

PE—Autumn 1 Gymnastics & Tag rugby

Legacy & Significance

The lasting impact and importance of a person, event, object or idea.



Key Vocabulary

Tier 1: travel, balance, strength, team, ball, tag, run, score

Tier 2: leap, flexibility, rolling, control, performance, sequence, communicate, cooperate, decision, strategy, evaluate

Tier 3: fluidity, aesthetic, extension, tension, elevation, possession, try, backward pass, defender, evasion, agility

Gymnastics

My Component Knowledge:

Lesson 1: I can explore and develop ways of travelling and move with fluency and purpose

Lesson 2: I can develop balance, strength and flexibility.

Lesson 3: I can learn and develop the quality of rolls.

Lesson 4: I can further develop ways of travelling into and out of rolls.

Lesson 5: I can combine and perform gymnastic skills, shapes and balances more fluently and effectively.

Week 6: Explore a range of apparatus and incorporate into a routine, link actions and sequences of movement.

Week 7: I can perform with confidence and evaluate performances.

My Composite Knowledge:

I understand how to move, in different ways, with control and fluidity. I can use balance, strength and flexibility to develop effective routines.

My Powerful Knowledge:

I understand that a successful gymnastics performance demonstrates body tension, using a variety of skills and movements that show a range of shapes, strength and balance.

Tag rugby

My Component Knowledge:

Lesson 1: I can move in different directions with and without the ball.

Lesson 2: I can pass a rugby ball accurately.

Lesson 3: I can move forward to attack as a team.

Lesson 4: I can defend within a team.

Lesson 5: I can develop physical characteristics.

Lesson 6: I understand the rules of tag rugby.

Lesson 7: I can combine the rules into attack vs defence situations.

My Composite Knowledge:

I understand that successful tag rugby teams use passing, movement, communication and teamwork to keep possession of the ball, move it into space and score tries while following the rules of the game.

My Powerful Knowledge:

I understand that successful tag rugby teams use passing, movement, communication and teamwork to keep possession of the ball, move it into space and score tries while following the rules of the game.

What skills do these sports have in common?