

**Activity: Gymnastics**

**Year Groups: Y3/4**

**Unit: Symmetry/Asymmetry**

| Lesson Objective   | Learning outcomes – where am I in my learning?   |
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| Session 1<br>Can I create symmetrical shapes and balances? Can I link symmetrical travelling movements and balances together with control and good body tension?                                     | <p><b>Gold</b> I can create 5 symmetrical shapes and link these to symmetrical travelling movements with good control and body tension.</p> <p><b>Silver</b> I can create 4 symmetrical shapes and link these to symmetrical travelling movements with some control and body tension.</p> <p><b>Bronze</b> I can create 3 symmetrical shapes and link these to symmetrical travelling movements.</p>   |
| Session 2<br>Can I perform and name 4 different symmetrical jumps and rolls.<br>Can I link a jump, roll and balance in which all elements are symmetrical, with good body tension.                   | <p><b>Gold</b> I can name 4 symmetrical jumps and rolls and can perform a sequence with good body tension.</p> <p><b>Silver</b> I can name 3 symmetrical jumps and rolls. I can perform a sequence with some body tension.</p> <p><b>Bronze</b> I can name 2 symmetrical jumps and rolls. I can perform a sequence to include a symmetrical jump, roll and balance.</p>  |
| Session 3<br>Can I create asymmetrical shapes, travelling movements and balances and link them together with good body tension? Can I evaluate my work and those of others and suggest improvements? | <p><b>Gold</b> I can link asymmetrical elements and can evaluate my own performance and those of others</p> <p><b>Silver</b> I can link asymmetrical elements with some quality and evaluate the performance of others.</p> <p><b>Bronze</b> I can link asymmetrical shapes, travelling movements and balances and am able to recognise good performances of others.</p>   |
| Session 4<br>Can I explore asymmetrical jumps and rolls? Can I move from symmetrical into asymmetrical shapes with good body tension?  | <p><b>Gold</b> I can explore asymmetrical jumps and rolls and move from symmetrical into asymmetrical shapes with good body tension.</p> <p><b>Silver</b> I can explore asymmetrical jumps and rolls and move from symmetrical into asymmetrical shapes with some body tension.</p> <p><b>Bronze</b> I can explore asymmetrical jumps and rolls and move from symmetrical into asymmetrical shapes.</p>  |
| Session 5<br>Can I create a sequence as detailed in the pupil challenge?   | <p><b>Gold</b></p> <p>I can always show good body tension in my sequence</p> <p>I can teach my sequence to someone and perform it together</p> <p><b>Silver</b></p> <p>I can show different levels in my sequence and perform with some body tension.</p> <p><b>Bronze</b></p> <p>I can create a sequence of 6 - 8 elements using the floor and apparatus.</p> <p>I can name and include both symmetrical and asymmetrical elements and a start and finish position.</p> |