmark	Pike, tuck, star, straight, straddle shapes	
\checkmark	Large body part balances	
\checkmark	Balances on apparatus	
\checkmark	Balances with a partner	
\checkmark	Front and back support	
Jumps		
\checkmark	Straight jump	
\checkmark	Tuck jump	
\checkmark	Jumping jack	
\checkmark	Half turn jump	
\checkmark	Cat spring incl to straddle	
<u>Acrobo</u>	 ✓ Cat spring incl to straddle Acrobatics 	
\checkmark	Bunny hop	
\checkmark	T-lever	
\checkmark	Scissor kick	
/		

✓ Wheel barrow (support partner)



Balance

Stretch

Jump

Composition

Coordination

Links to our topics in class

Using different movements and balances to show the growth of a vegetable plant linking with our English book Oliver's Vegetables.





<u>Equipment</u>

- ✓ Mats
- ✓ Benches
- ✓ Climbing apparatus

