

Gymnastics—indoor

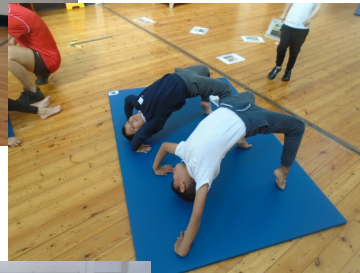
- ✓ To identify and practice body shapes.
- ✓ To identify and practise symmetrical and asymmetrical body shapes.
- ✓ To construct sequences using balancing and linking movements.
- ✓ To use counterbalances and incorporate them into a sequence of movements.
- ✓ To perform movements in canon and in unison.
- ✓ To perform and evaluate own and others sequences.



During lesson 1, we looked at 3 different shapes called straddle, pike and star.



In lesson 2, we talked about what symmetrical and asymmetrical meant. We also had a go at moving in different ways for ideas for our sequences.



Lesson 3 was all about working together as a pair. We worked together to make a sequence using all of the shapes that we learnt.

In lesson 5 we learnt two new words—unison and canon. We learnt what these meant and then used the apparatus to move carefully on.



In lesson 4 we looked at different types of balances and practiced holding them independently.



Vocabulary:

- Jump
- Turn
- Group
- Beginning
- Partner
- Space
- Travel
- Levels
- Perform
- Evaluate
- Unison
- Canon

To finish our term off, we put everything that we learnt together and practiced moving and balancing on the gym apparatus.

