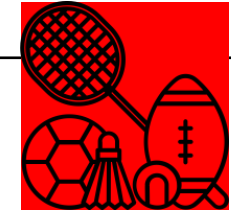




Objectives and Sticky Knowledge



Previous Knowledge Recap

Follow rules.
Know how to play as part of team.

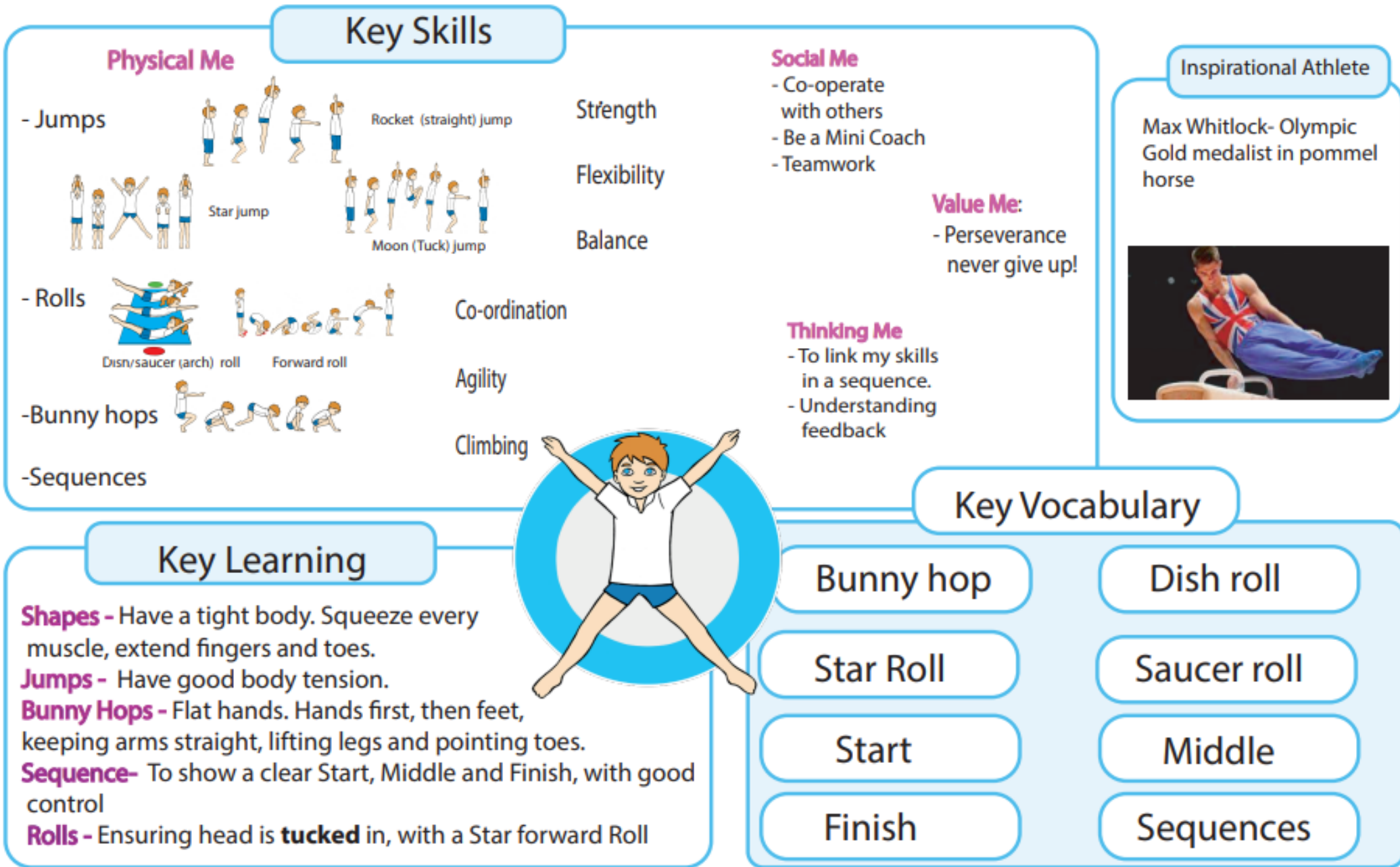
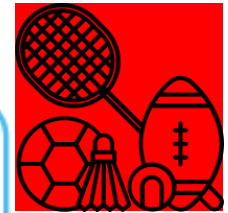
Land Objectives and Sticky Knowledge:

Show control in your movements	Plan and show a sequence of movements, showing contrast	Work on your own and with a partner to create a sequence in different ways, following a set of 'rules'
<ul style="list-style-type: none"> • Know different ways of moving. • Know how to control movements through gymnastics. • Know that muscles work in different ways to show control when moving. • Know how to control movements using balance, agility and accuracy. 	<ul style="list-style-type: none"> • Know that by planning something, you will know the sequence better. • Understand the importance of planning a sequence of movement to ensure safety. • Understand how rules are incorporated into gymnastics knowledge. • Know that the word contrast in relation to gymnastics means changes in a sequence. • Understand what a sequence of movements are • Understand that planning a sequence is important so that you are confident in what you are doing. 	<ul style="list-style-type: none"> • Know that sequences in gymnastics can be performed independently or with a partner. • Understand that team work is important to ensure a good routine.

Links with 'Sustainability' Golden Thread:

Links with CST and CKA Values Crown:





Sky Objectives:
 Can describe the ABC's relating to movement.
 Can join teams without any problems during an activity.
 Can identify why our bodies sweat and how this effects our need for water.